



1005 Hickory Rd.  
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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.**

# PT Matters

A Quarterly Publication of McDonald Physical Therapy & Sports Rehabilitation Center

Can you imagine having 10 children in a 12 year period by the time you were 35 years young? This is the question I asked myself 15 years ago when I had just started my physical therapy practice. You may wonder why I would ask myself such a strange question. At the time Maura (my wife) and I had two children: Mara, then 5, and Michael, 2. Starting the physical therapy business in a new town (we had moved from Winfield, IL) was both scary and exciting. The challenge seemed overwhelming at times. It was during these times (when I may have felt sorry for myself) that I brought up the question I mentioned above. What would it be like to have 10 children at that time at age 35? The challenge of developing our clinic – which seemed so stressful – especially with a new mortgage, bank loan for the equipment in the clinic, and two children, was so daunting! Or was it?



As I sat at night worrying about things like paying bills, whether or not I would be sent any more patients from physicians, or even if my dream of developing a great physical therapy practice would happen, my mind wandered back to the year 1962. I was eight years old and the third oldest in a family of 10. My dad was a phone company switchman; my mom stayed home. We had one car, and my siblings and I usually played in the neighborhood: baseball, basketball, football, or even marbles in our dirt driveway. Life as a kid growing up on Long Island seemed so easy. I have the greatest of memories. We had a great group, and we were taught to take care of and love one another. We prayed nightly together because my mom believed strongly in daily prayer. And if mom believed in something, we did it! That was my view as an eight-year-old.

However, as I reminisced in my home in South Bend 27 years later, the thought of being in my father's or mother's situation with 10 children was a concept I could not fully comprehend. How could they have paid the bills? How could they have stayed sane? How could they have created a culture that somehow taught us all (to this day) to care for and love one another like our lives depended on it? The thought of what they accomplished was humbling. The thought of what they accomplished made me stronger. It helped me dig deeper within my soul to realize how much easier I had it. My worries were nothing compared to theirs. Their success in bringing all of us up to have a strong faith and a strong belief in family is a major reason for my ability to overcome the challenges that came my way in 1989 and even now at the ripe, young age of 50.

This newsletter highlights the special gift of children in our lives. Included in this issue of PT Matters are photos of some of our staff members with the newest additions to their families.

What I wish for you all during this Mothers' Day / Fathers' Day season is that your children have the example to look up to that I had growing up. (Having 10 children is of course, an option you will have to consider for yourselves.)

I would like to thank you all for allowing us at McDonald Physical Therapy to serve you. I hope you will continue to believe in us as your physical and hand therapy provider for many years to come.

*Francis McDonald PT*

## In this issue:

- ✓ How to Stick to Your Resolutions
- ✓ Stress Management Tips
- ✓ Weight Training Tips

Visit us on the web at  
[www.McDonaldPT.com](http://www.McDonaldPT.com)

Amy & Abby



“You will never find time for anything. You must make it.” —Charles Buxton

Christine & Grace



## Six Tips on How to Stick with your Workout Resolutions

1. Focus on positive self-talk. Congratulate yourself every time you take a step towards your resolution goal. Be your own best cheerleader.
2. Avoid berating yourself if you should fall back or break a resolution. Just brush yourself off and start over again.
3. Stick to your resolution by considering it a promise to yourself, not a test of your willpower.
4. Avoid situations that put you in temptation's path, meaning if you're on a diet, don't go to the ice cream parlor.
5. Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your resolutions. (i.e., on your bathroom mirror, next to your bed, on the visor of your car, on the refrigerator)
6. Be realistic. Make sure your plan is a realistic one that can fit into your lifestyle. Will you really have the energy to go out for that evening exercise class? Make changes as easy and convenient as possible.



