

Wellness Monthly



By: Orthopedic & Sports Physical Therapy
October 2009

Physical Therapy Month!
HAPPY HALLOWEEN!



Staff Feature Tera Bahl- PT, DPT

Tera was raised in Grand Forks, ND and graduated from Red River High School. Tera attended the University of North Dakota where she played volleyball and graduated with her Bachelors of Physical Therapy in 2003 and her Doctor of Physical Therapy degree in 2005. Following graduation, Tera made the move to Phoenix, AZ to work in an outpatient orthopedic clinic, Spooner Physical Therapy, as well as an inpatient rehabilitation center, Banner Good Samaritan Medical Center. While in Phoenix, Tera started the Infant Torticollis Rehabilitation Program at Spooner Physical Therapy. A move closer to home brought Tera to Maplewood, MN where she helped to develop the Vestibular Rehabilitation program at OSI Physical Therapy, another outpatient orthopedic clinic. Prior to starting at OSPTI, Tera spent time with Altru Health System-Outreach in Grand Forks, ND, providing services to the rural communities surrounding Grand Forks. Tera enjoys working with a variety of patients and has a special interest in sports medicine as well as vestibular rehabilitation. Tera lives in Hankinson, ND where she enjoys coaching high school volleyball for the Pirates, scrap booking and riding ATV with her fiancé Greg.

Monthly Jokes

By Ben Guck- PT, DPT, ATC, CSCS

Why did the vampire go to the orthodontist?
To improve his bite...

Why do witches use brooms to fly on?
Because vacuum cleaners are too heavy...

What did one ghost say to the other ghost?
"Do you believe in people?"

Work Anniversaries Cindy Mashek- 10th

Birthdays

Cindy Mashek- 8th
Amy Johnson- 10th
Tony Eggiman- 29th

Services at OSPTI

Physical Therapy
Occupational Therapy
Massage Therapy
Paraffin Wax
Aqua bed Massage
Open Gym
Open Pool
Personal Training

What's happening at OSPTI

Water Aerobics- \$30/mo 2x/wk
Monday & Thursdays 10:30 am
Tuesday & Thursdays 5:15 pm
Water Arthritis- \$15/mo 1x/wk
Wednesdays 9:00 am
Boot camp- \$50 4x/wk 6 wks
Monday-Thursday 4:30&5:15

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PHYSICAL THERAPY INC.**



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The Importance of Eating a Good Breakfast

By Ben Guck- PT, DPT, ATC, CSCS

Many people have heard that your body's stomach is similar to your car's gas tank and this is true, your body runs better when it has fuel in the tank. Breakfast is the most important meal of the day since it breaks the fast (break-fast) that your body goes through while sleeping. Studies have shown that people who eat breakfast are more alert at school/work, are able to pay attention longer during the day, and are less likely to over eat later in the day. A person's metabolism (the rate you use energy from stored calories) is highest in the morning and is raised even further by eating breakfast. The majority of people that successfully and responsibly lose weight do so by including breakfast into their diets. Many people have busy lifestyles and "don't have time for breakfast." There are many breakfast bars available that people can eat as they drive to work or to drop off their kids at school/daycare. Apples, bananas, and other fruits are a great source of breakfast that can be eaten on the go. Avoid junk foods that don't carry much for nutritional value. Whole grains, cereals, oatmeal, English muffins, eggs, toast, yogurt, and fruits are all examples of a healthy breakfast. If you're not currently a big breakfast eater, start small. As you get used to eating earlier in the day, start adding more. If you are not immediately hungry in the morning wait 30 minutes or so until you are hungrier. Try and avoid traditional breakfast drinks such as coffee and replace that with juice or milk. If you absolutely need the caffeine, eat something with your beverage to gain the benefits of breakfast. Enjoy!

What is a Physical Therapist?

By Lindsey Hill- Wellness Specialist

"Physical therapists are licensed professionals who work with people that have sustained disabilities, impairments, or limitations in their overall physical function. These deviations can be the result of disease, injury, or pathological processes. Physical therapists examine, evaluate, diagnose, develop treatment plans, and provide prognosis for each patient on an individual basis. Through the modalities of exercise, mobilization, manipulation, heat, cold, and electrical stimulation, physical therapists work to restore function, improve mobility, and decrease pain with the goal of re-establishing a patient's prior functional level.

Physical therapists focus on the evaluation of strength, balance, range of motion, coordination, endurance, and posture of each individual patient. From this initial examination, the physical therapist then develops a treatment plan specific to correcting pertinent physical findings. Each patient's individual treatment plan is geared toward reaching specific rehabilitation goals that are set by the therapist and the patient together as a team. However, the physical therapist will help in determining realistic goals through their knowledge of pathology and prognosis."

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