



### SPECIAL POINTS OF INTEREST:

- PTSC Gives Over \$100,000 to Area Students
- See How our Wellness & Prevention Program can help you!
- Dig for a Cure Results
- Congratulations to our Wellness Winners!
- Local Doctor to Star on TV Series

# Physical Therapy Specialists Clinic NEWSLETTER



## Standing Strong

Each year an estimated one in three adults fall, and of those 20% to 30% suffer moderate to severe injuries that make it hard for them to get around or live independently. The CDC reports that the total direct medical costs of fall injuries for people 65 and older in the year 2000 was over \$19 billion, and by the year 2020, the total direct and indirect costs are expected to reach \$54.9 billion.

The risk of falls increases with age so it is important to educate patients, particularly those over 65 years old, on how to take precautions to prevent falling. PTSC offers fall prevention screenings for all patients, particularly geriatric

or those at a higher risk for falls. They typically take about 10-15 minutes and involve a brief medical history, and balance and gait tests. In addition, simple changes can



decrease risks. Some ways to prevent falls include regular exercise, checking medication

to reduce side effects, annual vision tests, changing the lighting at home, and reducing trip hazards in the home.

In May 2008, a study was conducted to assess the rates of falls among seniors over the age of 65. For 12 weeks participants were asked to complete 30 minutes of exercises four times a week, including resistance training and gait-training exercises. Of 1,428 participants, only 52 fell within the next three months, and only 18 sustained fractures - an 80.2% reduction in fractures from the national average, and 89% reduction in falls. For more information on the study or fall prevention contact PTSC.

## PTSC Offers Vestibular Rehab

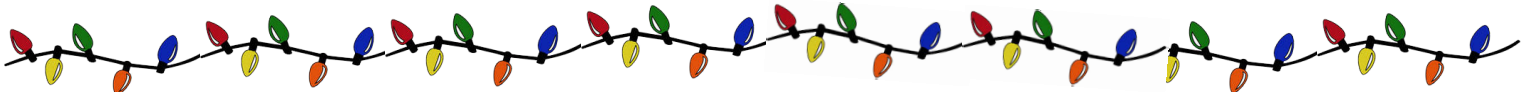
Balance is maintained by three systems: vision, the vestibular system of the inner ear and the sensory system or touch to let you know your position in relation to your surrounding. The vestibular system provides the brain with information about changes in movement, and if it is not functioning properly then dizziness, vertigo, imbalance and other symptoms may occur.

Common causes that result in poor function of the vestibular system could include allergies,

head trauma, aging, Menier's Disease, or benign paroxysmal positional vertigo. Symptoms can be lessened by undergoing Vestibular Physical Therapy. The physical therapists at PTSC can perform an evaluation to determine the proper plan of care, which may include exercises combining head and body movements with eye exercises, as well as other muscle strengthening activities. Symptoms could increase as the body and brain attempt to sort out the new movement patterns, but with

time and consistent work, the coordination signals from the eyes, proprioception and vestibular system will occur.

In most cases therapy will improve balance. If symptoms persist, surgery may be required to correct an inner ear problem but therapy is recommended before and after the procedure.



# Stay Healthy Over the Holidays

Tips on keeping you and your family safe & healthy this holiday season.



## Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

## Stay Warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

## Manage Stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over

spending. Balance work, home, and play.

## Prevent Injuries.

Injuries can occur anywhere and some often occur around the holidays. Use step stools instead of furniture when hanging decorations. Most residential fires happen during the winter months. Keep candles away from the children, pets, walkways, trees, and curtains. Install a smoke detector and carbon monoxide detector in your home.

## Handle & prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illnesses. Wash hands and surfaces often, refrigerate leftovers promptly, and don't eat undercooked meat.

## Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your

*"PTSC helped to raise over \$800 for the Susan G. Komen Foundation and Relay for Life."*

## PTSC Supports Breast Cancer Awareness

Physical Therapy Specialists Clinic hosted Dig for a Cure in Mountain Grove and West Plains during the month of October to promote and raise money for breast cancer awareness.

On September 30th, Dig for a Cure was held at the Mountain Grove High School during a Lady Panther volleyball game and again on Octo-

ber 5th at the West Plains Civic Center during a Lady Grizzly game. The volleyball players wore Dig for a Cure t-shirts to show their support and the fans had the opportunity to show their support by purchasing a t-shirt or donating money.

Dr. Lori MacPherson spoke to the Mountain Grove fans about breast cancer preven-

tion and how important early detection is.

Dig for a Cure raised over \$800 to go towards the Susan G. Komen Foundation as well as the Howell and Wright county Relay for Life events. Thank you to all who participated!



