

6 Tips For Summer Fun From Your Physical Therapists

1. Run on new tracks, not grass. New tracks are level and are made of soft, forgiving compounds. Stretch after a light warm up activity. Don't stretch cold muscles/joints.

Jim Myers, DPT

2. Stay hydrated with water...this is very important. Also, try to get out and walk every day.

Michele Kelley, MPT

3. Have a glass of low-fat chocolate milk within 15 minutes after your workout to help replenish yourself.

Holly Kindig, PT

4. I would emphasize stretching after a workout to avoid injury and stiffness.

Maureen Beltrandi, PT

5. Runners should buy good, supportive sneakers and should replace their sneakers about every 6 months or 100 miles.

Donna Basehore, PT

6. Plan exercise to be done either early in the day or early evening to avoid the hottest and most humid hours of the day. Exercising with a buddy increases compliance with an exercise program. Don't forget to use sun block and insect repellent for outdoor exercising, inspecting for ticks afterwards.

Karen Bair, PT

Cumberland Physical Therapy
6375 Mercury Drive, Suite 100
Mechanicsburg, PA 17050



CUMBERLAND PHYSICAL THERAPY

Presents ...

Back to Health

August 2010



VISIT OUR WEBSITE:
www.cumberlandphysicaltherapy.com



CUMBERLAND PHYSICAL THERAPY

Our patients have always referred their friends and family to our practice, but we've never said a formal "Thank You". We feel our former patients are our BEST advertisement and that your recommendation will mean everything to someone in need of physical therapy.

Cumberland Physical Therapy wants to take the time to say Thank You! Whenever a former patient sends a family member or friend to our practice, they will receive a \$25 gift card to any ONE of the following: Borders, Carrabba's, Land's End, or Olive Garden (your choice). This is our way to say we appreciate your recommendation of our clinic.



1. Clip this form, fill it out & give it to a friend/family member who needs physical therapy.
2. After that friend/family member turns it in at their initial evaluation, you will be mailed your gift card.

Your Name: _____

Your Address and Phone # _____

Name of Friend you Referred: _____

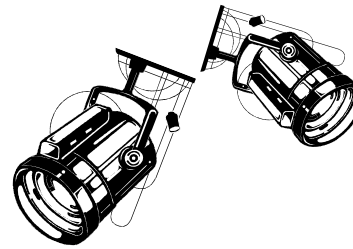
Gift Card Choice (circle one):

BORDERS CARRABBA'S
 LAND'S END OLIVE GARDEN

Please feel free to call Aimee at 591-9001 with any questions regarding our new PRP (Patient Referral Program). Thanks again for your support!

Mercury Drive Ofc: 591-3000
 Gettysburg Pike Ofc: 591-9001
 Camp Hill Ofc: 901-3901
 New Cumberland Ofc: 695-2500

In The Spotlight



Holly Kindig, PT has been treating patients with Incontinence and Pelvic pain for over 9 years.

Incontinence and Pelvic Pain

What is Incontinence? Incontinence is the involuntary loss of control of the passage of urine or fecal matter, or the inability to predict when either will occur.

Can it be treated? YES! With physical therapy, 80% of patients can see positive results with these embarrassing symptoms being either relieved or significantly improved.

What should I do? Ask your doctor for a prescription and call Holly at 591-9001 to schedule an appointment. Holly will be happy to answer any questions you may have prior to your first visit.

DID YOU KNOW?

Cumberland Physical Therapy has rehabilitation specialists in the following areas:

- ▶ Aquatic Therapy
- ▶ Osteoporosis Treatment
- ▶ Total Joint Replacements
- ▶ Rotator Cuff Repairs
- ▶ Neck & Low Back Pain
- ▶ Fibromyalgia
- ▶ Sports Injuries
- ▶ Arthritis
- ▶ ACL Repairs
- ▶ Knee Pain
- ▶ Foot/Ankle Pain
- ▶ Chronic Headaches
- ▶ Incontinence/Pelvic Pain
- ▶ Balance/Dizziness Symptoms
- ▶ Lymphedema Treatment



Team in Training 1/2 Marathon

Michele Kelley, a physical therapist at our New Cumberland office, is undertaking a personal challenge of completing a 1/2 marathon this October

for the Leukemia & Lymphoma Society's Team in Training Program. Michele is honored to be running for Chuck Bailey of Shippensburg, PA who is a 5 year survivor of leukemia.

Leukemia is the #1 killer of children and the leading fatal malignant disease of men and women under the age of 35. Although the cause of leukemia remains unknown, recently developed treatments and steady advances in research bring us closer to a cure every day.

Michele's goal is to raise \$3,500.00 by July 30th. With the generosity of people like Michele, there is every reason to believe that a cure for blood-related cancers is in sight. Michele is asking you to open your hearts and help to support the Leukemia Lymphoma Society. 75% of all money raised goes directly to support research as well as the people touched by these awful diseases (leukemia, lymphoma, myeloma and Hodgkin's disease).

If you find it in your heart to help, donations can be made at <http://pages.teamintraining.org/cpa/nikesf10/mkelley5rg>

Or by check payable to the "Leukemia & Lymphoma Society" sent to Michele Kelley at 1620 Warren St. New Cumberland, PA 17070.

Thank you for your time and consideration! We will keep you posted on Michele's training and goals!

CUMBERLAND PHYSICAL THERAPY
NOW HAS FOUR LOCATIONS
TO SERVE PATIENTS ON THE WEST SHORE!

6375 Mercury Drive, Mechanicsburg 591-3000
(near Wegmans)

555 Gettysburg Pike, Mechanicsburg 591-9001
(near Messiah College)

1847 Center Street, Camp Hill 901-3901
(near Holy Spirit Hospital)

503 Bridge Street, New Cumberland 695-2500