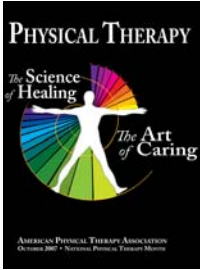


Woodhaven Physical Therapy Fall Newsletter



October Physical Therapy Month
Octubre es el mes de la Fisioterapia



Introducing Flushing Office



WPT flushing office open its services to patients in November 2006. Operations are supervised by Christopher Bautista and Raymond Paz. The flushing office is headed by 2 license therapist named Randy Lamboy and Winnie Go. Our flushing office offers the same great services like our Rego office. You can have a smoothing massage and holistic acupuncture operated by the best massage and acupuncturist in town.

WPT Flushing operates Monday – Saturday 9:00am – 5:00pm
Location:

36-40 Main Street
Flushing, NY 11354

Peach Picking on August 18, 07



Holiday Reminders

October is Physical Therapy Month

October 3 – 5- Shemini Atzeret - Simchat Torah (Jewish Holidays)

October 8 – Columbus Day

October 19 - Chong Yang "Day of the Double sun", "Elder's Day (Chinese Holiday)

October 31- Halloween

November 22 - Thanksgiving Day

December 22- Winter Solstice (Chinese Holiday)

December 24, 2007 X-Mas



Special Events

November 21, 07 Thanksgiving party (Rego Office)



Midwives refer patients for Physical Therapy



On August 1, Government Spitzer signed into law legislation which allows midwives to refer patients to physical therapists for treatment. While access to physical therapy is not a dependent on a referral as a result of direct access, the legislation adds midwives to the list of professions explicitly authorized to refer patients for treatment by a physical therapist. Under current law, physicians, dentist, podiatrist and nurse practitioners are authorized to refer patients for treatment. Notably, the inclusion of midwives in the list of referral sources means that the ten visit/thirty day limitation on direct access episodes of care will not apply to midwives referrals. The bill did not amend the provisions of the insurance law which mandate coverage of physical therapy care so coverage issues may arise with midwives referrals.

The legislation also adds language to the practice act which limits the ability of referring professions to direct treatment. The legislation makes clear that when directing treatment the referring professional must not act beyond their scope of practice. Arguably, that is the case under current law but the language is intended to address those situations in which the referring professionals does not have the necessary expertise to direct treatment.

Assembly member Amy Paulin and Senator Frank Padavan sponsored the legislation. The legislation became effective upon signature by Governor Spitzer (August 1st), Excerpts from www.nypta.org



Life After Knee Re-Placement

In our day to day life, we use our legs and arms to go on with our activities of daily living. Once we reached 40's and above, we get aches and pains basically from head to foot. Since I started to become a physical therapist, I encountered a lot of patients that suffer from knee pain which is mostly due to osteoarthritis.

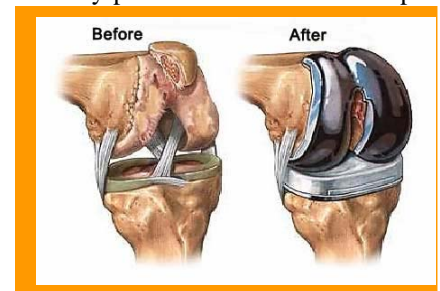
Pain! Pain! Pain! is mostly the complain of all patients which is always secondary to long term osteoarthritis. Majority of the patients report is discomfort in walking and hard time getting up and climbing the stairs up and down. Patients usually get different remedies of what is available out there and if it doesn't get better the last option is surgery to a chronic Osteoarthritis. There is always a positive and negative outcome to it.

Let's hear a magnificent story about a patient who had total knee replacement. Ms. Judy Lou had her total knee replacement last June /2007 on her left knee and Oct. 2004 on her right knee. So far, Ms. Lou finds her rehab very challenging but very beneficial. Ms. Lou is very compliant in her physical therapy and attends her physical therapy 3x week.

