

VISIONS VIEW



PHYSICAL THERAPY
September / October
NEWSLETTER
2010

IN THE KNOW



On July 20, 2010 Visions Physical Therapy had its official Grand Opening for the new clinic location in Raymond, MS. The Mayor, Chamber of Commerce, and several residents were in attendance, along with several Visions staff members. Mayor Isla Tullos and Bob Mayo, President of Raymond Chamber of Commerce, both welcomed the new clinic to the area. Open House followed shortly after the ribbon cutting to give attendees the opportunity to walk through the facility and interact with the Visions staff.



L-R: Terrence Kendrick, GM; Isla Tullos, Mayor; Bob Mayo, Chamber of Commerce



L-R: Richard Rowe, PTA; Kay Gibson, Receptionist; Lauren Gordon, PTA; Dorcas Esco, Patient Care Coordinator; Monique Thompson, PT; Darlene Hydrick, Receptionist; Louis Newell, Marketing Manager; John Peoples, OT



Open House



L-R: Terrence Kendrick, GM; Bob Mayo, Chamber of Commerce; Dr. Saloum Cisse; Louis Newell, Marketing Manager

THERAPY 101

Learn the terminology...

1. **Ultrasound** – The use of ultrasonic wave for diagnostic or therapeutic purposes.
2. **Quiet Stance** – A stance posture that an individual stands still with both feet apart naturally and without any self-initiated motions.
3. **Concentric Contraction** – One type of muscle contraction that occurs when the rate of movement is constant throughout the whole range of motion.

TESTIMONIALS

"Visions is a GREAT Place !! The staff is outstanding and they have given me a new lease on life. You sure can't ask for anything better than that. Thanks.

~Martha L.



"Visions has helped me successfully manage reoccurring back pain. They are also helping with my shoulder that has bothered me for many years. We are making noticeable progress!!

~Stan L



FROM THE MANAGER'S DESK

Summer 2010 is quickly coming to an end, and the holidays are right around the corner. Please remember to maintain healthy eating habits while enjoying family, friends, and food. Each of us can improve our eating habits, but just as importantly please introduce a workout/exercise regimen into your schedule. Once you begin it will become a part of your lifestyle and you will not want to stop. Keep it moving!

~Terrence Kendrick, General Manager

Fitness Thought



Did you know that aerobic classes on DVD are a great way to work out? A large number of individuals don't like the hustle and bustle of a gym, or the noise and atmosphere of aerobic classes. A DVD is the answer! You can sweat just as hard and burn just as many calories in the privacy of your own home – at your own pace. Try it! It's definitely a winner!

SPOTLIGHT

MONIQUE THOMPSON

Hometown: Holly Springs, MS
Discipline: Physical Therapist (DPT)
Hobbies: Shopping, traveling to new places, and spending time with family and friends
Words of Wisdom: "Commit to the Lord whatever you do, and your plans will succeed. Proverbs 16:3



LINDSEY HOWELL

Hometown: Vicksburg, MS
Discipline: Physical Therapist Assistant
Hobbies: Reading, shopping, and spending time with family and friends
Words of Wisdom: "Never quit. It is the easiest cop-out in the world. Set a goal and don't quit until you attain it. When you do attain it, set another goal, and don't quit until you reach it. Never quit."
~Bear Bryant



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HEALTH STOP ARTHRITIS

MORE THAN 27 MILLION AMERICANS HAVE
OSTEOARTHRITIS.
APPROXIMATELY 1.3 MILLION AMERICANS SUFFER
FROM RHEUMATOID ARTHRITIS.

MORE THAN HALF OF THOSE WITH ARTHRITIS
ARE UNDER 65 YEARS OF AGE.
NEARLY 60% OF AMERICANS WITH ARTHRITIS
ARE WOMEN.

