



# Rock Run Physical Therapy Revue



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### Goal Statement:

#### • Value your time

We make every effort to ensure that your appointments are scheduled to work best for YOU and that WE are on time.

#### • Get to Know You

We care about you as a person, not just a PT

#### • Communicate Clearly

We always keep you and your physician informed of the progress with your POC

#### • Provide a Comfortable Atmosphere

You can count on a clean and supportive environment each time you visit

## PATIENTS ENTER TO WIN!!

Find the misspelled word in this newsletter and call 801-896-9200 for your chance to win a

**\$10.00 gift card!**

Contest for past and present patients only.

## DO YOU HAVE YOUR KIDS' BACK?

The school year is right around the corner and usually that means it's time to do some back to school shopping; new pencils, books, clothes, shoes, and definitely a new backpack!

A news release by the American Physical Therapy Association in April 2009 revealed that more than 50 percent of children surveyed carry backpacks that are too heavy. Have you ever picked up their bag that they dropped on the floor and think it feels like it's full of rocks?

Backpacks that are packed until the zippers are bursting or, if worn incorrectly, can cause pressure on the spine to increase. When this happens, the child will lean forward which can lead to neck pain, back pain, shoulder pain and even headaches.

This year when they go to pick their favorite new color or design on the backpack, be sure to look for these crucial elements:

- Compression straps on the sides or bottom to stabilize the contents.
- Padded back and shoulder straps.
- Hip and chest belts to help transfer weight to the hips and relieve the shoulders of some of the burden.
- Correct size (never wider or longer than your child's torso and never hanging more than 4 inches below the waist).

The American Academy of Pediatrics recommends a backpack weigh no more than 10-20% of the child's weight, so be sure to help them decide what is essential and what needs to be left at home. Use these tips so we can all feel good about sending them "back" to school!



# PT HISTORY: HOW IT ALL GOT STARTED

Physical Therapy got its start after two major historical events: the polio epidemic of the 1800's that went through the 1950's and the results of several wars. Marguerite Sanderson and Mary McMilliam were the first two trained to be a "reconstruction aide" to care for the soldiers that were wounded in WWI. Because of the need for the reconstruction aides, it was turned into an organization called the American Women's Physical Therapeutic Association. The field was initially a female dominated profession and Mary McMilliam was the first president of the Association.

When WWII occurred, due to the advances in science and technology more soldiers were surviving their injuries that were treated by physical therapists. In the end of 1930, the profession changed its name to the American Physiotherapy Association and in the late 1940's once again changed it to the American Physical Therapy Association for which it still remains. The APTA is an individual membership professional organization representing over 100,000 members that include; physical therapists, physical therapy assistants and students of physical therapy.



## ROCKIN' RECIPES

Rock Run truly feels that our patients' are family, and what better way to show we are family than to start a recipe exchange! Do you have an age old classic recipe that you are willing to unlock the vault for? Or maybe something you just found online that rocks? We want to hear from you. Send an email to [maddie@rockrunpt.com](mailto:maddie@rockrunpt.com) and we will get it in our next newsletter. If it makes the Newsletter we will send you a \$10.00 gift certificate for joining in the fun! This one is from Lisa at our Roy office:

### Slow Cooker Texas Pulled Pork

Prep time 15 min. • Cook 5 hours • Ready 5h 15 min

#### Ingredients:

1 teaspoon vegetable oil	1 tablespoon Worcestershire sauce
1 (4 pound) pork shoulder roast	1 tablespoon chili powder
1 cup bbq sauce	1 extra large onion chopped
½ cup apple cider vinegar	2 large cloves garlic- crushed
½ cup chicken broth	1 ½ teaspoons dried thyme
¼ cup light brown sugar	8 hamburger buns split
1 tablespoon prepared yellow mustard	

Pour the vegetable oil into the bottom of a slow cooker. Place the pork roast into the slow cooker; pour in the barbecue sauce, apple cider vinegar, and chicken broth. Stir in the brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic, and thyme. Cover and cook on High until the roast shreds easily with a fork, 5 to 6 hours.

