

The Augusta PT Connection

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AUGUSTA PHYSICAL THERAPY, PC
ALAN REITZ, PT

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In the News

H1N1 Update:

- The H1N1 vaccine is scheduled to be available in mid November according to the Virginia Health Department's website.
- For more information from The Virginia Department of Health: 877-275-8343 www.vdh.state.va.us
- View a video of young children telling other children about spreading germs through sneezing. This is a cute and effective video.

Soothe a Sore Throat with a Cup of Russian Tea

1 c Instant Tea
2 c Instant Orange Drink Mix
1 1/4 cup sugar
1/2 tsp Powered Cloves
1 tsp Cinnamon
1 Cup Instant Lemonade Mix & store in air tight container.

"Do not get tired of doing good. Don't get discouraged and give up, For we will reap a harvest of blessing at the appropriate time".

Galatians 6:9

Happy Thanksgiving

The purpose of our newsletters is to provide information as well as something fun to read. A patient, James, does his arm reaching exercises at home. It seems that his dog, Apricot, is counting the number of times he raises his arm. James also gets Apricot to do her exercises which strengthen her back and legs.

In my time of employment at Augusta Physical Therapy, I have heard patients say that using the LifeGlider 3000 has improved their condition. The LifeGlider is a chair designed to strengthen the muscles used for standing, sitting, and walking. Also it is therapeutic for those with hip and knee replacements, generalized weakness, and arthritic pains. I have heard people say their knees no longer hurt and they are able to enjoy walking again. Using muscles in this way releases lubrication for joints. You can learn more about LifeGlider 3000 on the next page.

Sharon Pettyjohn

Joke:

What do you call a cross between a Chihuahua and a Dachshund? - A Chiweenie.

It is also known as a Mexican Hotdog because of its origin and size. It enjoys sunbathing. Connie, submitted this joke and received a free tube of BIOFREEZE.



Here is one of Sharon's favorite stories from Augusta Physical Therapy.

I observed a lady to walk in with much pain, not wanting physical therapy, and using a cane. After her session, she was able to walk out of the office without her cane! The process of relaxing the muscles along with the use of manual therapy released the pain in her back. She also learned from her session how to prevent this situation occurring in the future. She has not needed to return for a visit.

From Jacque's Desk:

COME BY THE OFFICE FOR FREE COFFEE

Fridays November 13th and 20th, 12-1 pm

December 7th from 4-6 pm



We will be brewing BSkippy Coffee from Boresha International Coffees. It is the first patented low glycemic coffee that controls hunger, balances energy, burns fat, and combats stress-related eating. It tastes deliciously smooth and is getting great reviews and results.

Please drop by, enjoy a cup, and learn more.

Bring a friend.

**AUGUSTA PHYSICAL
THERAPY**

302 Buchanan Street
Staunton, VA 24401

Phone: 540-887-8007

Fax: 540-887-8004

Email: apt@augpt.com

**PUTTING QUALITY BACK
IN YOUR LIFE**



The Benefits of Walking.

The Security of Sitting.

LifeGlider 3000 is an exercise and rehabilitation chair that provides clinicians with the unique combination of both strength and endurance exercise in a fully supported platform. Physical Therapists, Hospitals, Nursing Homes, and Health & Fitness Clubs are able to benefit from the use of this chair. Designed and patented by Alan Reitz, PT, we have been using it in our office and have been overwhelmed by the results from patients.

Extensive clinical research study concluded that exercising on the LifeGlider 3000 provides cardiac and muscular benefits equivalent to walking with particular strength-training benefits to seniors who prefer an at-home work-out for hip-knee-replacement patients and those recovering from strokes. In the study, a 20 minute workout using LifeGlider 3000 equated to 12 minutes of walking in terms of muscle activity and calories consumed. Our office currently uses 2 chairs with orders being taken, manufactured, and shipped nationwide. If you know of someone who could benefit from the LifeGlider 3000, please speak to your Physician for a referral. It is a billable to most insurances. Online it can be viewed at www.lifegliders3000.com