At first, It was very painful for her and couldn't walk without any assistive device. "I couldn't go anywhere but

with my perseverance and with the help of Woodhaven physical therapists and my head PT Alvin Tupaz I was able to get rid of my cane and able to walk better" reported by Ms. Lou herself. During the first few weeks I had a lot of pain and I received home PT which are helpful. After two to three weeks my pain become less and less and I was able to avail out patient physical therapy. Ms. Lou's treatment is focused on pain management, stretching, strengthening, and improving her gait and balance in different terrain. She gets 45mins to one hour of Physical therapy. Her swelling went away and the pain was gone after 3 to 4 weeks of treatment. WPT therapists gave her a lot of encouragement and take good care of her as best we can. Bicycle helps me a lot. Now, Ms. Lou is working on very hard on her balance and coordination. As for Ms. Lou," Alvin is very patience and kind who helps me a lot but most of all he is a loving person, I feel at home with you guys".

By: Melody T. Bautista PT, CLT, CKTP



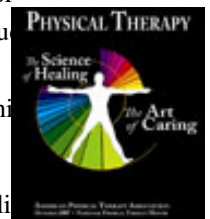
In light of surging sales of painkillers, Physical Therapist urge consumers to seek physical therapy before medication for pain relief.

ALEXANDRIA, VA, August 21, 2007 — According to a new Associated Press analysis of federal drug prescription data, retail sales of five leading painkillers nearly doubled from 1997 to 2005, reflecting a surge in use by patients nationwide who are living in pain. In light of this provocative information, patients may wish to consider the benefits of a physical therapist's intervention for pain relief from certain chronic conditions, says the American Physical Therapy Association (APTA).

There are many types of pain and inflammation that can be reduced by a physical therapist's intervention. For example, chronic pain in the back, shoulder, or knee, or pain associated with certain degenerative diseases such as osteoarthritis, can be reduced with the appropriate combination of medication and exercise. "The physical therapist, in collaboration with the patient and the patient's physician, can help the patient manage his or her health over the long term," explained APTA President R Scott Ward, PT, PhD.

"Clearly consumers need to know that physical therapy is an effective non-pharmacological approach to relief," said Ward. "Physical therapists diagnose and treat individuals who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives. A person coming to a physical therapist will receive a complete musculoskeletal examination and an individualized treatment program to reduce pain and improve function." For osteoarthritis, a degenerative disease of the cartilage and bone, physical therapist intervention may include exercises for strength, flexibility, range of motion, and the use of devices designed to rest or support the joint, such as orthotics or splints.

Physical therapists are health care professionals who diagnose and manage individuals of all ages, from newborns to elders,



who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives. . Physical therapists examine each individual and develop a plan of care using treatment techniques to promote ability to move, reduce pain, restore function, and prevent disability. Physical therapists also work with individuals to prevent the loss of mobility by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

The American Physical Therapy Association (www.apta.org) is a national organization representing nearly 70,000 physical therapists, physical therapist assistants, and students nationwide. Its goal is to foster advancements in physical therapist education, practice, and research. Consumers can access "Find a PT" to find a physical therapist in their area, as well as physical therapy news and information

at www.apta.org/consumer.

Source: APTA Website News/Media Room

Adults need more physical activity

According to the Centers for Disease Control and Prevention (CDC), more than half of US adults do not engage in physical activity at levels consistent with public health recommendations.

The Surgeon General recommends 60 minutes of moderate physical activity most days of the week for children and 30 minutes of moderate physical activity most days of the week for adults.

Being overweight or obese increases the risk of many diseases and health conditions, including the following:

- Hypertension
- High total cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

What does all of this mean?

Patient Testimony

On the left PT Alvin Tupaz on the

right patient Judy Lou



It means that our nation's health is at risk and both adults and children must choose to make physical activity a part of their everyday lives.

The Physical Therapist's Role

Physical therapists play dual roles in the fight against obesity. One is to help prevent obesity and maintain weight loss by developing fitness plans that promote the ability to move, reduce pain, restore function, and prevent disability for both adults and children. The other is for people who are already overweight or obese. The physical therapist can balance the progression of the exercise prescription with the need for joint protection and safety during exercise.

In addition, physical therapists are aware that overweight and obese individuals might have experienced past failures with exercise and can truly understand the difficulties these individuals might encounter.

Disclaimer: This information is not intended as a substitute for professional health care. If you experience signs or symptoms of injury, disease or illness you should seek the advice of a physical therapist or other health care professional.

Source: APTA Website News Article



I came to Woodhaven Physical Therapy after my full left knee replacement surgery. I can walk very well now due to the kind, care and professionalism shown by the staff and in particular Alvin. Alvin always stretches my leg every time I come the staff did a great job for me.

Thanks to all you. Regards Judy Lou

