

890 Hammond Street
Bangor, ME 04401
207-992-4042



51 High Street Suite C
Dexter, ME 04930
207-924-0077

www.resultsphysicaltherapy.org

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RESULTS WELCOMES 2 NEW PT'S!

Dawn Dyleski graduated from the University of Vermont, School of Allied Health, Burlington, Vermont, with a B.S. in Allied Health, Degree in Physical Therapy. She is experienced in wound care and manual debridement, preventative back school programs and spinal dysfunction mobilization.



Robert Lammers graduated from the International Academy for Physiotherapy in Utrecht, The Netherlands, with a B.S. in Physical Therapy. He has a strong background in manual therapy, orthopedics and sports medicine.

WE LOVE TO SHARE YOUR GREAT SUCCESS STORIES!

"Before I started with RESULTS Physical Therapy I had horrible back problems. The muscles on the side of my spine prevented me from doing everyday normal activities. Now that I have had therapy my back feels 100% better! I feel like I have never had back pain. RESULTS helped me relieve myself of constant annoying back pain." -T.E.

"Morgan has been working on getting strength back in her right arm. She was having trouble using her ring finger and pinky. Since she has been going to therapy, she has not had any pain and is using her fingers a lot more. I have noticed at home she uses her right hand more and more, and hasn't had any problems with pain or lack of strength." -J.P.

ANKLE SPRAINS! OUCH!

Jumping off a raised surface, stepping in a hole, jumping to get that ball in the basket for the final point or simply walking over rough ground can result in a sprained ankle! Pain is usually pronounced, followed by excessive swelling or edema. If a blood vessel is torn, bleeding occurs and the foot will be "black & blue."

The most common sprains occur when the foot turns inward, straining the ligaments around the outer ankle. Ligaments are tough tissue that connects bone to bone providing stability to a joint. They heal very slowly, over weeks and sometimes months. Early physical therapy treatments can decrease the pain and edema as well as improve the range of motion. Furthermore, when pain decreases, a progressive resistive exercise program will provide the needed stability to prevent further injury. At home, the first attack after a sprain is to apply cold packs 15-20 minutes several times a day. Gentle movement is encouraged. If weight bearing is too painful, a few days on crutches may be helpful. Keeping the ankle elevated reduces the edema. Occasionally a splint or brace is needed while the ankle is unstable.

Prevent ankle sprains to avoid the pain and inconvenience! If you are going hiking, wear high-top shoes or hiking boots. Sports often require specific footwear, such as high-top sneakers for basketball. Also, don't forget to fill in those uneven areas and be aware of the uneven terrain!

PRIZES TO WIN!!
YOUR PRESCRIBED TREATMENT IS VERY IMPORTANT TO YOUR THERAPY SUCCESS. IF YOU COME TO ALL SCHEDULED APPOINTMENTS FOR THE MONTH, WE WILL ENTER YOUR NAME TO WIN A PRIZE!! LAST MONTH ONE OF OUR PATIENTS WON A \$25 GAS CARD!

QUICK DELICIOUS THANKSGIVING APPETIZER!

BACON WRAPPED DATES STUFFED WITH CREAM CHEESE!

Ingredients: Cream cheese, pitted dates, bacon slices, toothpicks
Heat oven 400 degrees

Stuff each date with cream cheese and wrap with one slice of bacon. Secure the bacon to the date with a wooden toothpick. Arrange on baking pan 1 inch apart and bake for 5-6 min, then flip to other side and bake additional 5-6 min, or until bacon is crisp. Drain off grease on a paper towel and serve immediately.



**RESULTS PHYSICAL AND
OCCUPATIONAL THERAPY
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BANGOR, MAINE 04401**

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