

# Advantage Physical Therapy Yearly

## MEET THE STAFF

**Lisa Blas, PT, OCS, Cert. MDT**  
Owner, Physical Therapist  
**Rachel Sisson, DPT**  
Physical Therapist  
**Nick Davidson, DPT**  
Physical Therapist  
**Stacy Hildreth, PT**  
Physical Therapist  
**Kelsey Comstock, PTA**  
Physical Therapist Assistant  
**Christine Badhorn, PTA**  
Physical Therapist Assistant  
**Emily Ohol**  
Physical Therapy Aide  
**Allison Sakowski**  
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**Karri Essenburg**  
Office Manager  
**Julia Finley**  
Patient Representative  
**Heather Abbott**  
Receptionist  
**Diane Bos**  
Receptionist  
**Caitlyn Bos**  
Receptionist  
**Katie Fava**  
Receptionist

## A Note From Lisa

Our office is extending this yearly newsletter in an effort to help keep you informed of new and interesting developments at Advantage Physical Therapy. It is our hope that this newsletter will serve to facilitate communication between you and our office.

Please give us a call if you have any questions about how physical therapy can benefit you.

*Lisa and the Advantage Staff*

Visit us at [www.advantagephysicaltherapy.org](http://www.advantagephysicaltherapy.org)  
Drop us an e-mail and let us know how everything is going!

## AQUATIC REHABILITATION

### Benefits of Aquatic Therapy:

**WARM WATER:** facilitates muscle relaxation and increases peripheral circulation; stimulates body awareness, balance, and trunk stability

**VISCOSITY OF WATER:** provides resistance for strength training

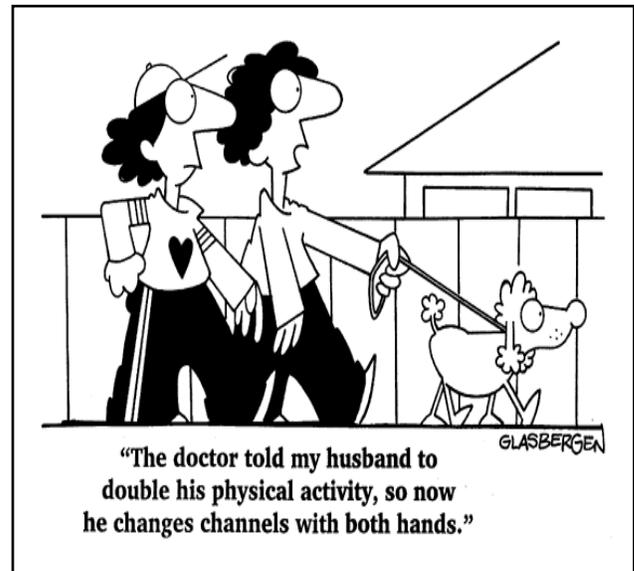
**THE REDUCTION OF GRAVITATIONAL FORCES:** in the pool allows the patient to stand and begin gait training and strengthening exercises without causing further damage to healing structures

**BUOYANCY:** in warm water results in decreased pain sensitivity and supports the joints and one's body weight. It reduces gravitational pull and lessens compressive forces overall.

**IMPROVEMENT OF PATIENT MORALE:** and confidence can be established by providing a positive medium in which to function.

Our facility houses the only therapeutic pool in the Eastern Niagara Region. Aquatic therapy is at the core of our business. Combined with our dedication to service and level of professionalism, and you have got one of the nation's most comprehensive aquatic physical therapy programs.

Our aquatic rehabilitation program consists of supervised exercises performed in the water. Swimming is not a prerequisite skill. Patients can perform each exercise while standing in the water, holding onto the side of the pool, or using a flotation device. The water provides a safe and effective method for healing injuries, restoring patient confidence, and increasing mobility with each completed exercise.



## Clinic Hours

**MONDAY 7am-5pm**

**TUESDAY 7am-7pm**

**WEDNESDAY 7am-5pm**

**THURSDAY 7am-7pm**

**FRIDAY 7am-12pm**

## ***Better Balance Prevents Falls***

You juggle many activities, responsibilities, and people in your life with grace. But sometimes you can be physically tossed off balance by a wet floor or uneven pavement. Falls can occur anytime, anyplace and to anyone while doing everyday activities such as climbing stairs or getting out of the bathtub.

As we age, our sight, hearing, muscle strength, coordination and reflexes change, weakening our balance. Also, some health conditions, such as diabetes, heart disease, and circulation problems, affect balance. Even some medications have been known to make people dizzy.

Unfortunately, all of these factors make falls more likely. One of every three persons aged 65 years and older falls each year. But take heart, you do not have to be one of them! You can take simple steps to improve your balance and reduce your risk of falling.

### **Check Your Medications**

If you are on medicine that makes you feel dizzy, talk to your doctor. "A doctor can review your medications and adjust or reduce your dosages to help you improve your balance," says Dr. JoAnn Manson, chief of preventative medicine at Brigham and Women's Hospital in Boston, MA.

### **Do Simple Balance Exercises**

Balance is just like muscle strength - if you don't use it, you lose it," says Debbie Rose, PhD, Co-Director of the Center for Successful Aging at California State University, Fullerton. There are some easy ways you can make gains in improving your balance and lower-body strength. No special equipment, no cost - just you and some space. You can try these just about anywhere; just be sure you have something nearby that you can hold onto, should you feel unsteady.

**Tight-rope walk.** Walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch. After taking 10-20 steps forward, reverse and walk backwards toe to heel along the same imaginary line.

**Take the challenge!** Do this walk with a paper plate on your head. With a little extra focus on your posture and balance, that plate will stay put!

**Balanced stand.** Stand on one foot. Hold your weight on one leg for 30 seconds or longer. Then switch feet. Try this while waiting in line at the grocery store or at the bus stop.

**Sit and stand.** Get up from a chair and sit back down.

**Take the challenge!** Do this sit and stand exercise with a paper plate on your head. With a little extra focus on your posture and balance, that plate will stay put!

## **How To Stick To New Year's Resolutions**

Your goals should be **SMART**. They should be measurable, achievable, relevant and time-bound.

- **Specific.** Your resolution should be absolutely clear. Making a goal is important rather than just vaguely saying 'I want to lose weight.' You want to have a goal: How much weight do you want to lose and at what time interval?
- **Measurable.** This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.
- **Achievable.** This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated.
- **Relevant.** Is this a goal that really matters to you, and are you making it for the right reasons? If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn't usually last long. But if you build up a process where you're thinking harder about what's good for you, you're changing the structure of your life, you're bringing people into your life that will reinforce that resolution, and then you'll have a fighting chance.
- **Time-bound.** Like "achievable," the timeline toward reaching your goal should be realistic, too. That means giving you enough time to do it with lots of smaller intermediate goals set up along the way. Focus on these small wins so you can make gradual progress, if you're building a habit, you're planning for life, not the next couple of months.

### **Advantage Physical Therapy**

*A Step Ahead In Getting Results*

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