



CONSHOHOCKEN PHYSICAL THERAPY

Sports Medicine & Fitness

Spring 2007

Relieve your pain. Optimize your body.

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Dr. Desirea D. Caucci, PT, DPT
President, Physical Therapist

Dr. Nicole M. Dobrin, PT, DPT
Physical Therapist

Jill A. Shaffer
Office Manager

We treat:

Arthritis
Back Pain
Carpal Tunnel Syndrome
Ergonomics
Fibromyalgia / Chronic Pain
Geriatrics
Injury Prevention
Joint Replacement
Motor Vehicle Accidents
Neck & Back Pain
Obesity
Osteoporosis
Pediatrics
Post Surgical Rehab
Posture
Sports Injuries
Stress & Relaxation
Tendinitis
Weight Control
Womens Health
Work Related Injuries
and more...

We also provide:

Golf fitness programs
On-site work place assessments
Exercise programs

Health insurances accepted:

- Aetna PPO, Open Choice, Managed Choice
- Amerihealth
- Blue Cross/Blue Shield
- Cigna
- Devon
- Healthnet
- Medicare
- Motor Vehicle
- Personal Choice
- Personal Choice 65
- Private Healthcare Systems
- Self Pay
- Tricare
- Workers Compensation

and many others...

Dr. Dobrin joins the CPT team

We are excited to announce that we have recently added another Doctor of Physical Therapy to our staff, Nicole Dobrin, PT, DPT, who began at the end of March.

Dr. Dobrin, a South Carolina native, is a highly talented Therapist who will add to the quality and personalized care at CPT. She brings a vast knowledge of Physical Therapy and specializes in manual therapy.

She shares in the CPT philosophy of providing quality and personalized care to every patient. "I'm thrilled to be joining a private practice that thrives on providing individualized care," said Dobrin, "It will allow me to build strong relationships with our patients and make real differences in their lives."

"We feel strongly that Nicole's professional skills and personality will have a positive impact on the practice and our patients," said Desirea Caucci, owner and physical therapist.

"I'm happy to be joining a private practice that thrives on providing individualized care."

Nicole Dobrin, PT, DPT



Shoes wearing on you?

by Desirea Caucci

When was the last time you purchased new shoes? How often do you replace the shoes you wear everyday? When I treat my patients, I often end up having this discussion because I'll notice



Bad Treads?

the soles on their shoes almost fully worn out! Examining the bottom of your shoes tells a lot about the way you walk, the forces on your foot and ankle and it may translate into the answer about the origin of your pain.

In general, shoes worn daily should be replaced about every 6 months or when you notice uneven wearing of the soles. If you continue to wear shoes that have one side worn down more than the other, you will reinforce poor alignment for your foot and ankle. Remember, your ankle bone's connected to your leg bone...your leg bone's connected to your knee bone...your knee bone's connected to your thigh bone and so on. Bad forces at your foot and ankle can have an effect all the way up to your neck!

You can examine the soles of your shoes by looking at them from behind while they are set on a table in front of you. Look for one side to be worn out more than the other. Also look at the bottom

...continued on back

Did you know?

1. In Pennsylvania, if you're involved in a **motor-vehicle accident** your car insurance will cover a minimum of \$5,000 in medical expenses.
2. If you're **injured on the job** you have the right to choose your healthcare provider after 90 days.
3. **You do not need a prescription** to go to Physical Therapy if the therapist has a Direct Access License. (*Conshohocken PT is licensed*)

A DIRECT ACCESS LICENSED FACILITY. NO INITIAL PRESCRIPTION NEEDED.

FOOOOour!!!

(A familiar sound is back.)

Golf Stretches:

1. **Posterior Capsule Stretch:** Pull one arm straight across your chest using opposite arm while keep elbow straight. You should feel a stretch in the back of your shoulder. Hold 15 seconds. Repeat 5 times on each arm.
2. **Figure Four Stretch:** Lie on back, cross right leg over left knee making figure four. Pull left knee toward your chest with both hands. You should feel a stretch in your right hip/buttock. Hold 15 seconds. Repeat 5 times on each leg.
3. **Lateral Trunk Rotation:** Lie on back with both knees bent and allow them to fall to one side. You should feel stretching in your low back. Hold for 15 seconds. Repeat 5 times each side.

...Shoes wearing on you continued.

of the shoe. The treads will be worn out more in some areas than others.

