

CANYON

PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

Make Your New Year's Resolutions Stick

As January begins, people whisper about their "resolutions." Have you ever followed through with these, or even taken the time to write them down? This year is the time to make your resolutions count. Sit down and create your schedule for a New You in the New Year. The biggest challenge to making your 2015 resolutions stick is creating ones that are practical to begin with. If you're like the rest of America and eat out four times per week, then you may have a goal to save money and your waistline by kicking the fast food restaurants to the curb. Instead of making bold statements such as, "I will not eat fast food for 2015" opt for "I will eat fast food no more than once every two weeks." As you achieve this goal, and it seems to become easier to avoid the golden arches, you can then refine your resolution to "I will eat fast food no more than once a month" And so on. When you decide to commit and write down your New You Resolutions this year consider these helpful tips:

1. Write it Down- Avoid committing it to memory. Instead write it out with pride and post it where it will remind you of the goals you have set.
2. Put a Number to it- Decide how many times a day, week, or month you can do something and shun away from saying "everyday." Life happens, and you don't want "everyday" to be the cause of you throwing in the towel all together on your goals.
3. Keep it Realistic- Although the idea of losing 10 lbs in a week sounds great on infomercials it's neither realistic nor healthy. Weight loss goals should be based on losing 1 - 2 lbs per week. If you want to lose it and keep it off, then choose to keep your goals real.
4. Enlist Help From Others- This is the time to call your best friend and convince him or her to make a resolution with you. Use each other for the purpose of accountability. Call up your most energetic and motivated friends and have a Resolution Party.
5. Seek out the Advice of an Expert- If it's exercise goals, seek out a certified Exercise Physiologist, nutrition - meet with a Registered Dietitian, and if it's to organize your life - hire a Personal Organizer or Maid.
6. Set Yourself up for Success- Think positively when you set your goals. People have greater success adding to their daily life then taking away. Try this, "I will eat at least one cup of berries three times each week." When you add in fruit and vegetables you often have less room for chips and dip.
7. Don't Forget to Follow-up- When you write down your goals take the time to write down follow-up dates in your calendar. For weekly goals check on yourself every three months, and for monthly goals check on yourself in six months.
8. Last, but not Least, Remember to Reward- Treat yourself when your resolution has been met and your goal has become a habit.

New Year's Resolutions are a way for us to touch base with ourselves and look for ways to make improvements. Don't stress over them. Instead, make them positive, make them real, and make them stick.

Here's to You in the New Year.

Meet Lem

Hello ladies and gentlemen. I've had the privilege to be a part of the CPTAR family for about a year and a half now. Seeing people make positive changes in their functional activity has been a continued passion of mine for the last 10 years of my life.

My main passions in life revolve around my wife and kids. I'm a certified Mr. Mom. I moved my family here to the Prescott area a little over 2 years ago from Albuquerque, NM and we haven't looked back since. If you've ever seen the Disney movie, "The Incredibles," that is actually a perfect picture of my house and life. My wife is much more of a super hero than I am though, because she stays at home and takes care my three children ages 8 months(boy), 3 and 4(both girls). I learn more from my kids than they've probably ever learned from me.



I give my all in everything I do in life. I even have coffee drinking competitions with my wife every morning. I'm a bonafide Disney movie expert, and I challenge my girls to Frozen movie sing offs biweekly. I've dabbled in fitness on and off my whole life, but I've since retired that jersey and I focus more on push ups and pull ups with my wife and kids laying on my back or hanging off my legs. I realize as I write this, that I've become the old guy who basks in his glory days. Between my relationship with God, my wife and kids and my job, I don't have time for anything...I don't even have time to bleed.

What Are the Educational Requirements for Becoming a PT?

All physical therapists must receive a graduate degree from an accredited physical therapist program before taking the national licensure exam that allows them to practice. Physical therapists have the most specialized education to help people restore and improve motion. Today's physical therapist is required to complete a graduate degree, either a masters or clinical doctorate from an accredited education program. A growing majority of programs offer the Doctor of Physical Therapy (DPT) degree. Currently, 199 colleges and universities nationwide support 212 accredited professional physical therapist education programs; 96% now offer the DPT and the remaining programs are planning to convert. Following graduation, candidates must pass a state-administered national exam. Other requirements for physical therapy practice vary from



American Physical Therapy Association

state to state according to physical therapy practice acts or state regulations governing physical therapy. All of our therapists at CPTAR hold a Doctor of Physical Therapy Degree. <http://www.apta.org/AboutPTs/>

Text neck' is becoming an 'epidemic' and could wreck your spine

By Lindsey Bever November 20 (Courtesy of Dr. Ken Hansraj M.D.)

