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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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Beginners**
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and Physical Activity
in Children**

Visit us on the web at
www.McDonaldPT.com

PT Matters

A Quarterly Publication of McDonald Physical Therapy & Sports Rehabilitation Center

Notes from Fran on 15 Years of Service

As I sat thinking about the past 15 years of bringing our physical therapy to the Michiana area, I can't help but remember:

My first day in South Bend I walked into the office, which was in the basement of 416 East Monroe Street. The workers were still two days shy of finishing our clinic area - about the size of a 2 ½ car garage. I had two areas for examinations – one small treatment room and a slightly larger room with three pieces of workout equipment. I brought to the clinic a strong belief that I would make a difference. My belief came in large part from what I learned through my mom, dad, brothers and sisters, and the training of Beverly Stewart, P.T. of Buffalo, N.Y. Beverly was demanding and sensitive, and as good a coach as I have known in any sport. I learned how (and why) to treat people with concern and hospitality from my family. But Bev taught me a unique way to evaluate a patient thoroughly among other things.



On a rainy January 12 in 1989 my first patient walked in. I asked the construction workers to leave so I could evaluate him. After they left, I offered apologies for our unfinished space and then asked my first patient about his injury. He had had a back problem for years. His physician had told him about this new physical therapist in town who might be able to help.

I evaluated his problem, treated his back, and gave him some exercises he had never done before. His treatment completed, I was ready to send him back to work. At this point I faced my greatest weakness as a businessman. I was, and still am, not good at asking for payment for my services. Why? I still don't know. As luck would have it, he asked me if I needed to be paid. I answered, "Yes." He had no money with him, but he would write me a check at his office. He asked me if I had any other patients that day. I told him I was free and walked with him to his office. We talked about life and Notre Dame football. He paid me, and I went home.

That was my first of about 4000 work days – just over 15 years of physical therapy service in the Michiana area. I could not imagine at that time that the clinic would grow from our 2 ½ car garage sized space to our present facility. What successes we have known would never have happened without the loyalty of our patients, the confidence of physicians and caseworkers, and the dedication of our staff.

People continually praise our staff. They ask me how we have found so many happy and caring people. My response has always been: "We hire people who enjoy others." I am thankful we have been able to find so many special people.

So, as I think of our 15 years of physical therapy service, I guess I would like all of our patients, physicians, case workers, families, and friends, to know that I could not have done it without you as well as all the people who have worked and continue to work in our clinic.

I am thankful that my first patient thought enough of my "one man shop" to ask about paying me. I am also thankful to all of you who continue to share your loyalty with us by asking your physicians to send you back to us when you are in need.

Thanks for believing in us and what we do!

With much appreciation,

Fran McDonald PT



Weight Training: A Model for Beginners

by Ken Mack, Certified Strength and Conditioning Specialist

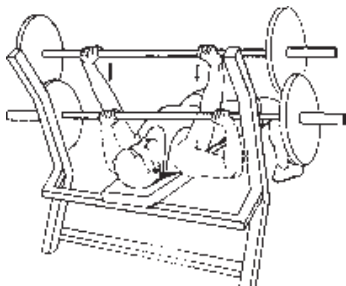
This is the third in a series of articles that will help you initiate a weight training program into your physical fitness routine.

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How are your workouts going? I trust your commitment is paying off and your discipline is improving. Don't forget that weight training is a "tool in the shed" to help improve your overall fitness. We want to help you achieve your goals.

Some readers have expressed an interest in seeing examples of the exercises and some explanation of form. In this and in upcoming articles I will address this issue. We have written about two types of exercises for the chest and upper back.

If you are looking for information in progressing to the next stage of your beginner workout routine please contact me, and I will give it to you over the phone. If you have any questions you would like to see in future articles, please contact me.



CHEST:

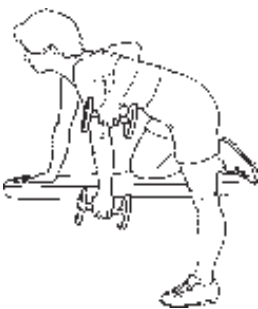
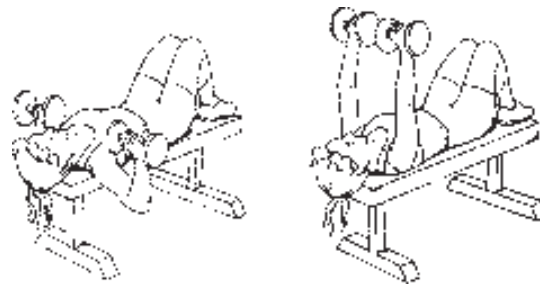
- Flat Barbell Bench Press

- Lower bar to chest with a "2" count and raise with a "2" count.
- Elbows should be at a 90° angle in the down position.
- If you have shoulder problems, stop 4 inches from touching the bar to your chest.
- Elbows away from your body.

CHEST:

- Flat dumbbell chest press.

- Use "2" count up & down.
- Keep the weights straight up & down.
- The elbows should not drop too low.



