

TUDOR FOCUS



WINTER SNOW

Whether it's shoveling snow or lifting heavy objects, your back muscles will be strained and abused. If these activities are done properly they will help you burn off those extra calories and even give you a great cardio workout. The following are tips from Physical Therapists to prevent seasonal back aches.

- Do not shovel, or lift heavy objects first thing in the morning. Move around a little and "Loosen Up". The Back is most vulnerable to injury after being at rest all night!
- Do a few warm-up stretches just before beginning any strenuous job.
- Try not to twist your spine. If you need to reach for something, turn your entire body, rather than twisting. Twisting along with bending will severely stress the spine and back muscles.
- Take frequent breaks and stretch your back in the opposite direction (lean backward).

SNOW SHOVELING TIPS:

- Lifting a shovel of snow should be done with your knees, not your back. Keep your back straight, bend your knees, and lift the snow by straightening your knees.
- Lift smaller amount of snow rather than heavy shovelfuls.
- Turn your entire body and step in the direction in which you are throwing the snow. Do not just twist at the waist and throw. Twisting and throwing a heavy load will cause early back fatigue and make the back susceptible to severe injuries.

Heavy Object Lifting Tips:

- Wear proper shoes with good traction / Wear a lifting belt or a back brace.
- Stand close to the object you wish to lift.
- Bend at the knees, not at the waist. Keep your back and neck straight so that your head and eyes are directed forward and not down at the ground.
- Contract stomach muscles, and hold the object close to your body.
- Lift slowly by standing straight up (un-bending your knees). Allow your legs to lift the weight slowly.



Want to know more about a story in this issue?

Austintown
Ph. 330.270.5410
Boardman
Ph. 330.965.9330
Columbiana
Ph. 330.482.3680
Cornersburg
Ph. 330.799.6298
Newton Falls
Ph. 330.872.7242
Warren
Ph. 330.372.0207



CHANGING LIVES FOR THE BETTER

Our Lymphedema Center

The construction is now complete on our Lymphedema Center. We have added 3 private suites to our facility. Tudor Physical Therapy Centers is one of the very few locations in the community to offer this specialized therapy.

Just this past year our Lymphedema program was Nationally recognized thru the NATIONAL LYMPHEDEMA ASSOCIATION.

We offer a range of treatment methods from our Certified Lymphedema Therapist and Certified Wound Therapist.

- Manual Lymph Drainage
- Compression Therapy
- Decongestive Remedial Exercises
- Fitting for Permanent Garments
- Education to the patients and family members

Cornersburg Center
2959 Canfield Road Suite #7
Cornersburg, Ohio 44511
Phone: 330-799-6298



Announcements

There has been a sixth location that we have added to better serve the community of NEWTON FALLS. Located in the former Rehab Network location in the Covered Bridge Plaza:

17 East River Street
Newton Falls, Ohio 44444
Phone: 330-872-7242
Fax: 330-872-7372

We would like to welcome the staff at this new location:

Ted Lenton, PT
Julie Rhodes, PTA
Carla Nicholas, OT
Mike Boyle, COTA
Dan Sharfal, LMT
DJ. Nutt- Medical Secretary



Tudor is also welcoming a new addition to our Billing Department.

Rikki Farley will be joining our team in the Boardman office.

Santa Clause makes a visit to some Tudor patients in need.

We would like to give a special THANKS to our past and current patients, and also the physicians that refer to our facilities. This has made it possible for our company to give back to the community. At each of our Centers a special patient that needed a little help this holiday season was chosen. The gifts ranged from supplying a new wheel chair for one patient, a Custom fitted garment for a Lymphedema patient, and several Simon Mall Gift Certificates to help them with some of their needs.