

OPTIMIZE YOUR BODY

The Newsletter of

CONSHOHOCKEN PHYSICAL THERAPY

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CONSHOHOCKEN PHYSICAL THERAPY OPENS ITS DOORS.

Physical Therapist Desirea D. Caucci, DPT announces the grand opening of a state-of-the-art physical therapy center in Conshohocken. Of over 2,000 licensed Physical Therapists in the state of Pennsylvania, Dr. Caucci is one of approximately 200 to offer "Direct Access." New state regulations now allow consumers the privilege of accessing physical therapy services independently. Walk-ins welcome!

"This is an exciting time to be a physical therapist. With the advances in education, the ability to treat without a prescription and the focus on research and evidence-based practice, I can confidently treat more people who need my services. There are so many people living with pain and losing function; it does not have to be that way" says Dr. Caucci. She expands, "Although prescriptions are no longer required, the most comprehensive care for my patients does include collaboration with the patient's physician."



Dr. Desirea Caucci, DPT treats Jason Jefferies using a knee extension machine.

REASONS for REFERRING

There are a multitude of reasons for referring your patients, family members, friends and even yourselves to Conshohocken Physical Therapy. We will list some of the unique reasons in each newsletter:

Pre-Surgical Treatment

Postural Dysfunction

Infant Torticollis

Home Exercise Prescription

Personal Training

Pelvic Floor Weakness

Balance Dysfunction

Assistive Device Instruction

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH!

HERE ARE SOME POINTERS ON THIS YEAR'S THEME - *WALKING FOR EXERCISE*.

1. Make a daily walking program work for you by breaking it up into several 10 minute mini-walks if a full 30 - 60 minutes isn't possible. Use half of your lunch break to get in a good chunk of your walking time.
2. Make it fun by taking a buddy- a friend or a dog could use the walk, too, and it will make your time go faster! Vary your route each day to make it more interesting. Head for the hills; don't hide from them!
3. If the weather doesn't cooperate, go indoors to the mall or dust off that tread mill!
4. Invest in a *quality* pair of sneakers every 6 months to a year. A shoe that fits and supports well is like therapy with each step. Ask a knowledgeable salesperson or a physical therapist for help in choosing the best sneaker for your foot type.
5. Children and teens need 60 minutes of physical activity daily! Have them walk to school (part way if it's too far) for much needed exercise and to make their minds more alert when they arrive.
6. Enjoy the increased energy, muscle tone, cardiovascular fitness, stress reduction and weight control you'll get from your walks!

LOOK FOR DR. CAUCCI'S WEEKLY COLUMN IN THE RECORDER

or visit us online at:

www.ConshyPT.com