



The M & M Minute

M & M Physical Therapy Gets a Facelift

Good news! Our building is now under new ownership. If you have been around recently, you may have noticed some of the work going on around the premises. We have new potted flowers, a welcome mat and had a new roof installed. We are now undergoing the re-surfacing of

our parking lot. For those of you who have been patients in the past, you may remember the pot-holes and uneven surfaces in our lot. Soon that should all be just a memory.

This will help eliminate the buildups of ice in the winter and make our parking lot much safer for our patients. I am told we will also have reliable snow removal to prevent ice on the sidewalks.



Speaking of ice...make sure you look inside for tips on saving you back during the upcoming raking and shoveling season.

Inside this issue:

Medicare Therapy Cap Implications	1
Osteoporosis—Prevention is the key	3
Re-training of your golf swing address position	2
Fall and Winter Chores? Tips to avoid injuries	3
Recipies: Two favorites from Melissa.	4
Off Season Golf Training	2

M&M PT Can Help With:

- Fibromyalgia
- TMJD (temporomandibular joint disease)
- Headaches/ whiplash/ cervical pain
- Rotator cuff and shoulder injuries
- Golf/tennis elbow, carpal tunnel
- Low back pain, sciatica, sacroiliac pain, hip pain
- Knee/ankle injuries and disorders
- And More

Medicare Cap Limits Your Benefits Outpatient P.T. limited, but still available to you

You may have read about some of the recent changes Medicare has adopted, which may affect your therapy benefits. While there is a new limit, Medicare will still pay for outpatient physical therapy services up to \$1590 between now and the end of the year. This will cover up to 30 or sometimes more visits

to your physical therapist. So, there is no need to worry about not being covered. However, for patients, with long term musculoskeletal illnesses and injuries, this cap will prevent them from getting the care they need. You can help these patients by contacting Senator Kohl's office at (414) 297-4451

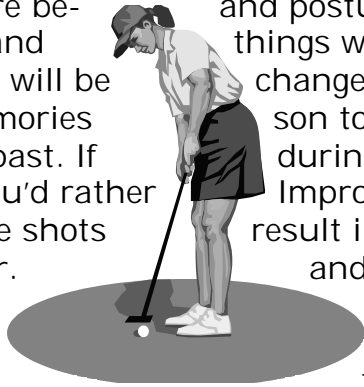
and Senator Feingold's office at (608) 828-1200. Ask them to help repeal the Medicare therapy cap to help Americans get the treatment they need. They are both part of a special committee on aging, and should be aware of how this legislation may be problematic for many elderly Americans.

Off Season Golf Training

Use the winter season to improve your game

By: Golf Performance Specialist, Larry Pleva, MPT, CSCS

Winter will be here before we know it, and Wisconsin golfers will be left with only memories from the season past. If you're like me, you'd rather forget many of the shots you took this year. However, as much as I miss golf in the winter, I look forward to the off season as a time to improve upon my flexibility, strength, and balance—all of which will help me make more memorable scores next year!



and posture. These are things we can make changes to in the off season to improve our swing during the golf season. Improved posture will result in better balance and improved consistency—a must for low scores. All it takes is a few minutes each day. There are several postural drills and exercises, which, when done regularly, will help transform your address position to a more athletic and appropriate posture. This will lead to greater spinal and hip rotation range during the swing, and ultimately more reproducible and effective

golf shots. See the tip below for a starter. Perform this drill regularly to re-train your muscles, and make this position your natural set-up. It won't happen overnight, *but it will happen* with repetition. That's why the winter season is the perfect time to make this change. If you are unable to get into a good address position, you may need to focus on stretching or strengthening a particular muscle group. At M & M Physical Therapy, we can look at your address and your swing, talk about your goals, and design a specific program for you to get the most out of your off season workout.

An off-season golf program typically focuses on a three areas—strength, flexibility

Start by holding a club behind your back. Tighten your abdominals to flatten your low back and straighten your upper back so that the entire length of your spine is contacting the club. There should be no space between the club and your back.



Then, *bending from the hips only*, lean forward as if you are taking your address position without moving your spine. Your spine should maintain contact at all points—NO SPACES. There should be no rounding of the upper back and no flexion at the low back. All of the “bend” should come from the hips.



Take the club away from your spine, let your arms hang straight down, take you address. Don't let your spine change position— you should be able to put the club back along your spine without any spaces between your back and the club. This posture will allow for the most spinal rotation and reduce stress on your back.

If you are unable to line your back up against the club without any spaces, you may need to do some stretching exercises for your back, hips, or legs. Feel free to call or stop in for some advice.

