



# The M&M Motion Minute

## Spring Appreciation Picnic

In Thanks for all of our loyal clients and referral sources

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 we have set a date for the second annual M & M Physical Therapy family picnic. Save the date! Saturday, May 1st will be our opportunity to show our appreciation to all of our patients, referring physicians and chiropractors, and the community. Come join our staff

for free food, prizes, and fun. Over 50 of our 'family members' joined in the fun last year, and a similar party is planned this year. We will have plenty of tasty treats to share as well as burgers and brats on the grill. The festivities will begin at 11:00 am. Come and check out how we've grown—particularly Melissa, who is now pregnant...with twins! We in-

vite those of you who have not been patients with us in the past to join us as well. We will give you a tour of our clinic, answer your questions, and show you how good health care can be.



## Medicare Physical Therapy Cap Lifted for 2004

Good news for all of our patients who rely on Medicare for physical therapy! The \$1500 cap has been eliminated for 2004. The cap, which was instituted late in 2003, would have limited Medicare beneficiaries to only \$1500 of outpatient physical therapy services per calendar year. Congress re-instated a moratorium on this cap in

response to letters and pressure from constituents who felt outpatient physical therapy was an integral part of their health care.

If the cap had remained in place, patients would have had to obtain physical therapy from hospital based clinics, where the care is often times left in the hands of

aides and assistants rather than licensed therapists.

If you have any questions regarding your insurance coverage, feel free to call us at (414) 571-9146. Our office manager, Anne, will be happy to clarify your physical therapy benefits for Medicare or any other private insurance.

### Inside this issue:

Tips for designing your own flexibility routine	2
Omega-3 Fatty Acids	3
Melissa Update	3
Recipies: The good—and the Bad	4
M & M Second Annual Appreciation Picnic	7
Therapy Cap Lifted	7

### 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

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# Stretching Program—The basics of designing your own

Stretching is an important component of any injury rehabilitation program. However, a daily stretching regimen can help anybody have a healthier musculo-skeletal system and prevent injuries and pain from postural stresses. A good stretching routine can be performed in only a few minutes per day. For some people it may even evolve into a very relaxing way to end the day while watching TV or preparing for bed, and for others, it's a great way to start the day. Here are a some frequently asked questions and answers on getting the most out of a stretching routine.

1. *What types of stretches are most effective?* There are many different types of stretches, but the most common and safest are Static Stretches, Dynamic Stretches, and Active Stretches. Static stretches are performed by elongating a particular muscle group to it's fullest extent and holding it there for a period of time. There must not be any bouncing or movement when performing static stretching exercises. Stretches should be held

in a range that is uncomfortable, but not painful. If you perform a static stretch too quickly or stretch to far, you may actually *decrease* your flexibility! Muscles reflexively tighten up when they are over-stretched or stretched quickly. Dy-

**Muscles reflexively tighten up when they are over-stretched**

dynamic stretches are performed by moving a body part, with a controlled force and speed, repeatedly through a wider and wider range. Dynamic stretching can also be performed through specific movement patterns designed to use a particular muscle group through the fullest possible range. An example may be a deep squat or a lunge to stretch the hamstrings. Active stretches are similar to static stretches in that an elongated position is held for a period of time. However, active stretches are held by contraction of the opposite (antagonist) muscle group. For exam-

ple, if you wanted to actively stretch your hamstrings, you would hold an extended knee position with the quadriceps and a flexed hip position with your hip flexors. You would not use your arms, a wall or the floor to hold your leg straight. It has been found that dynamic and active stretches are far more effective in improving flexibility than static stretching.

2. *When should I stretch?* Stretching at any time of day will be beneficial. There has been research which shows that flexibility and strength are greatest in the afternoon and early evening. If this is true, it would make sense to try to make improvements in flexibility during this 'peak time.' However, I recommend stretching daily in the morning. Muscles should be warmed up prior to stretching, so right after a morning shower is a great time to stretch. Otherwise, a warm up routine of jogging in place, jumping jacks, or similar aerobic activity should do the trick.

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3. *How often should I stretch?* If you are serious about improving overall flexibility, you will need to stretch once per day. It won't happen overnight, so commit yourself to 8 weeks of daily stretching. Start with your back. Next stretch your sides. Always stretch your calves and buttocks before stretching your hamstrings. Stretch your arms before stretching your chest. Create a routine for yourself in which you do active and dynamic stretches every other day, and do static stretches on the opposite days.

Improving your flexibility can be beneficial for just about everyone. It can take a tremendous amount of strain off your low back, improve you golf game, decrease stress and postural strain at work, even help you sleep better at night.

If you would like a customized flexibility routine, make an appointment with Larry to discuss your goals and develop a program. If you have questions regarding your stretching routine, feel free to call us at (414) 571-

## For a Healthier Heart ... ...Eat More Fish

The American Heart Association revised its dietary guidelines in 2001 to include at least two servings of fish per week. The reason behind the shift is that the polyunsaturated fatty acids in fish (Omega-3 acids) have been shown to have several beneficial effects on the cardiovascular system. Omega-3's make the platelets in the blood less likely to stick together, reducing clotting, and thus reducing the likelihood of a fatal heart attack. Omega-3's also reduce triglycerides circulating in the blood. They may also make the heart less susceptible to dangerous rhythm abnormalities. There has also been research that shows that fish oil may help relieve inflammatory symptoms of diseases like rheumatoid arthritis and psoriasis.

Fish oil capsules are a popular supplement, but they may not have the same benefits as fish. In fact, they may adversely affect your body's ability to form blood clots, increasing the risk of hemorrhagic stroke. So, unless your doctor has recommended them to you, eat fish instead of capsules.

## Growing News

Well in case you have not heard the news yet, Melissa is expecting twins!! Yes I said twins—we always thought she was an over-achiever, but this tops the cake. She is due in early August and will be taking a two month maternity leave. We will miss her, but are happy to be welcoming two new Martin's into the world. (If anyone has any good name suggestions, please feel free to pass them on to her.)

In her absence, Larry will be working more hours at the South Milwaukee location and the downtown location will be on hold. Please do not hesitate to call during this time, we will continue to strive to make appointment times as convenient as possible.



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## This Month's Recipes

On the lighter side...

### The Good—

#### Lemon Pepper Sauteed Veggies

1/4 pound Fresh Broccoli Florettes  
1/4 Cauliflower Florettes  
1 ave. size yellow squash-sliced  
1 small zucchini—sliced  
1/4 cup fine sliced carrots  
3 Tbls. Butter

1 tsp. Lemon Pepper

Place butter in non stick large sauté pan (12"). Heat on high until butter is smoking. Add Vegetables.

Sprinkle Lemon Pepper over vegetables. Cover with lid. Leave on high for 2 min. For best flavor, serve immediately.



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—White Chocolate Macadamia Nut Cookies

11/4 cups butter      11/3 cups sugar  
2/3 cups packed brown sugar  
2 eggs      1/2 tsp. Vanilla  
21/2 cups flour      1/8 tsp salt  
1 tsp baking soda  
1cup macadamia nuts  
1 cup chopped white chocolate

1. Preheat oven to 325 degrees
2. Cream together butter and sugar until fluffy. Beat in eggs, one at a time. Stir in vanilla
3. In a different bowl, mix together flour, baking soda, and salt. Add to the creamed mixture. Stir in nuts and chocolate.
4. Drop by teaspoonful onto baking sheet and bake for 15 min.