Remove the roast from the slow cooker, and shred the meat using two forks. Return the shredded pork to the slow cooker, and stir the meat into the juices.

Spread the inside of both halves of hamburger buns with butter. Toast the buns, butter side down, in a skillet over medium heat until golden brown. Spoon pork into the toasted buns.



# WORKSHOP UPDATE!

Our workshops continue to grow and are a huge success. We have added a workshop on “How to Avoid Stiffness in the Operated Knee.” This is in addition to the Low Back Pain and Sciatica Workshop and the Balance and Fall Prevention Workshop we are already doing. The Knee Workshop is for you if:

- You are scheduled to have total or partial knee replacement and want to have the best recovery possible.
- You have already had knee surgery and your knee is stiff, weak, or limits your ability to do the activities you want to
- You would like to try to avoid painful knee replacement surgery.

At this workshop we will also teach you how you can save an average of \$939 on your knee surgery!

As always, these workshops are FREE. All you have to do is register by going to [www.rockruntherapy.com](http://www.rockruntherapy.com) and clicking on “Workshops”

You can also call the Roy or Syracuse offices to register. If you are not sure if you need this workshop and would like our free report titled, “Top 8 Tips For Success Following Knee Surgery” give our office a call and we would be happy to mail it out to you!



# MORE CHANGES TO ROCK RUN

Annie was hired to work as a full-time front desk coordinator at our Syracuse office and we are excited to have her join the Rock Run family. We asked her to tell us all a little bit about herself. This is what she said, “My name is Anna, but most people call me Annie. I was born and raised in Roy, Utah and now I live in Ogden, Utah. I’m an avid dog lover and hiker. I have two rescue dogs, an eight year old blue nose Pitbull named Quella, and a one year old Border Collie named Leo.

My favorite thing to do is travel, and my favorite vacation so far has to be our five day cruise to Mexico ending the trip spending 3 days in a beach house in California. If I’m not planning or going on my next big trip you can usually find me working on remodeling my house or hanging out at Causey reservoir on a kayak. I am excited to join the Rock Run team and be a part of helping you get back to doing the things you love”!

Welcome Annie!



# PATIENT TESTIMONIAL

McKenna came in to our clinic with knee pain that increased with any running, squatting, walking, standing for prolonged periods, and going up and down stairs. She was unable to participate fully in gym and said, “Before I came here, I couldn’t do squats or any leg exercise. I couldn’t go upstairs without my knee hurting plus the pain would keep me up at night”. She started physical therapy and after just her first visit, she had improvement in pain and was only using the elevator to go down stairs at school. We saw McKenna for 11 visits and with the strengthening exercises, stretching, and taping techniques that we did in the clinic as well as the faithfulness in doing her home exercise program, she was able to return to all the activities she enjoyed.

“I loved my experience here at Rock Run! The team here is awesome. After I was done with my therapy I can do whatever I want to do! I loved how kind everyone was to me. Thank you Rock Run”!

Keep up the good work Mckenna!

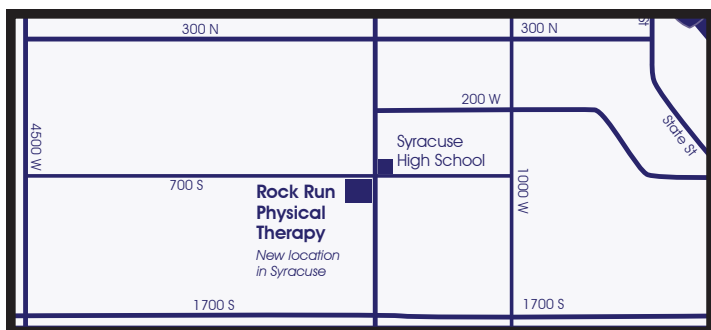




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## RANDOM FACT

More than 204,000 physical therapists are licensed in the United States today.