The human head weighs about a dozen pounds. But as the neck bends forward and down, the weight on the cervical spine begins to increase. At a 15-degree angle, this weight is about 27 pounds, at 30 degrees it's 40 pounds, at 45 degrees it's 49 pounds, and at 60 degrees it's 60 pounds. That's the burden that comes with staring at a smartphone – the way millions do for hours every day, according to research published by Kenneth Hansraj in the National Library of Medicine. The study will appear next month in Surgical Technology International. Over time, researchers say, this poor posture, sometimes called “text neck,” can lead to early wear-and-tear on the spine, degeneration and even surgery. “It is an epidemic or, at least, it's very common,” Hansraj, chief of spine surgery at New York Spine Surgery and Rehabilitation Medicine, told The Washington Post. “Just look around you, everyone has their heads down.” Can't grasp the significance of 60 pounds? Imagine carrying an 8-year-old around your neck several hours per day. Smartphone users spend an average of two to four hours per day hunched over, reading e-mails, sending texts or checking social media sites. That's 700 to 1,400 hours per year people are putting stress on their spines, according to the research. And high-schoolers might be the worst. They could conceivably spend an additional 5,000 hours in this position, Hansraj said. “The problem is really profound in young people,” he said. “With this excessive stress in the neck, we might start seeing young people needing spine care. I would really like to see parents showing more guidance.” Medical experts have been warning people for years. Some say for every inch the head tilts forward, the pressure on the spine doubles.

Tom DiAngelis, president of the American Physical Therapy Association's Private Practice Section, told CNN last year the effect is similar to bending a finger all the way back and holding it there for about an hour. “As you stretch the tissue for a long period of time, it gets sore, it gets inflamed,” he said. It can also cause muscle strain, pinched nerves, herniated disks and, over time, it can even remove the neck's natural curve.

It's a risk for some 58 percent of American adults who own smartphones. Michelle Collie, a doctor who heads Performance Physical Therapy in Rhode Island, told CNN last year she started seeing patients with mobile technology-induced head, neck and back pain some six or seven years ago. Poor posture can cause other problems as well. Experts say it can reduce lung capacity by as much as 30 percent. It has also been linked to headaches and neurological issues, depression and heart disease. “While it is nearly impossible to avoid the technologies that cause these issues, individuals should make an effort to look at their phones with a neutral spine and to avoid spending hours each day hunched over,” according to the research. Speaking to TODAY, Hansraj gave smartphone users tips to avoid pain:

- Look down at your device with your eyes. No need to bend your neck.
- Exercise: Move your head from left to right several times. Use your hands to provide resistance and push your head against them, first forward and then backward. Stand in a doorway with your arms extended and push your chest forward to strengthen “the muscles of good posture,” Hansraj said.

“I love technology. I'm not bashing technology in any way,” Hansraj told The Post. “My message is: Just be cognizant of where your head is in space. Continue to enjoy your smartphones and continue to enjoy this technology – just make sure your head is up.”



JANUARY/FEBRUARY

CANYON PHYSICAL THERAPY & AQUATIC REHABILITATION

2852 N. Navajo Drive - Suite A
Prescott Valley, AZ 86314
Phone: 928-772-9797
Fax: 928-772-9340

Hours

Monday, Wednesday, Friday - 7am-6pm
Tuesday, Thursday - 8am-7pm
Saturday - 8am-5pm

Canyon Wellness Program

**Aqua Aerobics Class—Monday, Wednesday, & Friday
at Noon**

REALfit Strength Class—Tuesday & Thursday at 12:30

Tim has returned to CPTAR as our Wellness Coordinator. Call
to set an appt. & start your 2015 fitness goals off right.

SCHEDULE OF EVENTS

January 1st New Year's Day

January 20th Martin Luther King
Day

February 2nd Groundhog's Day/
Superbowl Sunday

February 14th Valentine's Day

February 16th President's Day

February 18th Ash Wednesday

CPTAR Services

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).



**Visit our website:
www.canyonpt.com**