



# The M&M Motion Minute

## M & M can help offer relief from chronic pain syndromes like fibromyalgia and arthritis

While chronic pain syndromes like fibromyalgia may not be curable, Physical Therapy may be very helpful in achieving a variety of goals for people who suffer from these debilitating syndromes.

Chronic pain patients are the most challenging cases that physical therapists encounter. Each case is unique and requires different levels of care and varying treatment strategies.

In order to help, a physical therapist must get to know the individual and how the condition has affected the patient's life.

M & M Physical Therapy offers an environment that is perfect for managing the complexities of chronic pain syndromes. We offer one on one care in a personal environment. We schedule our patients in such a way that allows us to get to know them personally as well as professionally. We do not utilize aides or assistants like the large therapy clinics do. Patients have up to 1 hour treatment sessions with the same therapist for each appointment.

It is impossible to successfully treat these complex syndromes in a clinic where patients are

shuffled around between different therapists or assistants.

Treatments for chronic pain typically involves soft tissue work and massage, joint mobilizations, neuro-muscular re-education exercises, and other types of stretches and exercises depending on the symptoms and the individual.

Physical therapy is just one piece of the puzzle. Dietary changes, medications, and many other treatments can be utilized in cooperation depending on the needs of the individual.

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### M&M PT Can Help With:

- Fibromyalgia
- TMJD (tempromandibular 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

## Spring Appreciation Picnic was a Hit!

Thank you to all who came to the picnic this spring. It was a hit with lots of good food and prizes. We had a good flow of

people through the afternoon . It was nice to see faces from the past. Thanks to those who also brought treats to share. If you

missed this year's picnic, be sure to attend next year's picnic some-time in Spring.



# *A Matter of Dollars.....Not Sense*

## Congress set to restore cap on Medicare benefits in 2006

As many of you may know, congress enacted a monetary cap on therapy benefits (physical, occupational, and speech) for Medicare recipients in the mid-1990's. Since then, the cap has gone into effect only once in 2004.

Naturally, problems arose immediately. The cap was found to be unfair to those with more than one episode or injury within one calendar year. Additionally, those patients with the most serious injuries and conditions were being denied much needed medical services.

Congress eventually realized the inherent problems with this type of legislation and quickly placed a moratorium on enforcement of the therapy cap at the end of 2004. The cap was in effect for only 13 weeks, so negative repercussions on Medicare beneficiaries were minimal.

However, legislators stopped short of repealing the cap altogether because the current budget was formulated around the cuts in Medicare spending. As a result therapy patients will again face restoration of the cap in 2006 if action is not taken by congress.

While it is certainly understood that spending must be cut, therapy is vital to many, many Medicare recipients. Those who have retired from physical la-

bor careers that are suffering from arthritis and joint problems are finding that therapy is their only relief from pain. Drugs like Bextra and Vioxx which help manage the pain, have been removed from the market and questions are being raised about many others.

*"Those patients with the most serious injuries and conditions were being denied much needed medical services."*

Until safe pain relieving medications become available (and affordable) therapy can help these patients live a more pain-free life.

The cap is just too restrictive for the patients who are most in need of treatment. A more clinically appropriate payment mechanism is necessary. We want to urge our congressmen to formulate a reasonable alternative to the therapy cap. We feel that this should be a priority when congress meets to consider the latest changes and cuts in Medicare spending.

You can help make this happen by contacting your congressman with your concerns. You can call the Capitol switch-board at (202) 224-3121 and ask our senators and

representatives to consider responsible legislation for coverage of clinically appropriate therapy services.

Additionally, if you are interested, M & M Physical Therapy can provide you with a form letter that you can sign and send to our legislators expressing your concerns. If you have any further questions about how the cap affects you, please call us and we can give you more detailed information.

Further contact information:

Senator Herb Kohl  
(414) 297-4451 (phone)  
(414) 297-4455 (fax)  
kohl.senate.gov

Senator Russ Feingold  
(608) 828-1200 (phone)  
(608) 828-1203 (fax)  
Feingold.senate.gov

Representative Paul Ryan  
(608) 752-4050 (phone)  
(608) 752-4711 (fax)  
House.gov/ryan

Representative Gwen Moore  
(414) 297-1140  
(414) 297-1086  
House.gov/gwenmoore

The R sign used today on pharmaceutical prescriptions was originally an astrological sign for the planet Jupiter. The use of this sign originated in the Middle Ages, when doctors believed that the planets influenced Health. Jupiter was thought to be the most powerful of all the heavenly bodies in curing

The Insulin used to treat diabetes in human beings is taken from pigs and sheep. The substance produced in these animals is exactly the same as that found in the human body and has precisely the same sugar stabilizing effect.

## FUN FACTS

According to the Center for Health Administration, one out of every ten Americans spends one day a year in the Hospital.

The longest cells in the human body are the motor neurons. They can be up to 4.5 feet (1.37 meters) long and run from the lower spinal cord to the big toe.

Human jaw muscles can generate a force of 200 pounds (90.8 kilograms) on the molars.

There are more living organisms on the skin of a single human being than there are human beings on the surface of the earth.

## Exercise of the month: Superman for postural re-education

Many of our patients have neck, shoulder, and upper back pain conditions that can be traced back to problems with posture. People who work with computers, sit at desks or drive for a living are particularly at risk for postural strain injuries. If not corrected, the pain can become chronic, leading to headaches, difficulty sleeping and in some cases, numbness and tingling in the arms and hands.

The following exercise is great for helping to strengthen the postural muscles of the upper back,

neck and shoulder blades. If you have neck pain or shoulder problems call your physical therapist before performing this exercise.



Start with your chest and abdomen on a ball. If you don't have a ball,

you can use a soft ottoman or a stack of pillows. Align your mid-back, upper back and neck as shown in the picture—as if someone

were holding a stick from your low back to your head. Slowly extend your arms out over your head as if you were flying like Superman. Hold for 3-5 seconds making sure to squeeze your shoulder



blades together and keep your hands as high as possible. It is important to keep your head in line with the rest of your spine. Avoid the temptation to extend your neck by looking up—keep your eyes focused on a spot on the floor about 3 feet in front of you.

If you are interested in learning more about the importance of posture, or even learning some additional exercises to address postural weakness or pain, please call us today! We also have exercise balls to purchase, and we are always happy to set up a customized exercise program using the ball.

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# Recipes

From Anne's Kitchen

## Slow-Cooked Tex-Mex Baked Beans

### Ingredients:

2 (15.5 oz.) cans Green Giant Great Northern Beans, drained, rinsed  
2 (15-oz.) cans Green Giant, Old El Paso or Progresso Black Beans, drained, rinsed  
1 (8-oz.) can tomato sauce  
1 (4.5 oz.) can Old El Paso Chopped Green Chiles  
3/4 cup barbeque sauce (your choice)  
3/4 cup Old El Paso Thick 'n Chunky Salsa  
1/4 cup packed brown sugar

In 3 1/2 or 4-quart slow cooker, combine all ingredients: mix well. Cover: cook on low setting at least 4 hrs or until mixture is thoroughly heated and flavors are blended. Serve and Enjoy!

## Hot Apple Cider

### Ingredients:

6 cups of apple cider  
1/4 cup real maple syrup  
2 cinnamon sticks  
6 whole cloves  
6 whole allspice berries  
1 orange peel, cut into strips  
1 lemon peel, cut into strips

Pour the apple cider and maple syrup into a large stainless steel saucepan.

Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.

Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling.

Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding fresh cinnamon stick to each serving if desired. Enjoy!