

Fall Chores Don't Have to Be a Pain!

It happens every year... just when you're enjoying the last lazy days of summer, autumn sneaks in with little hints that it's time for garden chores to prepare for winter. Temperatures drop, leaves begin to fall, and the bright annuals in your flowerbeds start to wilt and fade.

But before you leap out of your lawn chair and start to attack all of the projects calling out to you, check out these tips to stay healthy and avoid injury:

- Don't be an early bird. Flexibility and mobility are lowest in the morning. Save more strenuous tasks for later.
- Pace yourself. Don't try to do everything in one day.
- Stretch. Take time to warm up before heavy activity.
- Lift properly. Get a firm grip and good footing, bend at the knees, keep heavy objects close to your body, and rise up gradually without twisting.
- Rotate tasks frequently to avoid repetitive motion injury.

Strains, sprains and muscle pain are among the most common medical complaints. Don't become a statistic!

In touch

News and tips for total body health and wellness

GTPT Welcomes Two New Team Members

Owners Randy and Penny Nelson are proud to announce the addition of Becky Roush and Renee Kiliani to their staff.

Becky Roush, an honors graduate from the University of Kentucky with degrees in physical therapy and allied health, specializes in women's health issues. She has nearly 20 years of experience treating conditions such as osteoporosis, lymphedema, peri-partum back pain, pelvic pain and incontinence, among others. Roush is a member of the American Physical Therapy Association and the Michigan Physical Therapy Association.

Renee Kiliani joined GTPT this past summer as office manager. She brings with her over 20 years of experience in front and back office operations, medical billing and claims.



A Massage Therapy Primer

Reflexology stimulates the reflexes of the foot, hand and ear through manipulation, producing a healing effect in other parts of the body. It is aimed at relieving pain, promoting relaxation, improving blood circulation and lymph drainage, eliminating toxins, and strengthening the immune system.

Swedish massage employs five different strokes to improve circulation and promote relaxation.

Hot stone massage uses the application of heat and subsequent cooling to promote psychological and physical relaxation, increase circulation, and boost metabolism.

Deep tissue massage is usually aimed at relieving pain and stiffness by working a specific joint, muscle or muscle group.

Myofascial release involves applying sustained pressure to the body's connective tissues to eliminate pain and restore range of motion.

Sports massage is used to release muscle tension and restore balance to the musculo-skeletal system of athletes, thus helping to prevent injury.

Your physical therapist or massage therapist can advise you as to which one will benefit you most.



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Listen to your body's messages and move beyond injury and into healing.

At Grand Traverse Physical Therapy our experience, expertise and compassion evoke a sense of health and wellness. We strongly believe in the healing powers of physical therapy and massage.

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*Keeping
in
touch*

- Physical therapy can now be prescribed by physician assistants.
- Did you know that physical therapy is covered by most insurance providers when it is prescribed by a doctor or physician assistant?

Fall Seminar

Back by popular demand, GTPT is hosting a free seminar, "Oh, My Aching Back!" at the Traverse Area District Library on Wednesday, October 29th, from 6:00 to 7:30 p.m. Bring your questions! Light refreshments will be served. Call us at 941-6500 to RSVP.