



## Physical Therapy & Rehab Specialists

FALL 2011



Meet our Physical Therapist's (PT's)  
L-R: April Taylor (Galva) , Scott Salisbury (Stark County), Jon DeBord (Kewanee)

### FITNESS NEWS:

"Fall into Fitness" will start on September 1, 2011 and will run through October 31, 2011. Galva, Kewanee, and Stark fitness members will compete against each other on which clinic can lose the most weight, in percentage of total weight lost. The team (clinic) with the highest weight loss percentage will EARN a fabulous prize!!

**Be sure to join the fun in this friendly competition.**

For More Information, Please Contact US:  
309-852-2200 Kewanee  
309-695-4010 Stark County  
309-932-8100 Galva  
www.kptrs.com

### ASK A PHYSICAL THERAPIST

April Taylor, PT, DPT

#### Q: What is the most important piece of fitness equipment?

A: "The most important piece of fitness equipment is your shoes! A pair of shoes can make or break your workout. Improper shoe fit can cause plantar fasciitis, bunions, nail removal over great toe, blisters, metatarsalgia, and numbness. When trying on shoes, have your foot sized in the store. As we get older, our feet get wider and longer, especially in women due to child bearing. If you are flat footed, look for shoes with maximum support with a firm arch support. If you have a high arch, look for a shoe with cushion in the heel, such as "gel" or "air." Change your shoes every 500 miles or every six months, whichever comes first.

*Now that you have found the right pair of shoes, put them on and get moving!"*



### JON DEBORD, PT, MS, ATC, SCS IN THE NEWS



Read the entire article at:

<http://www.wqad.com/news/wqad-hyp-onatremia-072011.0.5546257-story>

A reporter from WQAD-TV, a local ABC affiliate, contacted Jon to be featured as a medical expert on a story about staying hydrated in the extreme heat. "[Water] doesn't have the right electrolyte levels in it to replenish those lost electrolytes that help to balance all the body's systems," Jon said in the story, addressing the misconception that people should drink lots of water to stay hydrated. He elaborated further, cautioning against a condition called hyponatremia, which can cause a loss of consciousness from dehydration. Jon provided expert knowledge on alternating water with sports drinks, which can help the nerves, heart and muscles operate effectively.

### PROPER POSTURE TO AVOID LOW BACK PAIN

Scott Salisbury, PT, DPT, ATC, CSCS

"Low back pain (LBP) affects nearly 80% of the adult population at some time during their life. Poor posture and body mechanics are common causes of recurrent LBP. Sitting with poor posture, especially for prolonged periods, can lead to chronic back pain. The key to prevention is to maintain the natural inward curve in your lumbar spine (lower back) while sitting, with a lumbar back support, lumbar roll, or even a towel roll. Other causes of LBP include repetitive forward bending and lifting, with the combination of these being a common cause of significant injury. It is essential to avoid forward bending at your waist, use your legs to squat down to lift the load, and keep the load close to your body. Following these simple tips will help you maintain a healthy spine."



**If you would like a personalized evaluation, contact us today!**

