



## THERAPIST Spotlight



**Marsha Colón, M.S.P.T.**

Optimum Wellness Physical Therapy is a new, full-service physical therapy clinic located in Manassas, Virginia. OWPT is the brain child of Marsha Colón, a local physical therapist with nearly a decade of experience. At OWPT, we believe that "you don't have to accept the way things are now, you can reach for optimum wellness."

### TESTIMONIALS

Physical therapy with Marsha at OWPT has given me my life back! For the first time in years, I am looking forward to spring and getting out and about. — *Marie*

When I came to OWPT, I was on crutches, in a lot of pain and wearing support boots on both of my very swollen feet. Marsha was positive that with a little work I would be getting around normally; she was right! — *Kathy*



## Pregnancy and Lower Back Pain

It is often said that pregnancy and lower back pain go hand in hand. Many expecting mothers experience lower back pain to a certain degree. It typically starts during the second half of pregnancy and is usually not a cause of concern, but it CAN be very painful and annoying. Things leading to back pain include:

- **Weight gain.**
- **Changes in posture or your center of gravity** – as the baby grows, the center of gravity of the body shifts. This can impinge on nerves that trigger lower back pain.
- **Hormonal fluctuations** – some hormones cause significant stretching of the joints and ligaments. This flexibility comes at a cost, and can be associated with a decrease in strength. As a result, simple activities like walking, standing, sitting for a long time, getting out of

bed, or bending over to lift something can feel painful and uncomfortable.

*Did you know that carrying twins (or more) increases your chance of having low back pain during pregnancy?*

All of these factors can result in pain that ranges from slight discomfort to severe, disabling pain. The good news is that the pain gradually eases in most women as the due date approaches, but this does not mean that you have to tolerate the pain until your baby arrives.

There are many ways to relieve back pain. It is crucial to choose the right method since some treatments are more effective and appropriate than others. As your physical therapists, we can help you find the right exercises to reduce stress on your back and decrease your pain.



## A Pain Free Pregnancy

To help you deal with lower back pain during pregnancy, we evaluate the cause(s) of your pain. There are combinations of different factors which vary greatly from one woman to another. Therefore, the key to a successful treatment plan for lower back pain during pregnancy depends on the identification of the

### Physical therapy Helps Relieve Lower Back Pain During Pregnancy

If your back hurts during pregnancy, you may want to do nothing but rest. Be advised that prolonged bed rest is generally counterproductive in the long run.

Check with your doctor before beginning any exercise program, especially if you are pregnant. Then, consider physical therapy for:

- Strengthening exercises to help support the back and legs.

cause of pain and the choice of the most appropriate treatment method for that situation.

As an expecting mother, it can be very difficult for you to determine why you have back pain, much less decide which treatment will work best for you.

The best thing you can do to

- Stretching exercises to help the back and leg muscles become more flexible to prepare your body for the baby's arrival.
- Swimming exercises to relieve tension in muscles since the buoyancy of the water supports the joints.
- Walking to improve blood circulation.
- Hot pack (or cold pack if you prefer) for 10-15 minutes to provide some temporary pain relief.

Therapeutic massage (as advised by

your physical therapist) can help ease muscle tension and relieve pain.

Since lower back pain during pregnancy is not always caused by the same factors, its treatment requires an individual approach to determine the best possible treatment. This treatment should be safe for the mommy-to-be and her baby.

**We will help you find the treatment options that will work best for you and more importantly, are safe for your baby too!**

That's why it is important not to take any chances with unproven methods which can be either ineffective or unsafe, or both.

**Call us today for more information about safe and effective lower back pain treatments during pregnancy. We will give you all the necessary information about different options and help you choose the most effective treatment for you. You don't need to put up with lower back pain any longer, so schedule an appointment with us right away.**



## At stores: more outlets for electric cars

Retail stores in the U.S. are beginning to install charging stations for electric vehicles. Some offer the charge for free at this time, but others charge for it. Mall of America in Bloomington, MN, asks \$3 an hour.

Best Buy installed electric vehicle (EV) stations at 12 stores, including those in Los Angeles, San Diego, Seattle, Phoenix, and Tucson.

In Michigan, Meijer shopping chain installed EV chargers at three stores in metro Detroit and near Grand Rapids.

The equipment costs from \$2,000 to \$6,000 plus installation, which is partly offset by federal tax credits. Experts predict most stores will charge for EV service.

## Cash buyers are getting big bargains

Investors in many areas of the United States are snapping up homes in all-cash deals, betting that prices are at or near bottom. They are breathing life into some of the nation's most depressed housing markets.

Cash buyers accounted for more than half of all transactions in the Miami-Fort Lauderdale area last year, according to analysts from Zillow.com. In the meantime, Miami prices rose 15 percent in 2010 from a year earlier.



In Phoenix, the number of buyers paying cash hit 42 percent in 2010, more than double the rate in October of 2008, according to the Raymond James equity research division.

Nationally, 28 percent of sales were all-cash transactions in 2010. The rate was 14 percent in October, according to the National Association of Realtors.

Economists say the jump in real-estate purchases by cash is another sign of the revival of spirits in the U.S. economy.

## RVs come back as economy improves, sportsmen avoid airlines and motels

After a couple of difficult years, the recreational vehicle industry is making gains.

