



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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Visit us on the web at
www.McDonaldPT.com

How can I “count my blessings” when I don’t always know they are blessings? As I sit at home in late December, I am struggling to put together our first newsletter for the New Year. I think of the phrase my mom used when life seemed more difficult than I could handle: “Count your blessings.” She would then go into a long monologue about how blessed I was to have nine brothers and sisters who loved me and who were there to support me, and to have two parents who were able to keep a roof over my head and clothes on my back.



These kinds of talks sometimes angered me and other times seemed to calm me down. Often I wondered if she was right – Was I luckier or blessed more than I could imagine. It never seemed obvious when I was punished for being late for a curfew or failing to live up to my commitments (failing to clean the bathrooms before going out or not shoveling the driveway before my dad got home.) My blessings weren’t obvious when I fumbled or threw an interception in a high school football game or lost an election for president of my class. Yet, with all the punishments, the embarrassments, or disappointments, my mom would always be there reminding me to “Count my blessings.”

I often questioned my mom’s thinking. Why did she insist on always telling all of us to count our blessings?

She felt so strongly about this philosophy and said it so often, without us realizing it the words became a part of our being. Her lifestyle and her belief in what she was saying, somehow made an imprint in our souls that we could not ignore.

We, as a family, have struggled like all families. A family of ten does not grow without challenges and troubles. Yet, in all the challenges and troubles we face there is a strong belief that we will overcome and be there for one another. As a matter of fact, whenever I call one of my brothers or sisters for help with what I think of as a problem, eventually the conversation will evolve to: “Well, Fran you’d better count your blessings; because you are not at the moment.”

In this new year of 2005 I do hope you have made it through the blessed and challenging time of the Holiday Season. Whether this season seemed more challenging than ever before or even if it was the least challenging of all, I hope you all took the time to look around. Be thankful for your health or your ability to wake up and see the new day dawning or your children getting ready for school or any number of things you might take for granted. And always remember to “Count Your Blessings.”

Francis McDonald PT

PURCHASING EXERCISE EQUIPMENT

Before you spend money on exercise equipment consider the following:



- Know yourself - Give careful consideration to what you plan to accomplish. Exercise equipment can help increase stamina, burn calories, build muscle, rehab injuries. But no one machine can do all this. Discuss with experts (not sales people) what will best serve your needs. Unless you have a high level of commitment and achievement, look to machines that will allow you to work out doing something you “enjoy.” For example, if you bought a single floor ranch home because you hate climbing stairs, you probably should not consider a “stairmaster” as your first choice in workout equipment.
- Budget your cost – We tend to look to high item machinery when we do not need to. Look for quality over bells and whistles. Some technology may help to motivate you, but if you don’t use it, why buy it?
- Budget your time – Do you plan on committing the time the equipment requires for a good workout? Having the best equipment will do you no good unless you put in the necessary time. As part of your time budget you should consider whether you prefer to work out alone or with someone else. If you prefer company, joining some kind of gym or workout club might serve you best.
- Budget your space – be sure you have room to accommodate what you buy. Your consideration should include: ventilation, access to electrical outlets (if necessary), noise level, etc. Find out ahead of time if “some assembly” is required.
- Shop carefully – Don’t take the word of one source. Research the workout equipment to learn as much as you can. Consult your physician, a personal trainer, your therapist, and even friends who are familiar with the equipment. Do not place your faith in *any* ad, commercial, or claim. Reach conclusions based on your own research. When you go to a store to examine equipment, dress prepared to workout – and then do so. Don’t settle for a few minutes on a machine. Your body does not adjust to equipment in a short time. Allow yourself at least ten minutes to get the feel of what the equipment offers. Ask about the warranty / guarantee offered by the manufacturer or the store where you make your purchase.



McDonald Physical Therapy offers assistance for choosing the equipment that will best help you realize your goals. First, you can join our workout program for present and former patients. For \$30 a month you can use our workout facilities and learn more about workout equipment. You may also consult with Ken Mack, our strength and conditioning specialist. He will discuss the qualities of workout equipment as they fit your needs, and if you like, you can schedule a meeting to set up a personal workout program.

Have an Idea?



In 2005 we celebrate our 16th year of providing physical therapy services to the Michiana area. Our growth is due in no small part to the ideas and suggestions we receive from present and former patients. The changes that come with growing are not always easy, but they are necessary.

Please continue to offer suggestions as to how we can improve our services, our care, and our facilities. Share your ideas with your therapy team or the workers at the front desk. Call and leave a message or drop a line to PT Matters at McDonald Physical Therapy. Email is available through our web site (McDonaldpt.com).

Change is inevitable, but it does not have to be blind. Your ideas can become part of our visions.

I want to exercise – B U T ! ! !

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“I’m in too much pain – I can’t even stand up.”

“I’m afraid it will make my arthritis worse.”

“I’m so out of shape. What if people laugh or stare at me?”

“I can’t afford a gym membership or personal trainer.”

“I’m beyond help – twenty minutes a day won’t make a difference.”

“I’ll never be able to work all those fancy machines at the gym.”

“It’s not ladylike to work out. I don’t want to get too much muscle.”

“I’m impatient. If I don’t see results right away, I give up.”

“When I exercise, I hurt the next day.”

“There’s never enough time.”

“I can always start tomorrow.”

“It’s too late to start now.”

Hopefully we have “used” your best excuses.

Time to start working out!

Shannon Wilder offers the above rationalizations in her article: “Think You Can’t Exercise? You Can!” in a recent issue of *Arthritis Today*.
(<http://www.arthritis.org/resources/arthritisoday>)

“All is connected ... no one thing can change by itself.”
- Paul Hawken

A Pile of Snow Shoveling Tips

We have shared this information before, but it is worth repeating. For a more detailed discussion of winter safety and precautions go to the University of North Dakota web site (www.ext.nodak.edu/snow.htm)

- If you are inactive and have a history of heart trouble, talk to your doctor before shoveling snow.
- Avoid caffeine or nicotine before beginning. Drink plenty of water. Dehydration is just as big an issue in cold winter months as in the summer.
- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shoveling, Stretch the muscles in your arms and legs. Warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly. Pushing snow is better than lifting
- Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements.
- Most importantly — listen to your body. Stop if you feel pain!



From the Patients' Point of View:

"I have never met a nicer, more pleasant group of medical professionals!" *SG*

"I received good care and so did my wife. My doctor states your clinic is the only place he would let me go." *WB*

"I was impressed that everyone seems to enjoy their job, and they're so good at it. It is very unusual to have a facility that is so focused on the customer." *JC*

"The facility, employees, therapists, and services were all outstanding. Have already referred family members who have been referred for therapy. I tell them not to bother going anywhere else. Thank you all. I will eagerly and enthusiastically refer you" *BR*

"What a bunch of caring, compassionate people! I recommend McDonald's to everyone. I'm still in pain, but at least I was able to walk down the aisle at my wedding!" *SA*

Some people change when they see the light, others when they feel the heat.

- Caroline Schoeder

