

The Augusta PT Connection

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AUGUSTA PHYSICAL THERAPY, PC
ALAN REITZ, PT

In the News: Flu

- Virginia has recorded a significant number of flu cases this season.
- Remember to drink plenty of fluids to wash out toxins, keep the digestive tract healthy, and supply nutrients through out the body's systems.
- Good sources for Vitamin C are broccoli, bell peppers, strawberries, oranges, papaya, pomegranate, cauliflower, kale, mustard greens, and brussel sprouts.
- CDC says to consult your Medical Doctor should you detect any combination of these flu symptoms: fever (maybe high), headache, cough, sore throat, runny or stuffy nose, body ache, diarrhea, or vomiting.
- Flu tests are effective within the first two days of symptoms.
- If you have symptoms of pneumonia contact your Medical Doctor immediately. These include severe cough, high fever, and pain when breathing.

In this busy season, remember the greatest gift of all.

Merry Christmas

Thank You !

It's a privilege to be part of your life at a time when you experience a painful condition. We really want to see you "Putting Quality Back in Your Life." It is like a partnership because we help you and you help us.

We especially want to thank people who refer their families, friends, and neighbors for our physical therapy services. Patients who refer the most people will receive a gift certificate to an area business. In the partnership theme, we want to purchase gift certificate from those of you who own your own business. Our contest will run from January thru March. This will allow time for your contacts to obtain a script from their doctors. Please call us to with names of people you refer. You will get credit, in the gift certificate drawings, when your contacts receive physical therapy.

~~Sharon

Massage Therapy is now available at our facility. Mary Helen C. Thorne provides various services to relax muscles and release toxins stored in tight muscles.

Swedish Massage uses light pressure to increase blood circulation and relaxation.

Deep Tissue Massage is helpful in tension relief for the neck, shoulders, and low back. The depth is according to your level of comfort in relaxing the deeper layers of connective tissue and muscle.

Myofascial Massage targets soft, connective tissue known as myofascial. The lack of exercise, injury, pain, or inflammation can diminish blood flow. Untreated, the result is a thickening of the connective tissues and restrictive movements.

For more information call:
Mary Helen at 540-292-4195
www.myhealthimpact.com
Fees begin at \$60

PHYSICAL THERAPY PREVENTION TIPS

When people are sedentary for long periods of time, muscles become weaker from lack of use. Even routine movements to perform chores are important for keeping joints lubricated. Moving joints releases synovial fluid over joints This supplies fluid and nutrients where there are no blood vessels to deliver nutrients. Glucosamine may contribute to production of this fluid and shock absorption qualities. A German scientist made these discoveries in 1980.

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**PUTTING QUALITY BACK
IN YOUR LIFE**



From the Desk of Jacque

On Wednesday, December 2nd, I lost my father due to complications from the disease of diabetes. It is such a debilitating disease as he was in wheelchair for the last 2 1/2 years of his life due to neuropathy in both legs. This past summer, I was introduced to a new company, Boresha International, which specializes in low glycemic products. They teamed up with Dr. Ann deWees Allen. Together they were able to patent low glycemic coffee, tea, and sugar. Bsweet™ is a 100% natural, fruit-based, low glycemic, granular sweetener made from the antioxidant rich acai berry that tastes and feels exactly like sugar. Bsweet™ has earned the Kid Friendly and Low Glycemic seals from the Glycemic Research Institute in Washington, D.C. It is also a great, safe alternative for diabetics. Bsweet™ is presently being made available through our office.



As with the coffee tasting that we had in November, APT will hold further coffee tastings starting Monday, January 11, 2010, and each Monday thereafter from 5:30-7:30 pm. The coffee tasting is open to everyone. Mark your calendar and hopefully we will see you at our first Monday night tasting starting January 11th. Find additional information on these products at www.skinnysciencecoffee.com or contact me at the office: 887-8007. Best wishes for a happy and healthy 2010.