

# The Augusta PT Connection

AUGUSTA PHYSICAL THERAPY, PC  
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## Shoveling Snow Tips

- If you have a history of heart trouble, do not shovel without a doctor's permission.
- Do not shovel after eating or while smoking.
- Take it slow! Shoveling is like lifting weights, it can raise your heart rate and blood pressure. Be sure to warm up your muscles first.
- If you feel tightness in your chest, stop shoveling.
- Remember freshly fallen, powdery snow is easier to shovel than the wet, packed down variety.
- Push the snow. It's easier on your back than lifting the snow.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso, and thighs can do the work for you.

Deuteronomy 30:11-16  
I have set before you these commandments. Choose these, and I will command blessings upon you.

# HAPPY NEW YEAR !

## New Years Resolutions

We are all wondering what 2010 will bring. We have many controversial issues before us which seem to be out of our control. In two years of economic struggle, we have learned to focus on our real priorities, developed better environmental practices, and become more health conscious. Ultimately, we see that we do have choices we can make in order to bring positive results. In my own reflections, I remember that making right choices does bring blessings.

Sharon

## It's time for Hot Chocolate, Popcorn, and a Movie

A popular summer movie was Julie and Julia. A contemporary Julie is stressed by her job as a telephone operator in Manhattan. She relaxes by cooking all of the recipes in Julia Child's book Mastering the Art of French Cooking. She then blogs her cooking experiences. Meryl Streep portrays Julia's Child's life and shares some of her cooking secrets. It seems the "American Dream" is possible.

## Patient Referral Contest

The patients who refer the most people will receive a gift certificate to an area business. Our contest will run from January thru March. This will allow time for your contacts to obtain a referral from their doctors. Please call us to with names of people you refer. Our goal at Augusta Physical Therapy is to provide you with quality care and return you back to full function. Those results are what we appreciate your sharing with your friends and family. Thank You !

## From the Desk of Alan

### Headaches and Posture

Headaches are often caused by upper back and neck muscle tension. Work activities often contribute to poor posture and increased muscle tension in the upper back and neck which leads to the headaches. Physical therapy can help to improve your posture and decrease tension in the upper back and neck. Improved posture and muscle flexibility will allow you to do your work without the fatigue, tension, and headaches. Often a few simple stretches daily will maintain your posture and flexibility. If you have frequent headaches, see your doctor and request a referral for therapy.



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### PUTTING QUALITY BACK IN YOUR LIFE



#### From the Desk of Jacquie

##### Are your genes making you overweight?

They definitely could be. Scientists have discovered a commonly occurring *obesity gene* called FTO that is found in a large percent of the population.

The FTO gene occurs in over half the people of European descent, and scientists are now studying the DNA of African Americans and Asians to determine the percent of non Europeans that have the FTO gene. The study included 40,000 human subjects which is one of the largest studies ever conducted on obesity. Results were conclusive: the FTO variant causes weight gain, obesity, and type 2 diabetes in humans. The FTO gene variant regulates the *amount of fat in the body* and explains why some are more overweight than others, *while eating the same foods*. The impact of the gene depends on whether an individual has inherited one or two copies of the FTO variant. Persons who have two copies of the FTO gene are 70% more likely to be obese than non-carriers of the gene.

This equates to a hard-wired *internal fat-storing mechanism* that piles on the weight and excess body fat in persons carrying the gene. The impact of the discovery of this gene is significant. Pharmaceutical researchers are rushing to identify and patent new drugs that will help control weight in persons with active FTO genes because the biological mechanism behind the FTO *gene regulates weight control and body fat*, and plays a role in appetite-regulation. Nuvo Gene Tea™ is the *only* non-drug product that addresses this genetic risk factor for obesity in humans. Starting Monday January 11th, and each Monday night thereafter, from 5:30pm to 7:30pm, Augusta Physical Therapy will host Boresha International informational meetings to learn more about the Nuvo Gene Tea™, and other low-glycemic, low cephalic, thermogenic fat burning products that are available. Please contact me should you have other questions.