



# The M&M Motion Minute

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## New Clinic Now Open



After 5 years in our original office space, we are happy to announce that we have moved our clinic to a new Suite.

We can now be found in Suite B of the same building we were in previously. The patient entrance (and the best parking) can now be found on the East side of the building. Our new space more than doubles the size of



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our previous clinic. We are very excited about the possibilities that all the extra space will provide for our patients. We now have a much larger gym for our strengthening equipment and ball exercises. We added a mat table for those who are unable to

exercise on the floor. Downstairs, there is a second gym where we will have some new equipment and added space for more dynamic exercises. We just purchased a Fit Gym which is a very versatile machine that is capable of some very functional arm and leg exercises. We made these



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changes to provide more resources while still maintaining the "small clinic" feel that provides our patients



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with the personalized one on one care they have come to expect from M & M. So next time you or a friend are in need of physical therapy services, please keep our new and improved office in mind. You can also stop by at any time to say hello and see our new home for yourself.



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# Exercise for the Elderly

With the winter months fast approaching, physical therapists are always most concerned with falls by our elderly patients. We spend a great deal of time treating those who have fallen—and what is most concerning is that these injuries are often times easily preventable. Problems with strength and balance, bone density, and arthritis can be controlled with just a short daily exercise routine. I know that everybody has heard about the importance of exercise and proper nutrition, but just to help you motivation—look what this group of doctors had to say about exercise for the elderly:

*Regular exercise provides a myriad of health benefits in older adults, including improvements in blood pressure, diabetes, lipid profile,*

*osteoarthritis, osteoporosis, and neurocognitive function. Regular physical activity is also associated with decreased mortality and age-related morbidity in older adults. Despite this, up to 75 percent of older Americans are insufficiently active to achieve these health benefits. Few contraindications to exercise exist, and almost all older persons can benefit from additional physical activity. The exercise prescription consists of three components: aerobic exercise, strength training, and balance and flexibility.*

This is from Dr. Robert Nied and Dr. Barry Franklin from the American Academy of Family Physicians.

In short...All the research on exercise for our aging population suggests overwhelm-

ing evidence that regular exercise benefits *almost everyone*, for *almost every troubling condition*, and there are *very few reasons* not to do it!

If you are still on the fence about exercise for you—jump off! Make an appointment to see a physical therapist to discuss what you can do for yourself. You may be surprised how easy it can be to get started. A customized program can be set up for you that will not make you sore or take up all your time. A very small daily effort over a long period of time will go a long way. You are the only one who can do it for yourself.

M & M PT always offers free consultations either on the phone or in person to discuss your thoughts and concerns about exercise. If we decide that exercise is appropriate for you we can set up an appointment to develop a program that is customized to your health care needs. This type of service is almost always covered by Medicare or your health insurance. We will check with your insurance company before we start to confirm your benefits.

## Recommended Levels of Physical Activity

### Cardiovascular

Moderate aerobic activity for a combined total of at least 20 minutes, most days of the week.\* Individual bouts of activity may be as brief as 10 minutes.

### Strength training

A single set of 10 to 15 repetitions using 8 to 10 different exercises, performed two to three times per week. Each repetition should be performed slowly through full range of motion while avoiding holding one's breath.

### Balance and flexibility

Stretch major muscle groups once per day after exercise when muscles are more compliant. Balance training and weight transfer program twice per week.

## Food Labeling May Not Be As Clear (Or Honest) As You May Think!

As you know, the FDA and USDA are responsible for regulating food quality. Each has a very specific set of rules and regulations regarding labeling of products. Some of the laws are very convoluted and make a little bit of deception possible on the labels. Here are a couple of examples to things to keep in mind when reading food labels.

“Made With Whole Grain” means a product may contain a little or a lot of whole grain—a specified amount is not required.

“An excellent source of whole grain” means a product must contain at least 16 grams per serving, or approximately half of typical serving sizes(30-55 grams).

“A good source of whole grain” means there can be as little as 8 grams per serving—meaning the product is likely less than 50% whole grain!

“Multigrain” is a mixture of grains that could be mostly refined with minimal nutritional value.

The USDA uses different guidelines for meat and dairy than the FDA does for other foods. Fat content is labeled by weight rather than as a percentage of calories like all other food. Therefore, 93% lean ground beef (7% fat by weight) is actually 45% fat by calories. 1% milk is 18% fat by calories.

Its also important to know that the FDA

does not regulate nor evaluate terms that are placed on a package outside the nutrition facts panel.

Other terms such as “natural,” “no chemical,” “no hormones,” “non-polluting,” “non-toxic,” “ozone friendly,” or “sensitivity tested” are unverified by the FDA and are essentially meaningless. In other words any product can boast these sayings without any basis in fact.

If you want more information on product labeling you can look at:

[www.webmd.com/content/article/92/101603.htm](http://www.webmd.com/content/article/92/101603.htm)  
OR [www.eco-labels.org](http://www.eco-labels.org).

## Larry Completes Certification

We would like to congratulate Larry on completing his certification in Manual Therapy . Over the past two and a half years he has been working with the Manual Therapy Institute on achieving this goal. The program teaches comprehensive manual approach to physical therapy. It involves intensive instruction in joint mobilizations, soft tissue mobilization and muscular re-education techniques. The focus is on spinal injuries and disorders, but the program included significant course work on the extremities as well.

The certification process involves both a written and practical/oral examination where the student has to demonstrate the techniques to the instructors. Larry passed both exams and is now fully certified. So please pass on a congratulations when you see him next.

Melissa had gone through the same certification several years back. So South Milwaukee now has two *certified* manual therapists available for anyone who has an aching back or neck injury!

M & M  
Physical Therapy

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## Open House Invitation

You are invited to our  
open House!

Date: Thursday November 16th

Time 4:30-7:00 PM

We are so excited about our new clinic that we have decided to hold an open house to show it off! Please stop by to meet Melissa, Larry, and Anne. We'd love to catch up with our old friends and show you around the place.

Place: M & M Physical Therapy  
1333 College Ave.  
Suite B (East side of building)  
South Milwaukee, WI 53172

We will have some snacks and refreshments, so don't spoil your appetite before you come!

RSVP: No reservation or RSVP needed, however please call 414-571-9146 to let us know if you plan on coming so we can have enough snacks for all.