

## Meet Our Staff

**Lisa Blas, PT, OCS, Cert. MDT**  
Owner, Physical Therapist  
**Rachel Sisson, DPT**  
Physical Therapist  
**Stacy Hildreth, PT**  
Physical Therapist  
**Kimberly Attwood, DPT**  
Physical Therapist  
**Emily Ohol, DPT**  
Physical Therapist  
**Kelsey Comstock, PTA**  
Physical Therapist Assistant  
**Ellie Alt, PTA**  
Physical Therapist Assistant  
**Cindy Volkosh, PTA**  
Physical Therapist Assistant  
**Jeannine Mullet and Kelley Pickard**  
Physical Therapy Aides  
**Annette Biondo**  
Office Manager  
**Katie Fava**  
Receptionists  
**Julie Finley**  
Patient Representative  
**Joe Biondo**  
Building Maintenance

## A Note From Lisa

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." ~ Lou Holtz

## KEEPING NEW YEARS RESOLUTIONS

Chances are, at some time in your life, you've made a New Year's Resolution -- and then broken it. This year, stop the cycle of resolving to make change, but then not following through.

- 1. Be realistic**  
The surest way to fall short of your goal is to make your goal unattainable. Strive for a goal that is attainable, such as avoiding it more often than you do now.
- 2. Plan ahead**  
Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.
- 3. Outline your plan**  
Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and self-talk.
- 4. Make a "pro" and "con" list**  
It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
- 5. Talk about it**  
Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.
- 6. Reward yourself**  
This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.
- 7. Track your progress**  
Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Instead of focusing on losing 30 pounds, say, focus on losing that first 5. Keeping a diary or journal may help you stay on track.
- 8. Don't beat yourself up**  
Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.
- 9. Stick to it**  
Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.
- 10. Keep trying**  
If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.



**"What fits your busy schedule better,  
exercising 30 minutes a day or  
being dead 24 hours a day?"**

## Ask the Therapist

### Ask The Therapist

#### 1. What is Physical Therapy?

Physical Therapy (PT) is considered a conservative treatment method addressing the treatment, healing and prevention of injuries and disabilities. PT focuses primarily, but not solely, on pain relief, promoting healing, and restoring function and movement associated with injury. Other areas within physical therapy are ergonomic (body mechanic) training, fitness/ wellness, and especially education and prevention.

#### 2. What can a Physical Therapy program do for me that I cannot do on my own?

Many patients may think that they know how to properly exercise, manage their pain and rehabilitate themselves. I have commonly been given explanations from patients for why they do not need therapy - for example, "I have had this before and I know what works for me" or "I know what is causing this, because my neighbor had the same thing so I will just do what she did" and attempt to manage it. A Physical Therapist is a specialist skilled and educated specifically in proper rehabilitation. We are continually educated as to management for different dysfunctions, differentiation of one dysfunction/injury from another and work closely with the referring physician in the development of a rehabilitation program specifically designed for each individual. The other important aspect to remember with physical therapy is that each individual is different. We all have different types of bodies, different patterns of movement, alignments and habits. A physical therapist, along with their trained staff, monitors each individual and attempts to correct improper movements, alignments and habits.

#### 3. Who benefits from physical therapy?

Many and all can benefit from physical therapy. As an active therapist, I work out and always observe others. I very rarely come across individuals with perfect body mechanics, training techniques or movement patterns. This is where wellness comes into play. Typically, the most appropriate patients are those who have been in accidents (work, auto, or falls), athletes with overstress injuries, and patients with arthritis, pre- and post-operative patients, and people with general deconditioning or strains.

### **ADVANTAGE PHYSICAL THERAPY**

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## **Getting Together For Dinner**

Family dinners? Who's got the time? Only one third of U.S. families eat dinner together most nights. The time-honored, slow-paced family dinner of past generations now looks more like a frantic pit stop, where family members simply refuel before beginning their evening activities. But consider this: Sitting down at the table together is still one of the best ways for families to grow and stay connected.

Making family dinners a priority is not easy, but the long-term benefits are well worth the effort. The family dinner offers a natural forum that fosters togetherness. It can give all family members a chance to share their lives and to receive encouragement and support. Regular family meals also provide children with a much-needed safe haven of stability in a world that is often confusing and frightening.

Here are nine tips to help you get the most out of your family dinner:

1. Don't feel guilty if family dinners are not a daily event. Start with what's possible at the moment, naturally transitioning toward eating together several times per week.
2. Family discussions need not begin and end while seated at the dinner table. Family members, including even young children, may begin communicating while helping to prepare the meal and setting the table. Mealtimes conversations may continue as the family clears the table and does the dishes.
3. The family dinner should be a relaxing, pleasurable occasion. Unpleasant topics, negative criticism, and passing judgment are not appropriate dinner conversation.
4. Always involve your kids in the dinner discourse. Their participation will not only make them feel more valued; it will also expose them to new language and ideas. The art of conversation and learning how to take turns speaking are important social skills for everyday life.
5. Specific questions to children are more likely to trigger conversation than general questions. ("How was your day today?")
6. Laughter is the best dinnertime music.
7. Family dinners don't always have to be evening events. They also can be weekday or weekend breakfasts or lunches. What's most important is communicating the importance and desirability of these family meals.
8. Change the family dinner location sometimes. How about an afternoon picnic, dinner under the stars, or Saturday breakfast in your child's room?
9. Turn off the TV and radio. Unplug the phone or put on the answering machine. Don't let interruptions spoil this special time.

Having more family dinners may initially be met with some resistance, especially if they are not a regular part of your household schedule. In time, however, the pleasure and security they are guaranteed to provide will have everyone looking forward to coming to the table.

***Check us out online:***

**[www.advantagephysicaltherapy.org](http://www.advantagephysicaltherapy.org)**