



GUENTHNER
PHYSICAL THERAPY

Healing Injuries, Restoring Lives



Summer 2010

Message from Cathy

As part of our mission to heal injuries and restore lives, we are sending this newsletter to our loyal clients. It is our goal to give you ideas on ways to prevent injuries, take care of yourself, and to keep you updated on information about our practice.

I hope everyone is having a wonderful summer, enjoying the weather, relaxing, and taking advantage of the opportunities to stay active. Something as simple as taking a walk in your neighborhood, or at your favorite park, is an easy way to remain energetic, while having fun in the sun. Remember to use good strategies to prevent some of the injuries that can go along with those fun activities!

At Guenthner Physical Therapy, we deliver complete patient healing and restored function to pre-injury levels. For 22 years, we have applied the **CARE** approach to our work. We give **Complete Attention** to our patients to achieve immediate **Results**. Our patients leave with a positive **Experience**, healed injury, and restored life.

Thank you for your support and dedication to Guenthner Physical Therapy. Have a happy and healthy rest of the summer!

Cathy Guenthner, President

Meet Barbara...

Barbara Jewitt came to Guenthner Physical Therapy in 2009 complaining of hip pain and problems with balance and fall. She was worried and frightened about a recent fall that had sent her to the emergency room. She knew that she needed help immediately.

Barbara was evaluated by a physical therapist and an individualized rehabilitation program was developed. "The therapy for balance was great! I came twice a week and had numerous exercises and activities to help me grow stronger and to improve my balance."

After six weeks of therapy, Barbara had a dramatic improvement in her walking. "I walked out much better than when I came in." Soon after her therapy, Barbara accomplished walking on the beach with her family during vacation, something she would have not attempted before therapy. Most people realize how devastating it would be to not enjoy the beach with their family on vacation, but Barbara was determined to not let that happen.

"The staff at GPT was extremely friendly and my visits were pleasant and fun. I would recommend Guenthner Physical Therapy to anyone without thinking twice. GPT has not only helped me with my injuries, but the experience has helped me restore my life."

6379 Bridgetown Road

Cincinnati

513-598-3202

5557 Cheviot Road

Cincinnati

513-923-1700

www.guenthnerpt.com

Balance and Fall: Restoring Lives through Knowledge

Proper balance is important for an active and safe lifestyle. Sadly, falls and fall related injuries are the 6th leading cause of death for people over 65 years of age. Falls may be related to many things including: medication interactions, vestibular disorders, neurological disorders, sensory disorders, muscle weakness, postural disorders, and visual deficits. Our goal at Guenther Physical Therapy is to give individuals tools to prevent falls from occurring and to give individuals confidence to participate in life.

To maintain and prevent the loss of balance, there are several things that can be done. First, it is important to evaluate your environment to make sure it is safe. This includes: removing throw rugs and obstacles that could cause you to trip, placing handrails along stairways or hallways as needed, wearing non-skid shoes, placing grab bars in the bathroom as needed, ensuring good lighting, and slowing down by planning your day. Secondly, if you are using an assistive device, make sure you are using it and using it correctly. This includes walkers and canes. Third, make sure you incorporate flexibility and strengthening exercises that can help you with your balance. Some examples of exercises to improve balance would be standing on one leg, calf raises, hip extension, squats, and leg and trunk stretches. Some of these exercises are shown below. Keeping active helps to keep your core muscles strong and helps keep you upright. Remember to consult your physician if you are just getting back into activity.

If you are experiencing frequent falls, you may need to be evaluated by a professional. If you receive an evaluation by a physical therapist your risk factors will be assessed and a plan of correction will be developed.

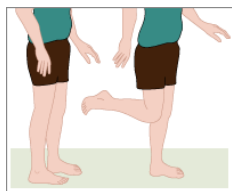
****Remember, most falls can be prevented through proper attention to the factors that commonly cause them.**



Calf raise



Hip extension



One leg balance

Check us out on Facebook and become a fan! Search Guenther Physical Therapy instead of Guenther PT!

Guenther News... Meet the New Staff!

Holly O'Keefe, PT- Holly's strong background in orthopedic and neuro-rehabilitation will make her an essential part of the team. She will be working early mornings on Mondays, Wednesdays, and Fridays at our White Oak office and Tuesdays and Thursdays at our Bridgetown office.

Ellen Daly, PT- Ellen comes with 20 years of extensive orthopedic and Pilates experience. She will be working Tuesdays and Thursdays at our White Oak office from 9:30-5:30.

****Remember, when your physician recommends physical therapy, YOU DO HAVE A CHOICE.**