Nicole & Gage

Carrie & Addeson



## Weight Training Tips

Proper breathing technique is extremely important during training. Breathing supplies oxygen to the muscle cells, which is essential for muscle contraction, and helps deliver energy and build the muscle. Make sure to exhale when you lift the weight and inhale when you lower it. Cooling down after a weight workout is equally important as warming up. You should shoot for 5-10 minutes of easy aerobic exercise. This brings your heart rate back to normal and helps your body flush out lactic acid and additional toxins that can accumulate as you exercise. Following your cool down, stretch again to lengthen the muscles contracted by your weight workout, which helps sustain and even enhance flexibility.

Consistency is the most important component in building strength. Training two or three times a week every week is far better than training with heavier weights whenever you get around to it.



Angie & Benjamin

# STRESS MANAGEMENT TIPS

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- Pick **ONE** thing you have been putting off such as scheduling an appointment, running an errand, or returning a phone call, and do it immediately. Taking care of one nagging responsibility can be revitalizing and can improve your overall attitude.
- Give volunteer work a try. It's a great way to take your mind off your own troubles, and it gives you a great sense of accomplishment when you volunteer your time and energy to a good cause.
- Spend 20 minutes a day doing something that is relaxing and not work related. Try taking a walk, stretching, reading a book, or doing yoga. These activities can help you keep your energy level up and feel better longer than eating a candy bar, drinking a soda, or eating a bag of chips.
- Make sure to plan something rewarding for the end of your hectic day, even if it as simple as a relaxing bath or a few minutes with a good book. Put off housekeeping, work, or family issues for a short period prior to bedtime and permit yourself to completely relax. Do not spend this time preparing tomorrow's schedule or doing chores you weren't able to get around to during the day. Keep in mind that you need time to revive and energize yourself. By doing this you'll be better prepared to handle another stressful day.
- If you are experiencing mild depression or anxiety, aerobic workouts such as walking or jogging can significantly improve your mood. Non-aerobic exercise, like weight lifting, can also boost your spirits, improve sleep and appetite, reduce irritability and anger and produce feelings of mastery and accomplishment. Be sure to check with your healthcare professional before you start any new exercise program.



Depending on your age, level of conditioning, and your fitness goals, you should train in a particular heart-rate zone. Beginners should try to elevate their heart rate to 50%-60% of their maximum while intermediates and advanced should shoot for 70%-85% of their max. The higher your heart rate, the more calories you will burn and the more fit you can become. To figure your maximum heart rate, simply subtract your age from 220. For example, if you're 30 years old, you would have a maximum

heart rate of 190. To work at 70% of your maximum heart rate, you would shoot for a heart rate of approximately 133 beats per minute ( $0.7 \times 190$ ). You can also count bpm (beats per minute) in 10-second increments and then multiply by six.



Jessica & Brionna



Mike & Eva

## Tip of the Week

To add strength to leg muscles and get a cardiovascular workout at the same time, try climbing plain old stairs. This can be done at home, in your office, apartment building, or on stair-climbing machines in the gym. Climbing two steps at a time is good for building the quadriceps (thigh muscles) and the gluteus (butt). Going down steps builds strength in the quadriceps and to a lesser extent, the hamstrings.

# Sit-Ups: No Cure for Ab Flab

Strengthening the abs will not remove fat from the waistline. There is no such thing as spot reduction, because muscles do not fuel exercise by using the fat that surrounds them. Instead, during exercise the body tends to mobilize fat from storage depots throughout the body, so the fat used as fuel during sit-ups may come from the legs, back, face, or other areas.



Stacy & Bryce

To remove body fat, you must burn calories, and lots of them. The abdominal muscle group is relatively small, and the number of calories expended during a bout of sit-ups is minimal. A brisk walk or jog will expend more calories than hundreds of sit-ups.

*"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." — Vince Lombardi*

## ASK FRAN

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

Send your questions by mail to:

**MPT Newsletter**  
**McDonald Physical Therapy**  
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E-mail your questions by going to our web site ([mcdonaldpt.com](http://mcdonaldpt.com)) and clicking on the "Ask Fran" button.

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