

# VISIONS VIEW



PHYSICAL THERAPY  
March / April  
NEWSLETTER  
2011

## IN THE KNOW



### JPS Schools Getting Fit...

On January 5, 2011 Visions Physical Therapy held its official Adoption Ceremony at Forest Hill High School. The school received a \$2,000.00 check which was used to purchase supplies for its 1st Biggest Loser Program. In this program students and teachers challenge themselves to live and eat healthy. The individuals to lose the most weight will receive cash prizes.

On February 16, 2011 Visions Physical Therapy held its 2nd Annual Seniors Program entitled, "Preparation + Opportunity = Success" at Callaway High School. Several individuals were invited as panel guests. A mock talk show was held with the students to address various topics ranging from proper dress to college preparation. Callaway also received a mountain of exercise equipment from Visions Physical Therapy to be used by the school's PE Department to help fight childhood obesity.



*"The visions to your total rehab"*

## THERAPY 101

Learn the terminology...

1. Center of Mass – The point where the entire mass of the body is concentrated.
2. Equilibrium – A term to describe the dynamics of body posture to prevent falling.
3. Good Posture – The state of muscular and skeletal balance which protects the supporting structures of the body against injury or progressive deformity.

## Fitness Thought

Your doctor telling you that you need to exercise should not be your gauge in determining how healthy you are. Exercise should be your gauge in determining how healthy you want to be.



## TESTIMONIALS

"In the last year I have recently started training for half marathons. The past couple of months I have noticed discomfort in my right knee. The more I ran the pain in my knee was such a discomfort that running was a big issue for me. I wanted to avoid having surgery and sought after physical therapy for help. Visions has made huge improvements to my knee with hands on therapy, exercises, and ultrasound treatments. Since I have started, I have completed my second half marathon and I recommend Visions Physical Therapy to family and friends in need of their service."



-Tiffany M.

"Visions has restored some of my active life. The staff has been very cooperative, friendly, and concerned about my physical health. I proudly recommend their services to future customers. Thank you Visions!"



-Mae M.

## FROM THE MANAGER'S DESK

Spring is around the corner. What are you going to do to get in shape? There are plenty of things you can do to at least get your body stimulated. You don't have to run a 10 mile race or even a marathon. Simple activities like walking around your house several times a day or walking in place for 5 to 10 minutes to your favorite music are great ways to get your body moving. Keep it moving!  
Terrence Kendrick, General Manager

## SPOTLIGHT

### JOHN PEEPLES

Hometown: Pearl, MS  
Discipline: Occupational Therapist  
Hobbies: Hunting, fishing, and golf  
Words of Wisdom: "If you always put others needs before your own, you will find that your own needs have already been met."



## MISTY GREENWOOD

Hometown: Yazoo City, MS  
Discipline: Certified Occupational Therapist Assistant  
Hobbies: Spending time with my two sweet kids.  
Words of Wisdom: "Don't tell God how big your mountain is; tell the mountain how big your God is."



## HEALTH STOP AVOIDING SPRING SPORTS INJURIES

As the warm weather of spring approaches, many of us like to hit the sports field and work off those extra winter pounds. Let's face it though, if we've been slothful most of the winter, it can take some time getting back into shape. If the "no pain, no gain" sports adage is ringing in your head, it's time you acknowledge that attitude is outdated, and according to sports medicine experts, one that will most likely be the cause of a sports injury for you this spring.

In other words, if you are trying to leap back to last season's performance level without taking the appropriate steps to condition, you are taking the fast track to injury.

According to intensive care medical specialist Matthew Hoffman, MD, the most common sports injuries are:

- Ankle sprain
- Groin pull
- Hamstring strain
- Shin splints
- Knee injury—ACL tear
- Knee injury—Patellofemoral syndrome (injury resulting from the repetitive movement of your kneecap against your thigh bone)
- Tennis elbow (epicondylitis)



### PREVENTING SPRING SPORTS INJURIES

**Warm up.** Always take time to warm up and stretch before physical activity, especially before playing a sport. Studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, walking or running in place for 3 to 5 minutes. Then slowly and gently stretch muscles you will use in your sport or physical activity, holding each stretch for 30 seconds.

**Get consistent exercise.** Don't succumb to the "weekend warrior" syndrome. Compressing your physical activity into two days sets you up for trouble and doesn't increase your fitness level. Try to get at least 30 minutes of moderate physical activity every day. This could include walking, cycling, swimming, weight lifting, yoga, or martial arts.

**Be prepared.** Invest in good equipment. This includes selecting the proper shoes for your sport and using them only for that sport. When the treads start to look worn or the shoes are no longer supportive, it's time to replace them.

**Train and condition.** Overuse injuries are common and preventable. If you have been sluggish this winter and haven't played your sport for a while, don't come out and hit the ball for an hour. Instead, first condition your body by lightly working the relevant muscle groups in the weeks before playing your sport.

