

# The Augusta PT Connection

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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

## Augusta Physical Therapy publishes 1st Newsletter

Welcome to our first newsletter. As your physical therapy provider, we want to keep you informed on what is going on with us, and we want to continue to be your Physical Therapy provider should you need our services. Since we opened our doors in June of 1998, we have seen many changes in the healthcare system and we want to keep you informed of these changes, especially as they relate to rehabilitation services. As copayments increase and Medicare places a cap on physical therapy services, we want to help you keep informed of all the changes. Our newsletters are going to address these changes well as bring you features on different diagnosis and

treatment for relief. We also will keep you informed on the progress of our office as we plan to grow and expand our services. We will do our best to make it interesting, fun and informative for our readers. We hope you will participate in monthly chances to win tickets to local events, movies, and to win the popular Biofreeze that is available for sale in our office.

Alan Reitz and Jacque Walters continue to attend education courses geared for Physical Therapists in Private Practice in Clearwater Florida. The courses are helping in the expansion of Augusta Physical Therapy as we are currently seeking an additional Physical Therapist.



Alan & Clara Reitz, with their daughter Michaelyn and son Konrad.

**Hattie**, the office golden retriever, continues to greet our patients when they arrive. Research shows that dogs in the workplace reduces stress and improves employee morale. Hattie has brought former patients back and new patients have chosen our office because we are dog friendly. *Good dog Hattie!*

## Alan & Jacque, working together for 28 years

It was in the spring of 1981 that Jacque Walters, and the husband-wife team of Alan & Clara Reitz joined the staff of the former Virginia Rehabilitation Agency, located in Staunton. Jacque came on board as the Office Manager of this small clinic. Alan and Clara began

working as Physical Therapists both in the clinical and home health setting. The Agency rapidly grew and added the services of Occupational and Speech Therapy and a Hand Clinic was opened. Alan & Jacque continued to work together until Alan left in 1995 to

become Rehab Director at a local nursing home. In May of 1998 Alan decided to go out on his own and open his own office and asked Jacque to manage the office. Still working together after 11 years, Jacque will tell you that Alan is like the "best brother I ever had".

## AUGUSTA PHYSICAL THERAPY

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### PUTTING QUALITY BACK IN YOUR LIFE



## New Shipment of Biofreeze arrives

We have stocked our shelves with Biofreeze for all those who use it on sore muscles, back pain, arthritis pain, strained muscle pain, painful joints, shoulder-arm discomfort, neck, hip and leg pain, and sports injury pain. An internationally known chemist developed Biofreeze with ILEX while experimenting with several formulations to relieve his grandmother's arthritis pain. His work led him to the herb ILEX, which is extracted from a holly shrub grown in South America and used by the Paraguay Indians. Upon further refinements, this complex, exotic and powerful formulation ultimately

became Biofreeze with Ilex. Biofreeze relieves pain by using cold therapy. This long lasting, deep penetrating pain relief can last up to several hours. Pain-free muscles heal faster. Biofreeze with Ilex is available at our office in a gel tube and roll on. If you are having any of these difficulties, stop by and pick up one today. Samples are available as long as they last.

### Recipe of the Month:

A special and former patient of ours brought us one of these cakes and it has been one of our favorites ever since.

### Pop Corn Cake

12 oz Holiday M&M's (more or less if desired)

1 Stick Margarine

12 oz Dry Roasted Unsalted Peanuts

Bag Mini Marshmallows

Popped 2/3 to 3/4 cup Popcorn

Melt margarine in a large pot on stove and add marshmallows' and stir. When melted, remove from heat and add peanuts, continuously stirring add popcorn and M&M's. When completely mixed, put in buttered 13x9 or Bundt cake pan. Chill completely, remove from pan, and use sharp knife to cut.



Office Manager, Jacque Walters, with her husband Robert tour Chicago after the basic training graduation of her son Lee, at the Great Lakes Navy Training Center.