



# The M & M Minute

## New Downtown Location Set to Open on Mason Street

After two years of providing one-on-one, personalized manual therapy in South Milwaukee,

M & M Physical Therapy is proud to announce the opening of our new clinic in downtown Milwaukee. M & M will now be offering our services in two convenient locations.

We will be sharing space in the Downtown Chiropractic office with Dr.

Bernie Erenberger.

Our mission has always been to provide the one-on-one care, with attention to the individual patient that is sorely lacking in today's sports medicine and hospital based therapy clinics. Our new office is no dif-

ferent. We do not utilize physical therapy assistants or aides. Every appointment our patients have is with the same physical therapist each time. We design a rehab program that fits into your lifestyle and time constraints. Our new downtown location will be an added convenience for those patients who live or work downtown. We can schedule your appointments either before or after work—or during your lunch hour so you don't have to take time off.

Our new home will open in March—and for a limited time, we will be doing free evaluations. So if you have an old, unre-

solved injury or have back or neck pain that is aggravating you, stop by and see us at:

600 East Mason St.  
Milwaukee, WI 53  
(414) 704-3050.

## M&M Physical Therapy Family Picnic

The small size of our clinic allows us to get to know all of our patients as if they were our very own family. To show our appreciation to all of our patients and friends, we have set a date for the first annual M & M Physical Therapy family

Picnic. We will have free hot dogs and hamburgers, sodas and snacks for all of our past and present patients, and friends of M&M PT. The picnic will be held on Saturday, April 26th from 11:00-2:00 at our South Milwaukee Office.

Stop by for some food and fun. Even if you have not been a patient, feel free to come by to meet us and we will show you around and answer any questions you might have. Find out how good health care can be.

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### M&M PT Can Help With:

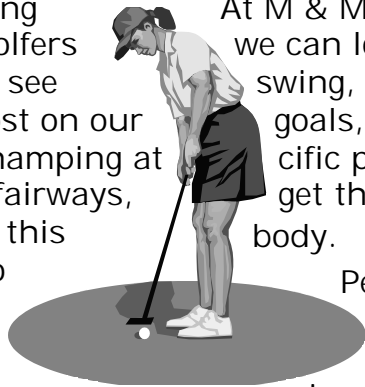
- Fibromyalgia
- TMJD (temporomandibular joint disease)
- Headaches/ whiplash/ cervical pain
- Rotator cuff and shoulder injuries
- Golf/tennis elbow, carpal tunnel
- Low back pain, sciatica, sacroiliac pain, hip pain
- Knee/ankle injuries and disorders
- And More

## Golf Season Is Just Around The Corner!

Use this time to prepare to get the most out of your body

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

This is a frustrating time of year for golfers in Wisconsin. We see golf on TV but frost on our greens. We are champing at the bit to hit the fairways, so we should use this nervous energy to work on improving our body's ability to make a good swing.



At M & M Physical Therapy, we can look at your golf swing, talk about your goals, and design a specific program for you to get the most out of your body.

People often forget that golfers are athletes. Just as in any other sport, proper exercise can help improve your performance and reduce injuries. So, if you are playing golf in pain or you just want to hit further, call us today to get started on your personalized golf program at M & M physical therapy.

Anyone who has played the game knows how important flexibility, strength, and balance is to the golf swing. No matter your age or ability, you can improve all of the above through easy-to-do exercises and drills.

*Here is a little tip to get you started.*

*Balance is crucial to a good shot. A player like Tiger Woods can swing as hard as he wants, and remain in good balance and posture because of his outstanding flexibility and strength. Most of us cannot—but here is a drill you can try to help improve your balance while focusing on a good golf posture.*

Standing on a piece of 2X4, get into an athletic address posture with a straight spine from your neck to your hips, knees slightly bent, and flexed forward from the hips—not the back.



Now, holding a club across your chest to keep your back from rounding, turn your shoulders from side to side without moving the hips or knees.



Do this a couple of times per day leading up to the opening of the season and you will notice improved balance in your swing, giving you a more stable base to swing from.

This drill will make any deficiencies in hip or trunk flexibility very obvious. There are countless exercises and drills that can help you improve your flexibility and strength. Call us today to set up your personalized golf program.

