



1005 Hickory Rd.
South Bend, IN 46615
Office: 574-233-5754
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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

PT Matters

A Quarterly Publication of McDonald Physical Therapy & Sports Rehabilitation Center

We have heard for years that tobacco use reduces life expectancy by 5.5 years in men and 7 years in women. These statistics have been tucked away in our memory banks for many years. I do not smoke myself, but it seems that simply knowing these statistics isn't enough to enable people to quit using tobacco. I think it is very difficult for people to change. Most smokers I have met enjoy smoking; they know it is bad for their health, yet they simply state it is too difficult to quit. Smokers I know do not want to hear the statistics. For them to stop smoking would be as difficult as it would be for me to stop having desserts almost every day. The thought of my not having my sweets would make life much less enjoyable. I would hate it.



Once again, you may be wondering where I am going with tobacco use and desserts. I recently read a study from the Mayo Clinic. The study was conducted over 30 years, and its conclusion was that we could all increase our life expectancy by 10 years if we would just think more positively about life! That is an incredible thought! Thinking positively about life seems to be much less difficult than stopping smoking or not eating desserts.

What the study is trying to show us all is that we could help one another live longer – by as much as ten years – if we would choose our words more wisely. If we could just say more positive than negative things to one another, we could affect the life expectancy of others – as well as our own.

Another study videotaped 700 couples in 15 minute conversations after they had received their marriage licenses. By listening to the conversations of these couples, scientists were able to predict with a 94% success ratio whether the couple would divorce within the next ten years. These predictions were formulated by listening to how often there were positive or negative interactions. If the ratio was five positives to one negative (5:1), the prediction was that the couple would stay together. As the negative number increased, and the ratio became closer to 1:1, the success of the relationship was less likely.

Wouldn't this be something we could all aspire to and even achieve more easily? I know I need a lot of work in this area. I was brought up with a strong work ethic. I was also brought up to believe that I could improve if someone gave me constructive criticism, and I could not improve as well through compliments. I guess I need to start looking for more ways to be positive – for my own health as well as all the people with whom I have contact. "Hello," a smile, and little words of encouragement can help others feel more positive about themselves.

As we move into fall and then winter, my wish is that we all try to say more positive things to one another. Maybe we can look for ways to help one another too. What an amazing concept. Instead of quitting something, we can extend our life expectancy – and those of others through simple kindness. We will have a greater chance of being there for our children, grandchildren, and maybe even great grandchildren. It might help each one of us smile more at one another and turn our world into a healthier and happier place.

Francis J. McDonald PT

OCTOBER IS PHYSICAL THERAPY MONTH

McDonald Physical Therapy will present a series of health related lectures during the week of October 18 through October 22. 1 PM to 2 PM



- **Monday, October 18** – Nutritional Breakthroughs for Fitness – Candace Corson, M.D.
- **Tuesday, October 19** –Arthritis, Nutrition, & Exercise – Pam Redfearn (MPT staff) & Candace Corson, M.D.
- **Wednesday, October 20** – Nutrition and Wellness – Mandy Clark of the University of Notre Dame
- **Thursday, October 21** – “Helping Hands” Therapy – Erin Bailey (MPT Staff)
- **Friday, October 22** – Fitness & Wellness – Ken Mack (MPT Staff)

Space is limited. Call to register: 574-233-5754

- **Saturday, October 23** – **OPEN HOUSE** – 9 AM to 11 AM. Discussions with speakers of the week.

Meet the Newest Members of Our Staff



Christy Neuhaus is a member of our developing hand therapy staff. She earned her bachelors degree at Indiana - Purdue University at Ft. Wayne and her Masters in Occupational Therapy from the University of Indianapolis. Christy began with McDonald Physical Therapy in April of 2004. In addition to her degree work, Christy brings with her special training in ergonomics and is presently working toward a specialty certification in hand therapy (CHI.) Christy is a member of IOTA, AOTA, and ASHT. Christy lives in the Granger area with her husband Brad and their daughter Erin. In her free time she enjoys outdoor activities of all kinds – particularly gardening.



Michael K. Henderson earned his bachelor degree in physical therapy from the University of Illinois at Chicago and worked as a licensed physical therapist at Orthopedic Outpatient Health South Rehabilitation Center and also Swedish Covenant Hospital in Chicago. Mike is a member of APTA, IPTA, and NSCA. He has been a member of the McDonald Physical Therapy staff since April 2004. Mike has done volunteer work with the Healthy Athletes Program for Illinois Special Olympics Summer Games. He likes skiing, golf, and softball, and is a fan of Notre Dame / the Chicago Cubs / the Chicago Bears. Mike lives in the Granger area with his wife Farin and his daughter Eva.



Erin Bailey MS, OTR earned a bachelor’s degree in psychology and a Masters degree in Occupational Therapy from the University of Indianapolis. She has worked in the area of hand therapy for five years and continues her education to further specialize in this area. Erin recently moved back to the South Bend area with her husband Shay after spending four years in Texas. In her spare time Erin enjoys walking, pilates, fishing, and especially spending time with her family.

