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REFLEXOLOGY

Reflexology is a science entailing a gentle, holistic, hands-on localized pressure applied to the hands or feet in a systematic fashion. The theory of reflexology is that reflex points located in the hands and feet are linked to the organs, glands and parts of the body. By applying pressure to these specific points various ailments and symptoms may be treated in a safe and non-invasive way.

This form of therapy is seen to enhance a person's health physically, mentally and emotionally often with long term effects including relaxation, stress reduction, relief of chronic pain, invigoration, increased energy, improved disposition, increased creativity and productivity. Reflexology improves the assumption of nutrients, improves the circulation of blood and also strengthens the functioning of the immune system.

Reflexology enhances the effectiveness of manipulative therapies, including physical therapy, by relieving stress and tension from the painful parts of the body so manual therapy can be done. Some of the physical therapists on staff at Results incorporate reflexology into their manual therapy treatments and will be happy to answer any questions you may have.

FIND THE MISSPELLED WORD!

If you can find the misspelled word in this newsletter you could win! Call the Bangor office at 992-4042 and ask for Emily. If you are one of the first ten people to call and correctly identify the misspelled word you will be entered into a drawing to win a special prize.

Good luck and Happy Searching!

THE IMPORTANCE OF WATER

Water helps your body to maintain a normal body temperature, lubricates and cushions the joints, protects the spinal cord and other tissues, and gets rid of the wastes the body produces. Your body loses water through normal everyday functions and needs to be replaced to prevent dehydration. The body needs more water in hot climates, being physically active, running a fever, or having diarrhea or vomiting.

It may be difficult to drink enough water on a busy day, therefore it is important to keep a bottle handy when working, traveling or exercising. Water may be frozen in freezer-safe bottles for ice-cold water all day long. Choose water when eating out and save money and calories at the same time. If water is too bland tasting, try adding some lemon or lime for flavor.

We would like to share a poem by one of our patients.

Results Physical Therapy

"I was in so much pain and didn't know what to do!
I sat in a tub, gave myself a rub-
I took some pain pills, quite a few.

I went to see my Doc and told him my plight.
He said, "Do what's right.
Go to Results and meet the staff."
I went to Results and met the staff.
They were so nice and made me laugh.

This is the place I want to be.
Someday I'd be pain free.
Carol checked me out and found the source of my pains.
I was convinced, I'd make great gains.

They used ultra sound, E-stem, massage, stretch bands, exercise, tuning forks, and a bike.
Most of the methods, I did like. I really liked the bike.
My body is responding very well.
I can feel myself getting well!

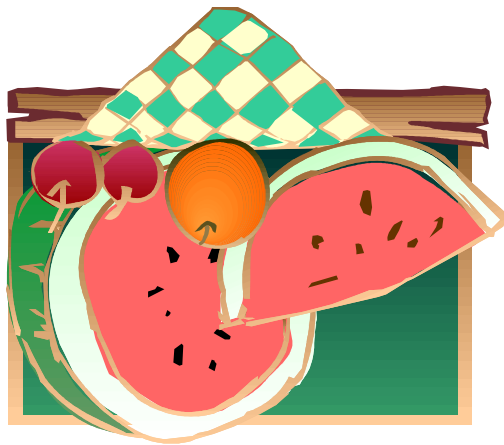
If you are hurting and full of pains,
Go to Results and make great gains."

~L.D. Dexter, Maine

Physical Therapy and Husson College ~

For anyone that would like to keep in touch with Jennifer, our recent PT student from Husson, her email is Husseyj@fc.husson.edu. We would also like to welcome Art Schwarcz a Physical Therapist and Professor at Husson College. Art will be working per deim at Results Bangor location starting July 22nd.

For an appointment call 992-4042!



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OCCUPATIONAL THERAPY
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