Also keep in mind that by the time the outer sole is worn out, the midsole is also worn. The midsole provides cushion and stability; once this wears out you are at an increased risk of injuring yourself.

You can examine the innersole by removing it and looking for creases and wrinkles at the areas where the heel or ball of your foot would be. Also try twisting your shoe. A supportive shoe will not twist very easily. Listen to your body. If you begin to feel discomfort, muscle tightness or fatigue, you should take a closer look at your shoes.

This brings up another few points about your shoes. Make sure they fit. Try on new shoes towards the end of the day when your feet may be larger due to swelling. Make sure they fit *your* foot type. Your foot may be flat, high arched, wide, narrow or normal. It makes a big difference in the type of shoe that is best for you. Wearing the appropriate shoe for you is like therapy with each step. Consider getting an evaluation by a doctor, physical therapist, or podiatrist to learn more about your foot type.

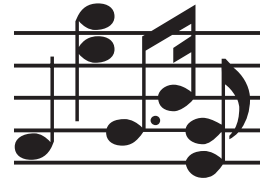
Make sure you wear the appropriate shoes for the activity you are doing. Shoe fashion is improving in this area; there seems to be a shoe made for just about any activity you can think of. Women—keep the heels low and it will save you problems in the long run. Promise.

I recommend shopping at specialty shoe stores where you can get professional recommendations about your shoes. Some places can even create a computer-generated image of the forces on your feet and match that up to the shoes that were created for your foot type. This is especially important if you already have pain in your joints, if you are diabetic, if you are on your feet most of the day or if you are a runner. Runners should replace sneakers even sooner, about every 3-4 months, or after they've run 350-550 miles.

With warmer weather approaching, the timing is perfect for getting some new shoes before you hit the trails this spring. A simple replacement for old shoes will do wonders for your feet, knees, back and your entire body!

Music to Our Ears

by Desirea Caucci



Listening to music is a hobby for most of us, but it can also be much more. You may not have previously thought of music as therapy, but it can serve as one type of complementary medicine. Music can be used as a treatment that applies conveniently to many different fields of medicine. It is also one of the easiest ways for anyone to receive health benefits in the privacy of their own home, in the car, at the workplace or anywhere there is a radio.

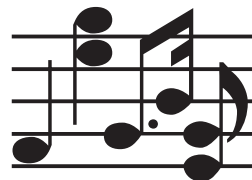
Music therapy involves the application of music to foster emotional and/or physical changes in an individual. Patients are generally comfortable with this form of therapy because it is already a large part of our environment. Several characteristics of music contribute to its therapeutic use. The multi-dimensionality provides meaning on several levels; music evokes emotional and physiological responses; music stimulates symbolic representation; and music enhances other senses (Bonny, 1986).

Music is able to produce physical changes because the sounds we perceive as music are transmitted to the brain by skin, bones, and internal organs, in addition to the mechanisms of the ear. Further, the physical and biological rhythms of the body are correlated with the rhythms of music in such a way that physical change can be caused by musical variations. Many studies on music therapy have shown significant reductions in heart rate, blood pressure, respiratory rate, need for pain medication, anxiety, and depression. No wonder why all of the shops we enter have music in the background; the business industry has already caught on to the fact that music puts us in a better mood so we spend more money!

Considering the significant effects that music can have on the mind and body, music therapy should also be implemented in medical treatment programs whenever possible to achieve positive results. As mentioned above, it can be used to help reduce pain and muscle tension as well as to help reduce undesirable physiological reactions. In addition, music can be used to motivate patients to actively participate in their treatments (Bonny, 1986).

We all respond differently to various styles of music. Some of the most relaxing tunes may make some people anxious. Whatever style of music helps you to relax will work to calm you; whatever type makes you feel energized will work to stimulate you. There are forms of music to enhance any emotion you may want to elicit. It may surprise you to learn what styles you respond to the most. Explore all of the different types of music available—nature sounds, contemporary, jazz, urban, country, tribal, rhythmic, classical, heavy metal, etc; not just what you are used to. You may learn a bit more about yourself by your physical and emotional reactions to the different kinds of music.

Most of us know the enjoyment that music brings. Now, you also know that it can be incorporated into your medical treatments to achieve positive results. What a simple way to make us healthier; what a simple way for your health care providers to complement their treatments for you. Now that's music to our ears.



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www.ConshyPT.com