## Fad diets failing you? Find your balance

Obesity is the number 2 cause of preventable death in the United States. It is second only to cigarette smoking. Obesity is an epidemic effecting people of all ages. It increases the rate of heart disease, diabetes, high blood pressure, back pain, and cancer.

Everyday we hear of supplements, diet plans and miracle workout machines that will make loosing the weight easy. Each plan has spokes people who swear by the results. Fat used to be the enemy, but now it's carbohydrates. It is no wonder that so many struggle with obesity.

The fact is that our bodies burn calories all the time, even at rest. The amount of calories we burn at rest is our Basal Metabolic Rate (BMR). Any exercises we do burn calories in addition to our BMR. Also, we

"The basic key to weight loss is balancing calories in with calories out."

can increase our BMR though exercise—people with more muscle mass burn more calories to stay alive.

The basic key to weight loss is balancing calories in with calories out. If we eat more calories

than we burn off through exercise and our BMR, we gain weight. If we burn off more than we eat, we loose weight. *It really is that simple.*

A calorie, is a calorie, is a calorie. Whether your calories come from fat, protein or carbohydrate. You just need to use the calories you eat.

This concept is true for weight loss only. A healthy, low fat diet is recommended to reduce the risk of heart disease, diabetes and cancer.

## Do you have TMJD?

The temporomandibular joint (or TMJ) is located near your ear and is responsible for opening and closing your mouth. Inflammation or dysfunction of the TMJ is a common cause for chronic, unexplained headaches, neck pain and even tooth aches. Along with this you may experience facial pain, clicking when chewing, and ringing in the ears.

This joint has a complicated structure and movement pattern, which, when disrupted or functioning improperly can result in the symptoms listed above.

Dysfunction at the TMJ can

result from accidents, sports injuries, stress, dental conditions, clenching your teeth at night, or may have no precipitating factors at all. It is often mis-treated or not diagnosed appropriately. If left untreated, this could lead to difficulty in opening your mouth and can cause osteoarthritis in the TMJ.

"A specially trained Physical Therapist can help relieve your TMJ pain."

Once you have been diagnosed with TMJ dysfunction (TMJD), a specially trained physical therapist can help relieve your pain. Treatment for TMJD includes physical therapy with or

without dental procedures. The dental procedures can be as simple as receiving a night guard to reduce the tension caused by clenching or a prolonged splint to change the bite.

Physical therapy will help you to decrease the muscular tension in the facial and cervical regions. Your therapist will also educate you on proper posture, relaxation techniques and exercises to maintain proper posture. These changes will reduce the micro-traumas occurring to the joint and relax the muscular tension. This in turn will reduce the pain and dysfunction.

## M & M Physical Therapy

1333 E. College Ave  
South Milwaukee, WI 53172

Phone: (414) 571-9146

Fax: (414) 571-9147

Email:

mmpyhsicaltherapy@yahoo.com



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## This Month's Recipes

On the lighter side...

### The Good—*Greek pork pita pockets*

Prepare Pork: Marinate strips of pork loin (1lb.) in 4T olive oil, 4T lemon juice, 1T prepared mustard, 2 cloves minced garlic, and 1t dried oregano. Refrigerate 1-8 hours.

Prepare Cucumber Sauce: 1c plain yogurt, one chopped, peeled cucumber, 1/2t crushed garlic, 1/2t dill weed. Refrigerate.

Stir fry pork in pan over med. Heat for two-three minutes. Serve pork in pita pockets with cucumber sauce, feta cheese, tomato, cucumber slices, lettuce, and red onion.



Bon A petit'. Here are a couple of tasty treats recommended by our patients. There is one healthy choice, and one to work off at the gym!

...And for the sinner in you

### The Bad—*Butterscotch Marshmallow Brownies*

1/2 c Butterscotch Morsels

1/4 Cup Butter

3/4 cup flour

1/3 Brown Sugar

1 tsp baking powder

1/4 tsp salt

1 beaten egg

1/2 tsp vanilla extract

1 cup semi-sweet chocolate morsels

1 cup mini marshmallows

1/2 cup chopped pecans

Combine 1st two ingredients, cook over med. Heat until melted. Mix with all other ingredients. Bake at 350 for 20-25 min in a greased 9 inch square pan.