The industry is offering lighter vehicles that take less gas to drive or pull and they are aiming at a broader range of buyers. They hope to attract younger buyers who want to haul kayaks or mountain bikes inside their trailers.

Other sectors of the population interested in RVs include people who are tired of pat downs at airports and sportsmen who are leery of bedbugs in motels and hotels.

The industry is big on converting families to the RV way of life, creating memories for their children as they wind their way to fishing spots and hiking in the woods. In families where dad likes the great outdoors and mom likes the comfort of nice hotels, RV parks with their many amenities are creating an interesting compromise.

About 7 percent of American families own an RV today. In the past, most buyers were age 50 and above, but the industry is working to lower the average age of buyers with more attractive, sleek

and simple designs.

Thor Industries teamed up with retailer Eddie Bauer LLC to design and market a model aimed at younger and more active people. Other manufacturers are making similar design improvements to attract sportsmen and others.

Manufacturers are cutting the weight of RVs by as much as 25 percent, partly by using plastic composite materials instead of wood to improve fuel economy and help counter fears of rising gasoline prices.



## NASCAR revives its 'have at it' history to win back fans

NASCAR is wrasslin' back its fans with a rough and ready new attitude.

After NASCAR set up a 12,000 member council of fans last year, the organization is following some of its recommendations.

Cars now line up two-by-two at the start of the race instead of single file. It makes a more dramatic start. The cars have no wing spoilers this year, which

makes them sleeker and faster.

Another big change is that the guys who are starting their engines, don't have to be gentlemen anymore. NASCAR is overlooking minor infractions and letting drivers act in a more natural way. There's no penalty for shoving, cussing or rubbing bumpers, acts that once would have drawn penalties.

NASCAR got its start in the rural Southeast. Some of its original stars were moonshiners who used their revved-up

cars to outrun the tax man. Drivers had modified their cars for speed and handling so they could outrun "revenuers" as they distributed their products throughout Appalachia.

By the late 1940s, they began to race each other for pride and profit. The races were popular entertainment in rural Southern states. The drivers were colorful characters.

The National Association of Stock Car Racing (NASCAR) brought racing to the

whole nation. Its popularity exploded a decade ago, making stock-car racing one of the country's leading spectator sports. Its fan base was unusually loyal to the sport's sponsors, according to USA Today, giving rise to the saying, "Race on Sunday, sell on Monday." Fans follow the stars they love or hate.

The recession reduced attendance at races and viewers on television. Now, it's time for NASCAR to change that and make racing more exciting.

## MONEYWISE



## Debit cards are not best for everything

People like their debit cards, because they are convenient and interest free. But sometimes a credit card is better for purchases like these:

- \* Online. Some debit cards aren't covered by the law that gives you the right to dispute purchases. Credit cards are better.
- \* Big Ticket items such as a television set or dishwasher.
- \* Restaurants. The card is out of sight, a problem in itself, but there have been reports of adding or adjusting tips without advising the card holder.
- \* Hotel reservations. Because the hotel has no way of knowing how much your final bill will be, they place a generous hold on your bank account.
- \* Automatic payments. Unless the charge is the same each month, such as for life insurance, money can be pulled out of your account

before you can address any mistakes. If the unexpected withdrawal is for hundreds of dollars, it could cause problems.

## Save energy drying clothes

When you wash a heavy load of towels or sweat-shirts, run them through a second spin cycle in a top loading washing machine. For front loaders, put them through a second drain-and-spin cycle. You'll get more water out of heavy loads, which means they will take less time to dry.

Experts for Good House-keeping recommend adding a second load to the dryer as soon as the first one is finished. It will take less energy to warm it up.

Add a clean dry towel to a wet load to absorb dampness and the load will dry faster.

## Watch for lumens

The government wants the next generation of light bulbs to be measured by lumens, meaning brightness, and to show an annual energy cost for each. A 60-watt bulb is about 800 lumens, but you may see a lumens estimate of 750 to 1050 on a specific brand of bulb.

## CONTACT INFORMATION

8805 Sudley Road  
Suite 200A  
Manassas, VA 20110  
(703) 335-8280  
mcolon@optwellpt.com

### How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

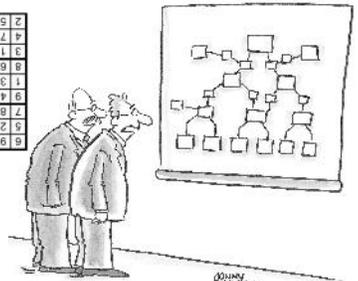
Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

### Number Magic Sudoku

		3	8			5		
				9		8		4
		4	2		6		9	
9								3
1			4	2	9			8
	6							9
	1		5		2	9		
4		6		8				
	5				3	1		

2	8	1	6	7	9	6	5	2
6	2	5	1	8	6	9	2	7
3	7	6	2	4	5	9	1	8
8	1	5	6	7	2	9	3	8
9	7	6	2	7	5	9	1	8
5	8	2	3	9	1	4	7	6
1	6	8	9	5	2	7	8	7
4	9	8	7	6	1	2	9	8
2	5	7	1	8	6	9	8	9



"It's probably not a good sign to be listed in the organization chart underneath the office plants."