



HAND & ORTHOPEDIC PHYSICAL THERAPY ASSOCIATES, P.C.

COMMUNITY NEWSLETTER

Spring 2008

Volume 1, Issue 2

*"If you only do what you
know you can do - you
never do very much."*

- Tom Krause

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Dig These Safe Gardening Tips!

Spring is on the way and many of you are chomping at the bit to get out in the yard to do some serious digging, lifting, bending, twisting and pulling. Before you do, you may want to look back on your not so active winter months and question if your body and level of enthusiasm are on the same page. Here are a few tips to help get the body to where the mind is. As a reminder, do not perform any exercise or activity if it causes you pain. If you do experience pain, please contact your physical therapist or physician.

Warm-up:

It is always important to get the circulation going in both the upper and lower body before doing any strenuous activity to reduce the risk of sprains and strains.

- Lay on your back with legs straight. Pull one knee to chest with your hands until you feel a gentle stretch, hold for 5 seconds, then slowly lower leg. Repeat 10 times on each leg.
- While standing place your hands on your hips, then turn your body as far as you can to the left, hold 5 seconds, then turn to the right. Repeat 10 times each direction.

- March in place lifting each leg as high as is comfortable and repeat 10 times.
- Fold hands together, turn palms away from your body, and then extend your arms in front of you until you feel a stretch, hold 5 seconds, repeat 10 times. Repeat this maneuver, but instead of reaching in front, reach overhead.

Cultivate Proper Body Mechanics:

Body mechanics refers to how the body moves during activity such as reaching and lifting. Observing proper body mechanics will help reduce the risk of injury.

- **Always** bend at the knees when picking up any object, heavy or light from the ground. **Never** bend over at the waist!
- Keep objects you are lifting or carrying close to your body to reduce stress on your back.
- Use a wheelbarrow for heavier items or multiple items that need to be moved from one place to another to reduce your overall workload.

Dig These Safe Gardening Tips! (Continued from Page 1)

• Kneel on a pad or sit on a low stool/step-stool when weeding/planting etc.

Sow the Seeds of Good Joint Health: Your joints need motion to stay healthy, but sometimes too much of a good thing can cause them to become painful and/or swollen. Observing these simple

tips may help reduce the risk of joint injury or flare-ups of already arthritic joints.

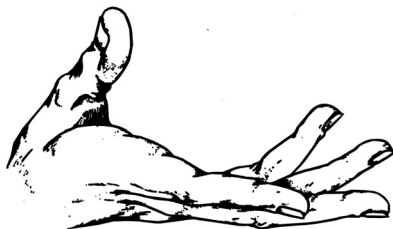
• Avoid prolonged positioning or sustained activity for periods greater than 30-45 minutes to reduce joint stress. Take a break and do something else for 5-10 minutes, then resume your activity.

• Use wide handled tools to reduce stress on joints of the hand and wrist.
 • Use the right tool for the job. Don't try to take down that old oak tree with your really cool new Swiss Army knife you just got for Christmas!

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|----------------|------------|------------|
| Pruning Shears | Trowel | Cultivator |
| Wheelbarrow | Knee Pad | Mulch |
| Weeder | Roses | Geraniums |
| Tulips | Daffodils | Pots |
| Watering Can | Fertilizer | Gloves |
| Plant Markers | | |

Have something you would like to see in an upcoming issue? Give us a call or email us at handandortho@comcast.net. We welcome your suggestions and look forward to hearing from you.



The information contained within this newsletter is not to be substituted for medical treatment. If you experience signs or symptoms of an illness contact a health care professional.

Meet Our Satellite Office Support Staff

Our offices in Mercerville, NJ; East Windsor, NJ; and Newtown, PA are staffed by 3 great employees. These people are the first and last contact for each of our patients. They provide a friendly atmosphere at our front desk as well as encouragement in our clinic as an aide.

Whitehorse Executive Center

Eileen Cheslock is located in our Mercerville, NJ office and has been providing terrific service for 12 years. In her spare time, Elaine enjoys spending time with her children and husband of 34 years.

Stocking Works Complex

Beth Mascione, our Newtown, PA assistant has been with us for almost a year. She enjoys getting to know each individual patient and watching them progress. In her spare time Beth enjoys reading, scrap booking, and fitness related activities.



East Windsor Medical Commons

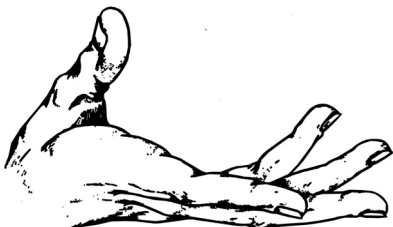
Mary Jane Chomenko is our newest employee and she is located in the East Windsor, NJ office. She enjoys reading, movies, going to the beach, and dancing. We would like to take the time to welcome her to our practice. We look forward to the days ahead and know she will provide our patients with the care our patients have come to expect.

Insurance Issues Affecting Medicare Patients

For the 2008 year, Medicare patients are subject to an \$1810.00 beneficiary annual limitation for physical therapy and speech

therapy. The benefit limit applies to outpatient Part B therapy services provided in all settings except at an outpatient hospital department. Medically necessary therapy over these limits is covered when received at a hospital outpatient department or at this facility if the beneficiary qualifies for an exception.

Medicare pays up to 80% of these limits after the beneficiary meets the deductible of \$135.00. A claim for services above the cap for which an exception is not granted is the beneficiary's responsibility. If you have questions regarding your Medicare coverage with us please do not hesitate to call or ask us at your next appointment.





HAND & ORTHOPEDIC
PHYSICAL THERAPY ASSOCIATES, P.C.

2300 Trenton Road
Levittown, PA 19056

www.handandorthopedic.com
HAND & ORTHOPEDIC
PHYSICAL THERAPY ASSOCIATES, P.C.

East Windsor Medical Commons II
Building B, Suite 103 • 300B Princeton-Hightstown Road
East Windsor, NJ 08520
Phone: (609) 443-5500 • Fax: (609) 443-5520

451 South State Street • Stocking Works Complex
Newtown, PA 18940
Phone: (215) 579-4300 • Fax: (215) 579-4332

501 Bath Road • Bristol, PA 19007
Phone: (215) 785-9443 • Fax: (215) 785-9293
Lower Bucks Hospital Hand Therapy in the Physical Therapy Department

Whitehorse Executive Center • 1245 Whitehorse-Mercerville Road
Building A, Suite 419 • Mercerville, NJ 08619
Phone: (609) 581-8116 • Fax: (609) 581-8117

2300 Trenton Road • Levittown, PA 19056
Phone: (215) 943-3300 • Fax: (215) 943-6330



Visit Us at Our Five Locations