

The Augusta PT Connection

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OCTOBER 2009

AUGUSTA PHYSICAL THERAPY, PC
ALAN REITZ, PT

In the News

H1N1 Virus Update

As a medical provider we remind you of taking every precaution of the H1N1 virus and consult your Medical Doctor immediately should you detect any symptoms.

Precautions include:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissue in trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick, Center for Disease Control recommends you stay at home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Vaccines for H1N1 will be available in October. The Virginia Health Department website says the details are still being established with providers.

Augusta Physical Therapy is Growing

Augusta Physical Therapy is proud to announce

the addition of Sharon Pettyjohn to our staff. Sharon accepted the position of Patient Representative and started working for us on September 16, 2009. As a Patient Representative, she will be your first contact either on the phone or in person. Sharon is able to assist in scheduling appointments and handling or redirecting questions or concerns from patients. Sharon will be in charge of marketing for Augusta Physical Therapy. She will continue with the monthly newsletter and correspondences with the professionals who refer patients to our office. We are excited about having Sharon on our team and welcome her to Augusta Physical Therapy.

Alan Reitz & Jacque Walters

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It is my great pleasure to work at Augusta Physical Therapy. It is worthwhile to see people experience progress in their physical therapy program. People tell us "I wish I had done this earlier" or "I wish my friend knew about this opportunity." We hope you will share your newsletter with friends or your neighbors, and tell them how physical therapy has helped you. Do you have a funny story to share, in our newsletter, about doing your home exercises? Also, please share your helpful hints for remembering to do your physical therapy exercises at home.

Sharon Pettyjohn



Sharon talking on the phone

Humor may contribute to a healthier you. Studies show it may lower blood pressure and blood sugar levels while raising infection-fighting antibodies.

I made up a joke while waiting for an interview at the YMCA. "What did one weight say to the other?" "What are you weighting on?"

The first person to bring a cute Halloween joke for our newsletter gets a free bottle of BIOFREEZE.

From Jacque's Desk:

APTA Supports Presidents Obama's Call for Elimination of Arbitrary Limits on Health Care Services

In his speech before Congress in September, President Obama called for the elimination of arbitrary limits on health care services Americans receive in a year or in a lifetime. This is a policy that the American Physical Therapy Association (APTA) supports.

For more than 10 years, APTA has worked with Congress to repeal the Medicare cap. The cap on outpatient physical therapy services restricts access to rehabilitative service for America's seniors. Currently, the cap is \$1840. In my years of billing Medicare with this cap in place, I have never seen a patient denied service due to this limit. If therapy charges are reaching this limit, a specific code can be added indicating the cap is near; however, the patient continues to benefit from physical therapy under the supervision of their referring Physician.

**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**



From Alan's Desk:

**One of the most common reasons to see a
Physical Therapist**

is for Sacroiliac Joint problems. This joint area is one example of how our bodies function like a machine. The Sacroiliac Joint connects the lower spine to the pelvis. It holds together all of the bones to allow movement of the hips. It also absorbs the forces of compression when walking or jumping, etc.

The joint may become inflamed from excessive use, injury, improper posture, or degenerative arthritis. This region is rich in nerve endings making it susceptible to inflammation.

Symptoms may involve stiffness or create pain in the lower back, which can radiate down the leg or into the pelvis region. Pain may increase while moving, stooping, bearing weight on one side, sneezing, coughing, or rolling over in bed.

Treatment at home for this type of injury is to rest the joint, ice, and use an anti-inflammatory over the counter medication. Our office statistics show that this condition shows the most improvement with physical therapy.

Prevention includes gentle stretches before beginning activities, maintain proper posture, and use of proper lifting techniques.

**Pumpkin Bread
With
Chocolate Chips**



3 cups all –purpose flour

2 tsp. baking soda

1 tsp. cinnamon

1 tsp. salt

1 16 oz. can pumpkin

2/3 cup salad oil

3 eggs, slightly beaten

One 12 oz. bag of Chocolate chips

2 cups sugar

1 tsp. ground cloves

1 tsp. nutmeg

1/2 tsp. double-acting
baking powder

Preheat oven to 350° F. Grease well two 9” by 5” loaf pans. In large bowl, with fork, mix flour with next 7 ingredients; add remaining ingredients and mix just until blended. Add chocolate chips. Turn batter into pans.

Bake about one hour or until toothpick inserted in center comes out clean. Cool in pans on wire rack for ten minutes; remove from pans. Cool completely on racks. When cool, wrap each loaf and store at room temperature. Makes two loaves.

Submitted by: Sharon Pettyjohn