BACK:

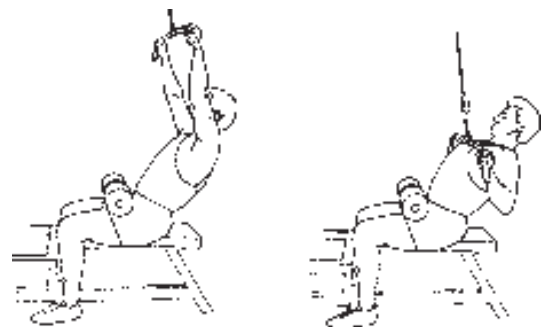
- Single arm bent-over row

- Use a "2" count – up & down.
- Do not force elbow high past your back.
- Complete 10 repetitions before switching arms.
- Keep your back flat and straight.
- To increase difficulty – point palm of your hand back.

BACK:

- Wide grip pull down

- Lean back slightly.
- Use a "2" count down to chest and return up on "2" count.
- Control the weight; never allow weight to pull you up.
- Change hand position to change difficulty (the farther apart the greater the difficulty.)



E X E R C I S E T I P S

- Decide for yourself why you want to exercise. An excellent reason is to maintain your good health, functional fitness, and independence.
- Make a commitment to exercise on a regular basis. Set aside a certain amount of time every day and stick to it! Be faithful to your commitment.
- Always start with warm-up exercises and end with cool down exercises. Do what is comfortable; stop if you feel pain.
- Remember, your comfort range changes daily, so don't get discouraged if you can't do the same amount of exercise as you did the day before.
- If, after exercising, you find that fatigue and/or discomfort last longer than one or two hours, then cut back on your session the next day but don't stop completely. Try limiting the number of repetitions for that muscle group, then move on to a different set of muscles.
- Don't overwork muscles; don't go for the burn! Use slow, controlled movements.
- Never exercise hot or inflamed joints. If joints are stiff, use warm, moist heat before exercising.
- Concentrate on exercises that improve and maintain your range of motion, lubricate the joints and keep muscles flexible. You will find your everyday activities easier to carry out and you'll have less pain, too. Your confidence, independence and surefootedness will increase.
- Accept your limitations. Instead of focusing on what you can't do, think about what you can. Positive thoughts are known to produce positive results. The most important thing to remember is: DON'T GIVE UP!

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Parental Influence on Physical Activity in Children

Parents who expect that their children can be successful in sports or physical activity and who value success in this area will be more likely to influence their children to pursue this behavior.

Parents who believe that boys should be more involved in sports and physical activities than girls may work harder to promote activity among boys. In addition, parents may encourage an apparently gifted child and may de-emphasize activity with a lesser-skilled child. In either case, the resulting process can become a self-fulfilling prophecy that tracks a child into patterns of physical activity or physical inactivity.

There are various ways that parents can influence their children to be physically active.

Parental Encouragement

Parental encouragement refers to encouragement for a child to be active. There could be direct efforts to get a child to play outside or to reduce TV viewing, or indirect efforts to promote interest and involvement. Numerous studies have confirmed that young children rely heavily on adults (especially parents) as sources of information regarding their physical abilities. Adult encouragement indirectly influences a child's level of vigorous activity by enhancing his/her perception of competence. Thus, parental efforts to build competence and a sense of mastery are likely to promote physical activity involvement.

Parental Involvement

Parental involvement refers to direct assistance or involvement in the child's activity. This could include family walks, playing catch, going for a swim, or practicing physical skills. While the activity itself has important benefits for physical development, the involvement of the parents also demonstrates to their children that they feel physical activity is important.

Parental Facilitation

Parental facilitation refers to efforts by parents to make it easier for children to be physically active. Parents facilitate physical activity in children by providing access to facilities and programs and by helping children obtain equipment. Providing access to physical activity is an increasingly important responsibility because many aspects of society make it harder for children to be physically active. Parental concerns (real or perceived) about the safety of parks and playgrounds and an increasing reliance on after-school programs contribute to physical inactivity in children. Parents need to accept responsibility for finding opportunities for children to be physically active on a daily basis.

Parental Role Modeling

Role modeling refers to a parent's efforts to model an active lifestyle for their child. While involvement in exercise or sport programs may spark a child's interest, it is equally important for parents to model healthy activity patterns in their day to day life. Examples would be walking to the store, doing yard work, or otherwise seeking opportunities to be physically active.

In past generations, children typically walked to school and played outside after school. Today, children are driven to school and are in extended day programs after school. Because of these changing trends, parents need to make a more concerted effort to help their child develop an active lifestyle. Many may assume that children receive their physical education through school. While physical education provides children with a variety of educational and behavioral experiences, the limited amount of time in the curriculum is not sufficient for promoting activity or fitness. For children to develop active patterns of living, it is important for them to receive activity-promoting messages and experiences at home. Setting these examples for children cannot begin too early. It is also worthy of note that as parents exemplify a good active lifestyle, the children are not the only ones gaining from the process.

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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