Our occupational therapy department focuses on the treatment of hand and upper extremity injuries. We have recently expanded our facilities and staff. Christy Neuhaus MS, OTR is our second OT specialist.

We also are marketing our services to physicians to increase the awareness of the benefits of occupational therapy. If you would like to know more about our OT program, please call Erin Bailey (574-233-5754) with your questions.



Creating a “Hybrid” Walking Program



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For those of you who walk as part of your exercise program, we offer the following as a means of making your walks more interesting and beneficial. A ‘hybrid’ walk combines one or more physical fitness disciplines with your regular walking program.

Thoughts come clearly while one walks.
– Thomas Mann

Consider adding, in the course of your walk, some calisthenics, interval training, stretching; you might even incorporate variations in your walk that supplement the aerobic nature of the exercise. In preparing for your ‘hybrid’ walks, you must scout your walking routes to identify locations where ‘hybrid’ activities can be incorporated. Some places that are designed as walking areas, like the East Race River Walk in South Bend, incorporate designated stations for doing what we are calling ‘hybrid’ activities. Identify places on your route(s) where you can stop and do stretching exercises without interrupting traffic flow. Locate curbs, steps, low benches or other raised surfaces where you can do step ups. Find flat vertical surfaces that allow you to do wall sits. Use extended lengths of good walking surface to incorporate interval training. Know your course well enough to be able to plan when and where you insert your chosen exercises to give your walk a ‘hybrid’ touch.

Plan your ‘hybrid’ walk ahead of time. Decide where and when you will incorporate some of the following possibilities.

Calisthenics are exercises using your own body weight to provide resistance. Pushups, sit-ups, chin-ups, flexed arm hang, squats, back extensions, shoulder rolls, arm rotations: these are a few calisthenic exercises. Choose the ones that fit your needs or consult your doctor or personal trainer to choose the exercises best for your ‘hybrid’ walk.

Strength Training may be one of the most overlooked aspects of walking. If you don’t believe it can be done, create stations in your ‘hybrid’ walk for push-ups on a park bench, step-ups on a curb, wall sits against a building. Strength training can be an integral part of a good walking program, and you don’t need to carry cumbersome weights.

Aerobic Training is natural to walking. Walking is an aerobic exercise, but how about raising it up a notch? Swing your arms as you walk. Yes it may look weird, but it is recognized as one of the best conditioners for walkers. Bend the arms about 90 degrees at your elbow and you can quicken your pace, raise your heart rate, and burn 5 to 10 percent more calories. If you are comfortable with walking, and you wish to raise the challenge level just a bit, try walking off the paved trail. Walking off a level course requires about 50 percent more energy than walking on a paved road.

Interval Training is changing the style and intensity of your walk at predetermined distances for predetermined time. When you have a good walking surface to work with, increase your pace for 100 steps, or one measured block, or from one telephone pole to another. Identify a distance; set a goal for that distance, and go for your goal. If your walking course offers some inclines or serious hills, you can incorporate hill work into your hybrid workout. Change your interval work with your needs and/or with the terrain of your course(s).

Stretching is an integral part of your mid-, and post walk program. (Notice please that we do not mention pre workout stretching. **Stretching is a part of your workout, not a preparation for your workout.** Warm up before stretching! Do not stretch to warm up!) You can incorporate stretching exercises at predetermined places on your walk, and you can add stretches if/when your walk is interrupted by forces outside your control – such as traffic. Proper stretching enhances overall physical fitness, your ability to learn and perform skilled movements, and your development of body awareness. Stretching can also increase mental and physical relaxation. Identify the stretching exercises that are most important and beneficial to you, and on each of your ‘hybrid’ walks, incorporate some of the stretching exercises throughout the walk.

Me thinks that the moment my legs begin to move, my thoughts begin to flow.
– Henry David Thoreau



Turning a walk into a ‘hybrid’ walk is relatively simple. Planning is the key. If you would like some help in designing your hybrid walk, call McDonald Physical Therapy & Sports Rehab Center and ask for **Ken Mack**. Ken is a certified Strength & Conditioning Specialist and among his responsibilities he designs workout programs for people who need the support. Contact your local park district and ask if they have fitness programs for people of your age / ability. Ask too if your community has designed walking areas and if those areas are workout compatible.

From Accounts Receivable:

We have recently incorporated a new computer program in our billing process. If you have any difficulty understanding your statement, please call us and we will guide you through the form. You will receive a monthly statement as long as there is a balance on your account.

The last three lines of the statements may be confusing. Please note the following:

Balance	The amount owed on the account.
Amount Pending Insurance Payment	The projected amount that insurance will pay.
YOU ARE RESPONSIBLE FOR	The amount you owe at the time of billing.

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
1005 Hickory Road
South Bend, IN 46615

E-mail your questions by going to our web site (mcdonaldpt.com) and clicking on the "Ask Fran" button.

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