



PT Matters

A Quarterly Publication of McDonald Physical Therapy & Sports Rehabilitation Center

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McDonald Physical Therapy & Sports Rehab Center

Hours

Monday - Thursday

7 a.m. – 1 p.m.

2 p.m. – 8 p.m.

Friday

7 a.m. – 5 p.m.

CLOSED FOR LUNCH

Times may vary, please call.

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- ✓ Health Benefits of Regular Physical Activity

Visit us on the web at
www.McDonaldPT.com

Notes from Fran

“The lessons we learn in life are not always appreciated or understood at the time we learn them.”

Growing up I was responsible for preparing lunches for my nine brothers and sisters. I made peanut butter and jelly sandwiches, stacking them one on top of the other and cutting them all at once. I was also responsible for other tasks evaluated by my mom or dad. Waiting to hear my parents’ assessment of my work was always a trying time. Almost every job was “incomplete” or “not up to par.” I hated those evaluations. I hated being held accountable for my work.

I thank my parents for the service they did for me, for the strength of character they imbued in me. Within my family we may argue about how to bring up children, who to vote for, even who was responsible for some dire event in our family history. But there is one thing we all learned that has made us successful as individuals - we are all responsible for what we do. We learned early and often that we needed to work hard and care about what we did. We knew not to blame others for our mistakes.

When I first moved to South Bend with my wife and two children (Mara & Michael), I was very anxious. Would I succeed in South Bend? In Illinois, patients could come to see me without a referral from a physician; in Indiana, this was not the case. I needed somehow to get to know the physicians and prove to them that my physical therapy would benefit them more than the physical therapy they had been using.

During those scary times when I wondered if I would be able to pay the bills, the lessons my parents taught came back and helped me a great deal. As the practice slowly developed, friends asked if I wanted investors to help me get over the hump. They all had more confidence in me than I had in myself. They believed in my abilities and my work ethic, and they were willing to invest to help me and eventually, themselves.

I was tempted to use their help, but my parents’ lessons came to me once again. If I took the assistance, life would be easier, but I wouldn’t be taking full responsibility. I thought it would be the easy way out. I was always told, “You have to be willing to put yourself on the line,” to become a stronger and better person. With these words ringing in my head, I chose the more difficult way and did not accept financial assistance from my friends. By not taking the assistance I felt more pressure (just as I had waiting for my parents to inspect my work at home.) Yet because of this, I decided to challenge myself in ways I would not have done before. I would market McDonald Physical Therapy. I hated the thought of going out to meet with physicians. I hated marketing of any kind. Why couldn’t I just open and have patients come in and see me? Nevertheless, I did meet with physicians. I asked them to refer patients who had been to physical therapy or surgery and had not gotten better. I wanted them to send me those patients, and if I got them better, the physicians would know if they wanted to send more. If not, I would go out of business, and they would not have to deal with me again. Patients



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did come to me for physical therapy, and they talked to other prospective patients. They also put in a good word to the physicians who had been brave enough to give me a chance. Physicians started to tell other physicians. Little by little my practice grew in ways I never thought possible.

I owe much of the growth of my business to the challenging lessons of responsibility my parents taught me as a young person. I may have not enjoyed learning these lessons, but I thank God for my parents' efforts and unwavering resolve. I also owe much to the patients who were willing to tell others about the new kid on the block and the physicians who gave me a chance. Thanks to all of you!

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Sincerely,

In our last issue Pam Redfearn, PT, wrote an article concerning the steps to move from "Walking to Running." In this issue Pam offers steps for you to progress from beginning running to taking on a "5K" timed run.

Training for Your First 5-K Run



Pam & Craig Redfearn

Now that you have taken the giant leap from walking to running, it is time to up the ante. "How?" you might be wondering. The answer, of course, is to increase the time or distance that you run. A fun way to do this is to find one of the many 5K races in the area and start training. You can find some of these races listed at the end of the sports section in the South Bend Tribune or on the following web sites:

<http://www.runningtimes.com> and <http://www.runnersworld.com>

Hal Higdon, a renowned marathoner and running coach designed the following six-week training program that will get you ready for your 5K run. He advises that you run at whatever pace you feel comfortable most days of the week. On the weekend, choose to run for a longer period of time one day (distance doesn't matter.) Do some cross training (biking, swimming, walking, or other active sport) on the other day.

Week	MON	TUES	WED	THU	FRI	SAT	SUN
1	rest	2	rest/easy run	2	rest	cross train	30 min
2	rest	2	rest/easy run	2	rest	cross train	35 min
3	rest	2.5	rest/easy run	2.5	rest	cross train	40 min
4	rest	2.5	rest/easy run	2.5	rest	cross train	45 min
5	rest	3	rest/easy run	3	rest	cross train	45 min
6	rest	3	rest/easy run	3	rest/easy run	rest	5K RUN

To continue running the 5K distances, simply repeat your training for the fourth and fifth weeks. Make sure that you schedule a day or two to rest before your next race.

