

Plymouth Physical Therapy Specialists

10 Convenient Locations

Hours: 6:00 am–7:00 pm M–F • Sat am

Plymouth Center

9368 Lilley Road, Plymouth, MI 48170
T (734) 416-3900 • F (734) 416-3903

Canton Center

49650 Cherry Hill Rd, Ste 230, Canton, MI 48187
T: (734) 495-3725 • F: (734) 495-3734

Commerce Center

8896 Commerce Rd. Ste 1, Commerce Twp, MI 48382
T: (248) 363-2115 • F: (248) 363-2308

Livonia Center

37250 Five Mile Road, Livonia, MI 48154
T (734) 462-3240 • F (734) 462-3831

Livonia East Center

29528 Six Mile Road, Livonia, MI 48152
T: (734) 422-0802 • F: (734) 422-0873

Milan Center

870 E Arkona Rd, Ste 110, Milan, MI 48160
T: (734) 439-2200 • F: (734) 439-2204

Northville Center

133 W. Main St., Ste 120, Northville, MI 48167
T: (248) 347-1168 • F: (248) 347-1252

Novi Center

39885 Grand River, Ste 300, Novi, MI 48375
T (248) 615-0282 • F (248) 615-0415

Wixom Walled Lake Center

29822 Wixom Road, Wixom, MI 48393
T (248) 926-5826 • F (248) 926-5830

White Lake Waterford Center

9178 Highland Rd, Ste 2 • White Lake, MI 48386
T (248) 698-1277 • F (248) 698-2089



PLYMOUTH
PHYSICAL THERAPY SPECIALISTS
Orthopedics • Sports Medicine
Industrial Rehabilitation

Plymouth Physical Therapy Specialists News



November 2011

Fitness Tips

Recently, the American Council on Exercise surveyed fitness professionals to identify the most common fitness errors. Here are some good tips to avoid these mistakes and get the most out of your exercise routine.

WARM-UP: People tend to omit this prelude to exercise. Cold muscles are not as pliable as warm muscles and are more easily injured. Be sure to incorporate 10-15 minutes of low intensity warm-up prior to intense exercise.

STRETCH MORE: Stretching is a lost art, but it can improve ROM and flexibility, therefore reducing the risk of muscle tightness or strain. Don't forget to stretch post workout, while your muscles are still warm.

BRING A BOTTLE: Always have a bottle of water with you and drink regularly -- before you feel thirsty. Thirst is a signal that you are becoming dehydrated.

FIND 'JUST RIGHT': Many people work out at too high of an intensity, putting themselves at risk of injury. Determine workout goals that are appropriate for you based on your age and fitness level. If you need help doing this ask a professional. Gradually increase the intensity of your workout over time.

AVOID LIFTING TOO MUCH: Choose weights that you can manage. Use weights that allow you to complete 10-15 repetitions, while feeling like you could have done 3-4 more reps. It is okay to lift to the point of fatigue, but not to the point of failure.

DON'T JERK WEIGHTS: If a weight is so heavy that you need to "jerk" it to move it, it is too much. You are putting yourself at risk for muscle strains and tears. Find a weight that you can control smoothly.

ELIMINATE MACHINE LEAN: Ellipticals, stair-climbers, and treadmills may seem like equipment made to lean into. This can put undue stress on your wrists, elbows, shoulders, back, and neck. Maintain good posture during exercise for maximum results.

EATING/DRINKING: If your workout lasts less than two hours, you should not need energy bars or sports drinks for fuel. Some of these bars and drinks are high in calories and sugar. Check labels to make sure you are eating a balanced, nutritional product.



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www.plymouthpts.com

PLYMOUTH PHYSICAL THERAPY SPECIALISTS is offering **FREE CONSULTATIONS** to our friends in the community experiencing pain. We can offer professional input on action to correct your pain.