Osteoporosis? The quick facts

What is osteoporosis? It is a disease affecting millions, mainly women over the age of 45. It is a loss of bone density making bones thin, porous, and weak. Causes of osteoporosis include post menopausal decreases in estrogen, dietary deficiencies, inflammatory arthritis, and post-trauma.

What are the symptoms? The symptoms include gradual height loss, stooped posture, and fragile bones. Unfortunately, most people don't realize they have osteoporosis until they break a bone, and by that time, the disease is usually quite advanced. *How Do I prevent Osteoporosis?* Since there

is no cure, women should start building bone density at a young age—between 15-35 years old. After age 35 bone mass decreases at a rate of 1-2% per year. Weight bearing exercises such as aerobics and jogging are essential for main-

Back extension exercises significantly reduce bone loss and reduce compression fractures

taining bone density. Adequate dietary intakes of calcium, magnesium, and vitamin D, will help increase bone strength. Strong back muscles are good protection against spinal fractures. A study by Mayo Clinic found strong evi-

dence that "a specific exercise program can reduce the risk of fractures in older women and this benefit lasts for several years." Dr. Sinaki, a physical medicine specialist at Mayo says that back extension exercises used in the study significantly reduced bone loss and reduced compression fractures.

So, the bottom line is to take measures to prevent osteoporosis while you are young.

Give one of the therapists at M & M Physical therapy a call to find out what type of exercises might be right for you.

Fall and Winter Chores...Stay Injury Free!

The falling temperatures always mean an increase in business for physical therapists. Raking and shoveling inevitably result in needless back and neck injuries for so many. These injuries are easily preventable. So, please keep in mind the following tips so you don't end up in our office with back pain. And don't think back injuries only happen to the elderly and out-of-shape. The American Physical Therapy Association has found that people between the ages of 20-50 are the most likely to have back injuries.

Let's start with the one's we have all heard before. Lift with your legs, not your back. When raking, pull the rake with the power of your legs,

don't bend and reach. When shoveling, push with legs, bend at the knees, and lift with the legs. Don't bend and twist at the same time. The most serious back injuries occur this way. There is incredible strain placed on your spine when it is

Don't crawl out of bed and immediately begin shoveling.

flexed and twisted at the same time. Make sure that you remain un-twisted when throwing snow off your shovel. Even if it doesn't hurt—you are wearing your back out by twisting with a loaded shovel. Don't bend at the waist—ever. Even when bagging leaves or picking up seemingly

light objects, always crouch down with your legs. We frequently see people who hurt their backs picking up a piece of paper or tying their shoe. It's not necessarily the weight of the object that causes the injury—it's the bending of the spine that wears it out. Take frequent rest breaks. Stand up with a straight back and stretch *before* it feels sore and fatigued. Warm up prior to your chores. Don't crawl out of bed and immediately begin shoveling. Get some blood flow to the extremities and your heart rate up prior to starting any heavy activity. Remember, pain or pressure in the chest during strenuous activity is not muscular. Seek medical attention immediately.

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Healthcare With A Personal
Touch



This Month's Recipes

Melissa's Favorite...

Chocolate Toffee Caramel Bars

1 pkg Pillsbury Moist Supreme Butter
Cake Mix
1/3 cup oil
2 Eggs
12oz (2 cups) semi sweet chocolate chips
1 cup white vanilla chips
3 chocolate covered toffee bars, chopped
1/2 cup butter or margarine
32 vanilla caramels
1 14 oz can sweetened condensed milk
Heat oven to 350F. Grease 13x9" pan. In large bowl, combine cake mix, oil, eggs and blend well. Stir in chips and candy bar pieces. Press 1/2 of the mixture into the pan. Bake for 10 min. Meanwhile, combine butter caramels, and condensed milk in a saucepan. Cook over med-low heat until smooth, stirring occasionally. Pour caramel mixture over partially baked crust. Top with

remaining cake mixture. Return to oven and bake an additional 25-30 minutes or until edges are golden brown. Cool 20 minutes. Run knife around side of pan to loosen bars. Cool 40 minutes. Refrigerate 1 hour. Cut into bars, and store in refrigerator.



Here are a couple
tasty treats – Enjoy!

...and the hit of our Anniversary party

German Potato Salad

6-7 large potatoes
1# of bacon—diced
1 chopped onion
6 Tbls flour
1 1/2 cup sugar
2 tsp salt
1/2 tsp white pepper
3/4 cup vinegar
3 cups water
Slice potatoes and boil until done. Fry Bacon until brown. Add onion and fry. Add flour, sugar, and seasonings and blend. Add vinegar and water. Cook until it thickens and stir constantly. potatoes and keep in slow cooker to keep warm.