As you continue your quest to be a runner – keep it fun!

Pam Redfearn's husband Craig is an experienced marathon runner. In the following narrative, he recounts his preparing for and competing in the 107th Boston Marathon.

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107th Boston Marathon

April 21, 2003

To qualify for the 107th Boston Marathon in my age bracket, I had to qualify on a certified course with a time of 3 hours 10 minutes (3:10) or better. I ran the Chicago Lakeshore Marathon in April in 3:19. Onto the Sunburst Marathon in South Bend in June and a time of 3:23. My next attempt at qualifying came at the Chicago Marathon in October. I decided to run with the 3-hour pace group to get closer to the front. Things went well for me in Chicago. I didn't start feeling the effects of the race until around the 23rd mile. At that point the wind was in my face, but I was determined to finish strong. I crossed the finish line, and looked up at the time clock. I had qualified for the Boston Marathon with a time of 3:05.

Coming into the winter I knew what lay ahead, but I needed to stay focused on my goal. I registered for two additional tune-up races prior to Boston to get race ready - one in March and the other in early April. Prior to those races, my training went as planned. I put in close to 700 miles to get to Boston including three long runs of 20-22 miles. Boston was going to be a challenging course, but I never suspected what lay ahead.

My race number was 3603 (the number signifies which running "corral" a runner starts from.) I cannot describe the excitement I felt on receiving my number. The Boston Marathon is one of the premier athletic events in the world, and I was a part of the experience.

April 21st, the running of the 107th Boston Marathon. To get to the starting area in Hopkinton, MA, the 20,000+ runners are bussed from downtown Boston. The race starts at 12:00 (noon) and the buses start leaving at 6:30 a.m. I arrived at the runners' village at about 9:00 a.m., a little nervous, but eager to get started.

12:00 Noon, and we were off. I hit 3-miles at roughly the same time as I had at the Chicago Marathon, but I started to get a stitch on my right side. I kept going but slowed down dramatically, as the pain did not subside. I tried pressure deep breathing, but nothing worked. By the time I hit the Newton, MA hills, I was in bad shape, but kept going. I was determined to finish. I hit the half (13.1 miles) and was dehydrated. 72° was much warmer than I had expected. By mile 16, a stitch came on my left side. With every step I took the pain became worse. I had to stop and walk, then run some, walk, run. By mile 20, which is the infamous "Heartbreak Hill", I was spent mentally and physically. I had to make a decision. I could drop out at a medical tent or finish what I had started. Never the quitter, I walked the last 5-miles to the finish line and a time of (4:43).

For a while after the race, I was down because I performed so poorly. Eventually I realized that not many people can say they ran the Boston Marathon - and finished. I had set a goal, and I accomplished it. Now I set the bar higher.

There will be another Boston Marathon for me.

Craig Redfearn

Editor's note: As of July 27, 2003 Craig Redfearn has indeed qualified for the 108th Boston Marathon by placing second overall and first in his age division in the Carrollton, MI marathon.

SOMETHING YOU SHOULD KNOW:

Stretching is not Exercising!

Stretching is one of the simplest of physical activities. If done properly, stretching reduces muscle tension, improves circulation, decreases the risk of injury, and overall it can make you feel better.

A few precautions for stretching:

- Do not hold your breath.
- Do not rush.
- Do not bounce on your stretches.
- Do not stretch to the point of pain.

In future issues, we will present ideas for developing a good stretching program.

Shelter Publications offers publication, software, and internet sites dedicated to stretching programs. (www.shelterpub.com)

REGULAR PHYSICAL ACTIVITY* HAS THESE HEALTH BENEFITS:

- ◆ Builds endurance and muscular strength.
- ◆ Helps control blood pressure.
- ◆ Helps manage weight.
- ◆ Increases physical fitness.
- ◆ Lowers risk factors for cardiovascular disease, colon cancer, and Type 2 diabetes.
- ◆ Promotes psychological well-being and self-esteem.
- ◆ Reduces feelings of depression and anxiety.
- ◆ Helps build and maintain healthy bones, muscles, and joints.

*Regular physical activity is identified as 30 minutes or more of activity that raises your heart rate and increases your breathing.

ASK FRAN

We want to invite you to present Fran and his staff with questions regarding therapy, conditioning, training, or other health related issues.

You may send your questions by mail to:

MPT Newsletter
McDonald Physical Therapy
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Or you may e-mail your questions by going to our web site (mcdonaldpt.com) and clicking on the "Ask Fran" button.

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