Ankle Sprains

One of the most common injuries is an ankle sprain. The most common of these is called an inversion-sprain in which the foot is rolled out. On the outer portion of the

ankle are three ligaments which can be stretched or torn. There are different severities of sprain and different sets of symptoms. In general, most result in swelling, pain, stiffness, bruising and difficulty with weight bearing. The more involved the sprain, the more of these symptoms are present.

As with most injuries, earlier treatment means speedier recovery. **The old synonym of RICE applies within the first 24 - 48 hours: R-rest, I-ice, C-compression and E-elevation.** The faster you can restore Range of Motion (ROM) in the ankle joint, the faster you can return to normal activities. Once normal ROM has returned the ankle must be restored to normal strength and stability.

Physical Therapy is a useful tool to return the ankle to normal ROM, strength and stability. It helps reduce swelling and control pain.



Did You Know...

Plymouth Physical Therapy Specialists specializes in orthopedics and sports injury rehabilitation? We also offer many other services: work reconditioning and functional capacity evaluations, which may be necessary for clearance to return to work after an injury; vestibular rehabilitation; balance and fall prevention. We also offer a women's health program. When you need physical therapy for something other than orthopedics and sports injury remember Plymouth Physical Therapy Specialists. Please call and speak with a physical therapist with any questions or concerns you may have.



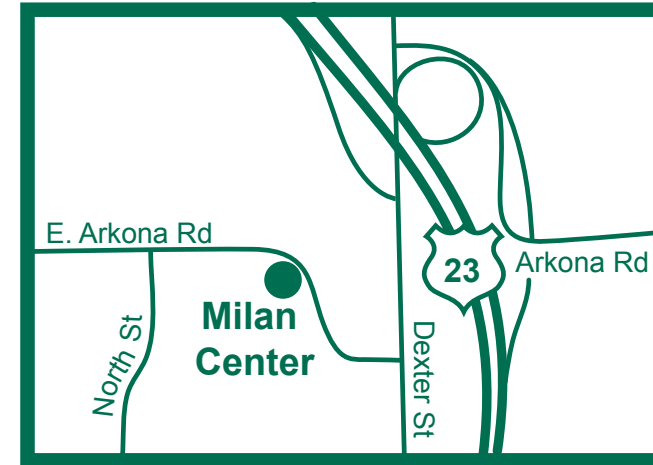
Runner's Corner

On the 1st Tuesday of each month at Running Fit Northville and the 2nd Wednesday of each month at Running Fit Novi, Plymouth Physical Therapy Specialists conducts running clinics.

What's New/Clinical Updates

Plymouth Physical Therapy Specialists is opening its doors to their 10th Location!

MILAN - SOUTH OF ANN ARBOR



The Milan Center is Now Open & Accepting New Patients!

870 E. Arkona Road, Suite 110
Milan, MI 48160

T: (734) 439-2200 F: (734) 439-2204

Plymouth Physical Therapy is Now Offering Occupational Therapy in their Novi & Wixom Locations!

ANDREA PIRI, OT

Andrea joined Plymouth Physical Therapy Specialists in June of 2011. She is available to evaluate and treat patients requiring hand therapy at both the Wixom and Novi clinics.

Andrea is a 2005 graduate from The Ohio State University and a 2007 graduate from the University of St. Augustine with a Health Sciences Masters Degree in Occupational Therapy. As a student, she gained experience in hand therapy during a clinical affiliation in Opelousas, Louisiana. After graduation she spent one year working in In Patient Rehabilitation before joining a hand therapy practice in Chicago. During her time there, Andrea worked closely with hand surgeons and micro surgeons. She has treated patients with fractures, tendon and nerve injuries, amputations, arthritis, tendonitis, dislocations, and crush injuries. She also has experience with both dynamic and static splinting of the fingers, wrist, and elbow.

Andrea has worked with special populations including pediatrics, Medicare, and worker's compensation. She is also certified by the International Sports Professionals Association as a Certified Worker's Compensation Health Care Provider. She has experience in alternative treatment techniques and is both a Certified Ergonomics Assessment Specialist and Certified Kinesiotaping Provider.