

# be well

From Your Friends at Optimum Wellness Physical Therapy



## Therapist Spotlight



Marsha T. Colon MSPT

Optimum Wellness Physical Therapy is a new, full-service physical therapy clinic located in Manassas, Virginia. OWPT is the brain child of Marsha Colon, a local physical therapist with near a decade of physical therapy experience. "You don't have to accept the way things are now. Why not reach for optimum wellness."

### TESTIMONIALS

Having had physical therapy treatment before, I thought I knew what to expect. However, the kind of care and attention I received at OWPT surpassed all my expectations. I have recommended the clinic to all my family and friends. — Shirley

For the first time in two years, I was able to go up and down the stairs and walk normally without knee pain. — Joann

Physical therapy with Marsha has given me my life back! — Marie

## Had A Car Accident?

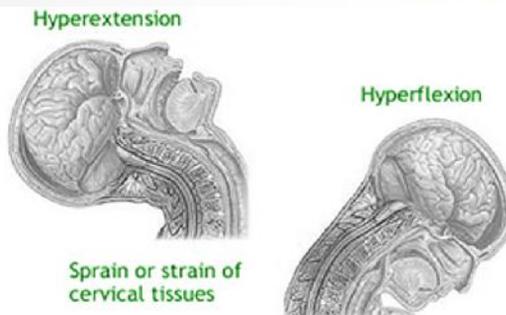
### Physical Therapy May Be The Best Treatment Option

Each year, 2 million people suffer from *whiplash* related to car accidents in the United States alone.

Studies using high-speed cameras and sophisticated crash dummies have revealed that rear impact car accidents result in a condition called 'whiplash'.

This forces the bones of the lower cervical spine (the neck) into hyper-extension (backward bending motion) while the bones of the upper neck are suddenly thrust into hyper-flexion (forward bending motion). In a split second, the normal curvature of the cervical spine is disrupted and the consequences can range from mild to serious.

A sudden, abnormal motion to a sensitive region like the neck causes damage to the soft tissues (ligaments and muscles) of the



cervical spine. This leads to inflammation and pain.

### Common symptoms:

The most common symptoms related to whiplash include:

- Headaches
- Neck pain and stiffness
- Shoulder pain
- Dizziness
- Jaw pain
- Arm pain/weakness/ tingling
- Back pain

## Physical Therapy Helps Recovery

Recent studies have shown that physical therapy may be the best choice to decrease pain, improve mobility, and minimize lost productivity as a direct result of whiplash-associated disorders.

In a study in the *Journal of Rheumatology* (2007), a systematic review was performed of the existing literature on neck pain related to car accidents. The evidence strongly supported the use of stretching/strengthening exercises and mobilizations. Also, treatment with physical therapy was *less expensive* in the long run and reduced long-term disability compared to other treatment options.



group received mobilization and exercise therapy (components of physical therapy) and the second group was treated with medication and a cervical collar. The group that received physical therapy had significantly *less headaches and other symptoms* related to whiplash compared to the second group.

If you or someone you know has been injured in a car accident, the best thing you can do is to have them call our office today. The longer you wait to seek the expertise of one of our licensed physical therapists, the more prolonged the recovery process will be. Don't wait, pick up the phone and schedule an appointment right away.



# Fireworks Safety

Fireworks consumption increased by 635 percent between 1976 and 2008, the last year for which totals are available. During this same period, fireworks-related injuries decreased dramatically, according to the American Pyrotechnics Association, mainly because of educational initiatives.



Today, many households create big demonstrations using fireworks that should probably only be used by professionals, which increases risks.

Fireworks provide hours of wholesome family entertainment, but they must be used carefully and only by adults.

The Association warns consumers to keep a hose and bucket of water nearby in case of emergencies. If a firework doesn't ignite, don't try to relight it. Instead, wait 15 to 20 minutes then soak it with water.

Always read and follow all the warnings and instructions that appear on the packaging.

Use fireworks on a hard surface or on a strong piece of plywood to ensure its stability, not on grass. Wear safety glasses.

The noise and lights of fireworks can frighten animals. The association says it's best to leave them inside the house.

# News From Home

## Cleaning faucet aerators

Aerators keep the water flow of faucets from splashing about when you turn the faucet on. They contain a metal screen circle that does the job.

Ideally, the water then has a lovely circular flow of combined air and water. Sometimes, the water stream is shaky or crooked. It happens when the metal screen has become partially clogged.

You can remove the screw-on device that holds the screen and use a toothpick to unclog holes. Or put the screen in vinegar to soak overnight.

If that doesn't work, a new screw-on device costs only about \$5.

The aerator is an environmentally friendly device. It limits water flow by mixing it with air.

## Go green at the supermarket

Most shoppers have accumulated two or more tote bags™ designed for grocery shopping. But they leave them at home. Make it more likely you will use them.

\* Put a couple of totes in the back seat or trunk of your car.

\* Buy brightly colored, washable bags so you will notice them, usually available at stores and flea markets for about \$1.

Help to protect the environment by avoiding bag waste.



## New on the horizon

Just when you might think inventors can't come up with yet another tech gimmick, or another new a life-saving device, you could be astounded by what's described in today's headlines, including:



hits the market. When announced early this year, Best Buy offered early birds a chance to sign up for the service for free. A fee of \$69.99 is now assessed on the trade back of laptops, netbooks and tablets. The price of turning in \$300-plus smart phones is set at \$59.99.

Customers are given a value schedule listing the "buy back" prices of items during a set period of time.

## "Buy back" plan

It's the chance to trade back what you bought when an updated version

# If only they could - What your bones want to tell you

If your bones could talk, they would first say they are living things that respond to diet and exercise by becoming stronger.

Until age 20 and up to age 30, bone mass accumulates and grows, peaking in the third decade of life. After that, your bones would say it's up to you to keep them strong. If you don't, bone mass will decrease, year by year, for the rest of your life.



No matter what your age, regular weight-bearing exercises can not only prevent the loss but can make bones stronger. They include walking and exercising with hand weights.

Calcium and vitamin D are important factors in bone strength. Adults generally should aim for at least 1,000 milligrams of calcium a day. Add 1,000 International Units of vitamin D from food or supplements. You can't ab-

sorb calcium without vitamin D. Your spine would have a lot to say, especially when it's hurting. It would tell you that its natural curve is a figure 8. As far as the upper back is concerned, your posture is important. If you stand round-shouldered and let your stomach sag, the upper back pays a price.

When the lower back is tight and hurting, other parts of the body might be responsible. The American Physical Therapy Association says almost all of

the leg's thigh muscles are attached to the pelvis, which is interlocked with the spine. If thigh muscles don't keep the pelvis stabilized, the spine is prone to shifting. Lower back muscles become overworked and cause pain.

Stretching and strengthening thigh and hip flexor muscles can help to keep the spine in shape and pain free.



## CONTACT INFORMATION

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## 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.

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

## Funtime Sudoku

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



"And just what studies show that losing weight causes global warming?"