## Congratulations Challenge Winners!

PTSC's Wellness and Prevention Program not only educates you about healthy living but also motivates you to do so. PTSC holds monthly challenges in order to spark some friendly competition. Over

the holidays we challenged our Wellness participants to maintain or lose weight in the "Don't Fall Off the Scales" challenge. We know that most people struggle with over-eating and weight gain over the holidays and hoped that this challenge would encourage participants to make a larger effort to

make healthier choices over the holidays. The challenge ends January 1st and those who maintained their weight will receive PTSC's "Wholesome Eats & Treats" cookbook.

Lola Patillo was the Wellness Champ from the City of West Plains. Congratulations Lola!



# PTSC Gives Over \$100,000 to Area Students



PTSC's staff dressed as a Broadway character for the Celebrity Dinner in September.

In March of 2011, PTSC will celebrate having given out over \$100,000 in scholarships to area students. They will hold a special "Celebrity Dinner" in Mountain Grove to celebrate this great ac-

complishment. The dinner will feature a skit performed by "local celebrities" as well as a fun skit by the Teachettes from Mountain Grove Schools. The Celebrity Dinner, planned for March 31st, will be

held in the Mountain Grove, where a plated dinner will be served.

The dinner will not only raise money for the PTSC Scholarship Foundation but will also serve as the awards ceremony for the 2011 Scholarship recipients. PTSC looks forward to doing such a large event in Mountain Grove and involving the Mountain Grove community.

PTSC held a Celebrity Dinner in September in West Plains and raised over \$14,000 for the Memorial Scholarship Foundation.



She has developed a product called availability bands which will help "break the ice" when meeting other single people. The band is targeted to middle-aged and older individuals who are looking for that someone special. Look for more information about the availability bands on Facebook or visit [www.availabilitybands.com](http://www.availabilitybands.com) for more information.

## Local Doctor Stars on TV Series

Our doctor spotlight this issue focuses on Dr. Lori MacPherson, a family physician at the Cox Family Medical Center in Mountain Grove. Dr. MacPherson is a board certified family physician and has practiced medicine since 2001.

Dr. MacPherson graduated from Missouri State University in Springfield with her undergraduate degree and attended medical school at the University of Missouri in Columbia. She is a member of the American Academy of Family Physicians, the Missouri Academy of Family Physicians, and the Greene County Medical Society. She has two children, Sam who is 9 and Gus who is 7.

Originally from Mountain Grove, Dr. MacPherson says that the most fulfilling part of her job is being able to diagnose and treat such a variety of illnesses and meet so many types of people.

When asked about changes in healthcare she said there is real uncertainty within the patients and physicians about what is to come in the future.

Dr. MacPherson recently travelled to Denver, Colorado to film a taping of *Mystery Diagnosis*, a show on the Discovery Health Channel, which features interesting medical cases. She was involved in one of

these strange diagnoses in 1999 during her second year of residency. A patient had a strange reaction to mono that caused her to be paralyzed. Dr. MacPherson says that taping the show was a fun new experience but also a lot of work. The show featuring Dr. MacPherson will air on the new season of *Mystery Diagnosis*, which begins in January.

Dr. MacPherson is a busy lady with her love of travelling, fine dining, and scuba diving trips to the Caribbean. She also has a new hobby to add to her activities.

## A Big Thank You!

A big thank you to the local McDonalds and Andi Hilburn for donating prizes to the winners of PTSC's Fruits and Vegetable Wellness Challenge. Winners of the challenge received a free smoothie from McDonalds. Another thank you to Duncan Smith and the Spring Hill Pumpkin Patch for allowing the PTSC Memorial Scholarship

Foundation to benefit from the pig races, held throughout the month of October. PTSC's pig, McKenzie, raced each weekend and the audiences voted on the pig they thought would win.



PTSC's pig, McKenzie, raised over \$140 for the PTSC Memorial Scholarship Foundation.





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# Get Help with Your New Year's Resolution

Happy  
NEW  
Year!

We all make a New Year's resolution in hopes of making a good change for the upcoming year. For many, this resolution is to get fit and be healthy. Physical Therapy Specialists Clinic can help you commit to this change with their Wellness & Prevention Program. Not only will you have access to our workout facilities, but you will also have your own Wellness Coach who will keep you motivated and help you find a plan to become a fitter you.

Our wellness program offers initial testing and blood work including; biometric measurements, and a cardiovascular step test. You will also receive a health risk assessment that will outline the areas you can improve on in order to be a healthier you.

The wellness program is unlike



**PTSC's gym contains all the equipment you would need for a great workout.**

any other in the area because of the educational classes it provides to its members. Each month, Beth Thompson, the PTSC Wellness Cooking Coach, demonstrates healthy cooking and healthy cooking alternatives and Dr. Deborah Sheehan, our Medical Director, discusses health topics and answers any health questions you may

have. As a member you also have access to our Wellness Library and Wii Fit and receive discounts for Success Fitness' Zumba classes as well as CrossFit classes from CrossFit SoMO.

The PTSC Wellness & Prevention Program can not only help you to follow through with your New Year's Resolution but also motivate you to commit to a new, healthier lifestyle.

Wellness &  
Prevention