**Listen to your body.** Learn to recognize when your body is fatigued. Muscle fatigue takes away your protective mechanisms and increases your risk for injuries. A good rule of thumb is to rest or stop playing altogether when you are fatigued. You can always come out to play again next weekend.

**Cool down.** Make sure to stretch relevant muscles after your sport. Spend at least 30 seconds on each stretch.

### CONDITIONING EXERCISES FOR BASEBALL, TENNIS, AND GOLF

Training certain muscle groups used in your sport can help prevent an injury. Try these recommended exercises.

#### BASEBALL

Shoulder strengthening and flexibility: Stand, holding five pound weights and stretch your upper arms out so that they are parallel to the ground. Rotate hands down so they are facing the ground—and then back up to face the sky. Do three sets of 12-15 reps, three times per week.

#### TENNIS

Shoulder strengthening: Stand, holding five pound weights, arms at your sides. Raise arms in front of you to shoulder level, hold for a few seconds, then lower and repeat, this time out to the sides. Do three sets of 10 to 15 reps, three times per week.

#### GOLF

Lower back flexibility: Slightly bend your knees and bend forward, letting your arms and head dangle toward your toes for 15 seconds. Do this several times a day.

## MEDICAL VIEW

### START HEART-HEALTHY HABITS RIGHT NOW:

- Eat Well balanced diet. Avoid foods high in salt, sugars and cholesterol
- Be Active/exercise. Start out gradually and work your way to a routine of exercise up to 1 hour daily for 4 to 5 times weekly
- Watch your weight
- Wise choices of type of birth control
- Avoid tobacco products, excessive caffeine/alcohol and energy drinks
- Manage stress (rest, meditate, schedule "me" time)
- Know/Investigate you family history
- Support love ones/others by teaching and/or being example for a healthy life-style change
- Know your numbers: blood pressure (<120 top/<80 bottom); cholesterol (total < 200); glucose (<100 fasting); body mass index (BMI <25); waist circumference (<35); exercise 30 minutes to 1 hour most days.
- Visit your healthcare provider at least once a year for a "wellness check-up". (Most insurances include this check-up in your plan with "no cost to you!")



Lynn Hilliard, RN,  
MSN, CS, FNP  
Specialty: Family  
Practice

### CROSSWORD PUZZLE

CONDITIONING	E I S J W A I X V G S E N P E
CYCLING	W L N E W V D K N P C I H X
EXERCISE	J G B J L A C F Q I O N F M E
HAMSTRING	K O O A U C O R S L R A Q R R
INJURIES	W W G X T R S W M C T M Y N C
JOGGING	M K I G U N I U J Y S R N T I
MUSCLES	A G O Y I M E E M C L O K C S
PERFORMANCE	I U N O M N S V S S I F Q F E
PREVENTABLE	G R U I T P G U E T T R S O N
PROTECTION	E X N D R P W I C R I E Z E J
SPORTS	V G C A D U A E L O P P F W P
SPRAIN	G N I N O I T I D N O C D Q J
SWIMMING	H N W D V O H A M S T R I N G
WALKING	T U O K R O W A L K I N G B Q
WORKOUT	F U R P C W C M X F Z E Z N R
YOGA	

If you are a medical professional interested in being featured in our Medical View section, please contact: Visions Physical Therapy at [info@visionspt.com](mailto:info@visionspt.com).



Visions Physical Therapy prides itself in meeting the needs of the patient. Over the years, we have provided physical therapy services to a large number of people with a variety of problems limiting functionality. It is our primary goal to assist all of our patients in the highest quality of health care therapy services. Speech therapy services have also been added to our core services as well.

### MISSION STATEMENT

Visions Physical Therapy exists to help people in need of physical therapy return to or improve their functional mobility thereby improving their quality of life. It is our endeavor to meet those needs through physical therapy, education and maintaining an atmosphere conducive to healing. Visions Physical Therapy stands on the principles that all men (and all patients) were created equal and should be treated as such regardless of race, creed, color, financial or social standing, or religious affiliation.

### LOCATIONS:

JACKSON CLINIC - 2475 Lakeland Drive, Suite A, Flowood, MS 39232 | Phone: 601-664-1022 | Fax: 601-664-1076  
 ROBINSON ROAD CLINIC - 4700 Robinson Road, Suite 650, Jackson, MS 39204 | Phone: 601-923-9823 | Fax: 601-923-9824  
 VICKSBURG CLINIC - 110 Holt Collier Drive, Vicksburg, MS | Phone: 601-634-6571 | Fax: 601-634-6572  
 CANTON CLINIC - 908 E. Peace Street, Canton, MS 39046 | Phone: 601-859-1707 | Fax: 601-859-1757  
 RAYMOND CLINIC - 128 S. Oak Street, Raymond, MS 39054 | Phone: 601-857-8343 | Fax: 601-857-8344