~ARTHRITIS AT A GLANCE~

- Arthritis is inflammation of one or more joints.
- Symptoms of arthritis include pain and limited function of joints.
- Arthritis sufferers include men and women, children and adults.
- A rheumatologist is a medical arthritis expert.
- Earlier and accurate diagnosis can help to prevent irreversible damage and disability.

Reference: "Arthritis Prevalence: A Nation In Pain" Arthritis Foundation

SEPTEMBER IS NATIONAL ARTHRITIS MONTH

WHO IS AFFECTED BY ARTHRITIS?

Arthritis sufferers include men and women, children and adults. Approximately 350 million people worldwide have arthritis. Nearly 40 million people in the United States are affected by arthritis, including over a quarter million children!

HOW IS ARTHRITIS DIAGNOSED?

The first step in the diagnosis of arthritis is a meeting between the doctor and the patient. The doctor will review the history of symptoms, examine the joints for inflammation and deformity, as well as ask questions about or examine other parts of the body for inflammation or signs of diseases that can affect other body areas. Furthermore, certain blood, urine, joint fluid, and/or X-ray tests might be ordered. The diagnosis will be based on the pattern of symptoms, the distribution of the inflamed joints, and any blood and X-ray findings. Several visits may be necessary before the doctor can be certain of the diagnosis.

WHAT IS THE TREATMENT FOR ARTHRITIS?

The treatment of arthritis is very dependent on the precise type of arthritis present. An accurate diagnosis increases the chances for successful treatment. Treatments available include physical therapy, splinting, cold-pack application, paraffin wax dips, anti-inflammatory medications, immune-altering medications, and surgical operations.

MEDICAL VIEW



Most chronic medical conditions such as hypertension and diabetes can be improved with weight loss. These chronic medical conditions can lead to deadly consequences which may include a stroke or heart attack if not treated properly. Early detection through screenings to diagnose and initiate treatment is very important. Medications can be very helpful, but patients must maintain compliance to their treatment regimen. In addition to medication therapy to help treat these medical conditions, research has proven that weight loss can tremendously help lower blood glucose levels, lower blood pressure levels, and lead to less incidences of the deadly consequences of heart attacks and strokes.

Exercise combined with eating small frequent meals can be very effective for obtaining weight loss goals and maintenance. Many individuals skip meals thinking that it will help them lose weight. However, in reality the person's metabolism slows down to this type of eating which is known as the fasting state. If a person eats dinner at seven in the evening and skips breakfast and eats lunch at noon, this person has allowed seventeen hours to pass without nutrition. The body's natural survival capability causes this person's metabolism to slow down to conserve energy. This person's body also automatically stores more fat. The third factor is the reality that this individual will be very hungry when making their lunch selection, and are more likely to over eat. To learn more about healthy lifestyle modifications, visit our website www.quinnfamilycare.com.



DR. TIMOTHY QUINN
SPECIALTY: FAMILY PRACTICE



DR. SAM FILANGANE
SPECIALTY: CARDIOVASCULAR
RISK REDUCTION

Keeping patients physically fit is vital to my care of patients as our clinic focuses on cardiovascular risk reduction as our specialty. I know from research and personal experience that it is impossible to prevent cardiovascular disease progression without exercise. The physical therapists at Visions Physical Therapy help treat my patients with specific physical limitations so the patients can ultimately reach the exercise goals set before them. Research suggests that aerobic exercise less than 40 minutes is ineffective in preventing cardiovascular disease progression thus it is an imperative that we overcome anything that prevents the patients from reaching their 40-60 minute daily exercise goal. A bad knee, hip, or back can be debilitating and catastrophic for cardiovascular patients and thus we will aggressively pursue the evaluation and treatment of any disorder that stands in the way of our patients' ability to reach their exercise goals!

With proper diet, the right type and amount of exercise, and with proper medical treatment, we can be highly successful in preventing patients from having heart attacks and strokes! We are grateful to the wonderful team at Visions Physical Therapy for their assistance in preventing cardiovascular disease!

If you are a medical professional interested in being featured in our Medical View section, please contact Visions Physical Therapy at 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