

# The Augusta PT Connection

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AUGUSTA PHYSICAL THERAPY, PC  
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## In the News

- ABC News recently reported the FDA warned that Fosamax has been linked to severe joint and muscle pain.
- The FDA advised patients to be aware of these concerns when considering major dental work.
- Difficulties can occur within days, months, or years.
- ABC News reported the use of the drug can inhibit the body's process in rebuilding bones.
- People have had sudden falls and broken bones while taking Fosamex.



**BIOFREEZE**  
samples  
are  
here!



## SUNSHINE IS HERE !

We are all certainly glad to see lots of sunshine. Sunshine is a great source of Vitamin D. The body manufactures Vitamin D after being in the sun 10-15 minutes three times a week. Research shows that Vitamin D is necessary for calcium to function in the body. Calcium and phosphorus give structure and strength to bones and teeth.

Calcium also plays a role in blood clotting, nerve conduction, muscle contraction, regulation of enzymes, and cell membrane function. The body utilizes complex regulations to control the amount of calcium in the blood so calcium can be available for those activities.

When calcium intake is too low to maintain normal blood levels of calcium, the body will draw on calcium stored in the bones to maintain normal blood concentrations and eventually lead to osteoporosis.



Can you erase the fracture  
from the x-ray ?

Saturday Evening Post Edition



### Victory Garden

They planted a backyard garden;  
Bought peat moss, fertilizer, and  
lime,

Young plants and seeds,  
And tools to dig weeds,  
And gave it long hours of their  
time.

They battled the weeds and  
insects,  
Their pride and distress were both  
valid.

Still their victory was sweet  
When they sat down to eat  
The world's most expensive fresh  
salad.

By Saturday Evening Post Edition

—Submitted by Sonia Fries

## From the Desk of Jacque

## Health Impact

Mary Helen

Massage Therapist

Celebrating Mothers !

Give them the gift of  
relaxation

A thirty minute Massage  
and Mini Facial for \$75  
(regularly \$90).



## AUGUSTA PHYSICAL THERAPY

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PUTTING QUALITY BACK  
IN YOUR LIFE



### Preventing Shin Splints and Knee Pains

It is important to stretch correctly before doing many outdoor activities. Shin splints, and knee pains, can come from overstretching, sudden use, or excessive use of muscles. Other causes for shin splints are flat or high arches, running and landing in such away the heels strike first, improper shoes, or feet that lean to one side or the other when walking.



A good stretch is: To stand arm's length from a wall. Place one foot in front of the other. Leave the back foot on the floor. Place your hands on the wall and lean into the wall. Treatment for shin splints depends upon the severity of your discomfort. It is important to refrain from strenuous activities. You may also need ice, an anti-inflammatory medication, taping, and/or stretching.

If the pain persists, or your shoes show uneven wear, we can help you evaluate the cause and determine the best treatment option for you. The right kind of stretches and when to stretch are also important. Problems develop if shin splints are left untreated.

### The Benefits of Walking. The security of Sitting

- Use the LifeGlider unlimited times a month \$20 or \$5 a visit !
- No need for the MD referral !
- Exercise while you rock !
- Call Sharon @ 540-887-8007 for an appointment !

