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Spring 2010 Newsletter

Special Interest Articles

***Spring into Shape

***PT or Chiropractor

Serving the Northern Baltimore County Community with articles of interest, significant developments in the physical therapy field and –of course– what’s new at Hereford Physical Therapy & Sports Medicine.

10 Tips to “Spring” into Shape...

Every single year, people vow to lose those extra pounds and get in shape. For whatever reason, they have high goals and aspirations about starting a fitness/exercise program. Perhaps they want to get in shape for a wedding, or want to look good in a swim suit so that they can hang out at the beach. Whatever reason, they vow to lose those extra pounds or tone up so that they can look and feel better. The problem however is that by the 4th or 5th week, these same people who have signed up for a new health club membership or bought a new piece of equipment, will lose motivation and will cease their newfound exercise regimen. In this article, we will teach you 10 tips for starting a fitness/exercise program and keeping up with it.

Set realistic goals. First of all, you must set realistic goals. Don't try to do too much too soon. If you're someone that absolutely hates exercise then it makes no sense to commit yourself to exercising 2 hours a day. Instead, stick to goals that you can do. For instance, you can set a goal to walk on the treadmill for 15 minutes a day, increasing the time by adding 10 more minutes until you reach 30 minutes a day. Then, when you've maintained that goal for one week then move on to the next goal.

Don't overdo your regimen. Just like it is important to set realistic goals, it is also important to not overdo it. Do enough to prove that you're capable but not enough to wear yourself out.

Become more active. Pick three ways that you can become more active. Write them down and visualize yourself accomplishing them. Then, go out and do them. Track your progress and repeat.

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... Choose a fitness program that you enjoy and stick with it...

"Spring" into Shape continued...

Try it for 21 days. Develop an exercise regimen and give yourself 21 days of wholehearted commitment. According to most researchers, it takes 21 days to form a habit so if you commit yourself to 21 days of a healthier life then it is more likely that you will stick to it. After all, anyone can do something for 21 days. Right?

Don't waste your money. Don't go out and buy a ton of exercise equipment or join an expensive health club until you've proven that you are committed to your new regimen. Instead, do free or low cost activities and once you're mastered those, you can move on to other paid activities or purchase a club membership.

Enlist a workout partner. Find someone that shares your workout/fitness goals and enlist their help. Make a plan to get together every few days and work out together. The two of you will motivate one another and help each other succeed.

Choose a fitness program that you enjoy and stay away from those that you don't. For example, if you hate Yoga but love swimming then join an aquatic class. Research indicates that people are more likely to engage in exercise that they like than those they don't like.

Don't wane. If you fall off the exercise train then get right back on. Many times people will have one slip up and then say, "Oh well, I slipped up might as well forget it."

Schedule time for your exercise. Make your fitness/exercise program a part of your everyday life. Don't make failure an option. Instead commit yourself to accomplishing your goal and don't let anything stand in your way of ultimate success.

Enjoy your health journey. Just like you didn't learn to walk in a day, it will take some time and effort to make your exercise regimen a part of your daily life. Just remember to not give up and to keep at it. In no time at all, you'll be a workout machine. In conclusion, you can start and succeed at a fitness/exercise program. You simply have to set realistic goals, don't overdo your regimen, become more active, try it for 20 days, save your money, list a workout partner, hire a personal trainer, don't give up, schedule time for your exercise, and enjoy your health journey.

Physical Therapist or Chiropractor???

Patients often ask: ***What's the difference between a physical therapist and a chiropractor?*** Have you asked yourself the same question before? First, some questions. If your mother had a stroke would you take her to the chiropractor? How about if your child had cerebral palsy? Sports Injury? Total joint replacement? Chiropractor or physical therapist? Here is a harder question: What would you do if you had back pain? Let's begin by giving you the definitions provided by both professional associations.

The American Physical Therapy Association states that a physical therapist should be:

- Examining individuals with impairment, functional limitation, and disability or other health related conditions in order to determine a diagnosis, prognosis, and intervention. PT's alleviating impairment and functional limitation by designing, implementing, and modifying therapeutic interventions.
- Preventing injury, impairment, functional limitation, and disability, including the promotion and maintenance of fitness, health, and quality of life in people of all ages. PT's also engage in consultation, education, and research.

Here is how the American Chiropractic Association defines chiropractic:

- A drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling. The most common therapeutic procedure performed by doctors of chiropractic is known as "spinal manipulation," also called "chiropractic adjustment."

The biggest difference is that physical therapy addresses functional impairment as related to pathology. In other words if there is something wrong with your body (trauma, strain, injury, stroke...etc) you will have certain functional limitations. A physical therapist will assess these limitations and help you regain the function lost.

PT's thinks Function. Chiropractic thinks Structure.

***...Physical
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Medicare Update

On March 23, 2010, President Obama signed H.R. 3590, the Patient Protection and Affordable Care act into law.

What does this mean for the Medicare beneficiary in need of outpatient physical therapy? Currently, outpatient PT services are capped at \$1860 per year. This means Medicare will only pay for \$1860 worth of physical therapy services. There is an exception process for patients in need of additional therapy above the \$1860, only patients with certain medical conditions qualify for the exception. Under H.R. 3590, the exception process has been extended to December 31, 2010. After that time the exception process will be eliminated (and care disrupted) unless congress continues with extensions or eliminates the cap entirely.

HPT is happy the exception process has been extended to allow our patients the ability to continue their needed rehabilitation. We urge all patients to contact their members of congress for repeal of this arbitrary cap on outpatient physical therapy services.

*"Providing
Quality
Outpatient
Physical
Therapy"*



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