

Elizabethtown

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*Our goal is too
 serve you with such
 a great experience
 that you:*

*Thank the person
 who has sent you to PTI
 AND
 Refer people you care
 about to us.*

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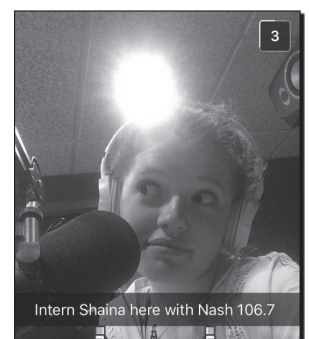
FALL ACTIVITIES FULL FORCE

Adam, has been busy with the kids returning to school and fall activities.

Adam's daughter, Shaina, is a captain in the school's Mini-Thon, a satellite of Penn State's Thon. She is in charge of dancer and family relations. Shaina is also participating in an internship at a local radio station, NASH-FM 106.7. She can be heard on air between 3-5 pm. Between SAT preparation and school she has stayed busy.

Veronica, from Italy has become involved with student council and Key Club. She has already participated in several community service events including a recent highway cleanup day. She continues to enjoy her time in America, learning about the culture, improve her language and making new friends.

Recently practice for Powder Puff football has begun, with the game scheduled for November 11th. Both girls will be playing in Seniors versus Junior game.



Success Story



“I fell and hurt my right upper leg. I am a walker; walking 5-12 miles a day. After the fall, I could no longer walk for a long period of time. My first time with physical therapy and didn’t know what to expect! The personnel here are wonderful, polite, professional and will have fun with you. I feel good now and back at walking; a happy person! I will tell everyone to use PTI it’s a great place!”

— *Jo May*

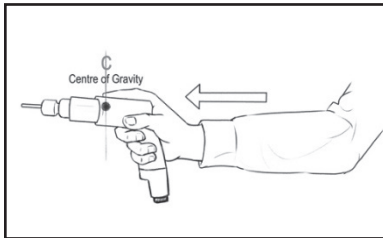
PTI NEWS

Tips for Pain Free Fall Fixes with Power Tools

Winter is coming! Before we pull out our snow blowers, let's get our fall chores done with no pain! Some common problems related to hand tool use include carpal tunnel syndrome, tendonopathies and Raynaud's Syndrome ("white finger"). Symptoms that may indicate you have a problem related to hand tool use include arm, hand or finger tingling, numbness, discoloration, pain or discomfort. If you have a musculoskeletal problem related to tool use, we may offer customized advice for modifying your tool use.

The following tips are intended for injury prevention.

Tool weight and balance.



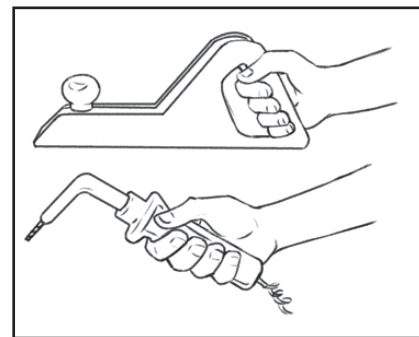
Precision hand tools should be as light as possible (no more than 1.75kg) and power tools should be about 1.5kg (no more than 2.3kg).

The centre of gravity of your tool should be aligned with the centre of your gripping hand. This means that when your tool is set up for use, with attachments and leads all in place, you should be able to easily hold the tool pointing horizontally or downward without the tool feeling as though it could tip (counter-balancers should be used with heavy or poorly balanced tools).

Handle shape and grip.

The tool handle should allow you to comfortably and safely grip and use the tool. With the exception of tools used for precision work, the shape of the handle should be designed for a "power grip". This means that your wrist is in a neutral position, with all the fingers grasping the handle. In this position, the muscles used for gripping are able to work most efficiently and are less prone to fatigue and injury. Tools applied with a horizontal force should have a bent handle, so that you don't need to excessively bend your wrist. Tools applied with a vertical force should have a straight ("in-line") handle.

Figure 2. The "neutral wrist" or "handshake" position.



Generally, grip diameter should be 30-40mm, with circular or oval shape, and a handle length preferably at least 115mm long. This enables the fingers and palm to control the handle without the need for excessive compression and "contact stress" to the palm. Depending on the materials you are working with and the environment you are working in, it may be necessary to wear gloves. If this is the case, make sure that the gloves fit you well, and don't have so much bulk in the palm of your hand that your grip diameter is increased beyond the recommended size. If you intend to wear gloves while using the tool, the handle length may need to be longer. Tools for precision may have a diameter of 5-12mm since high levels of force are not involved.



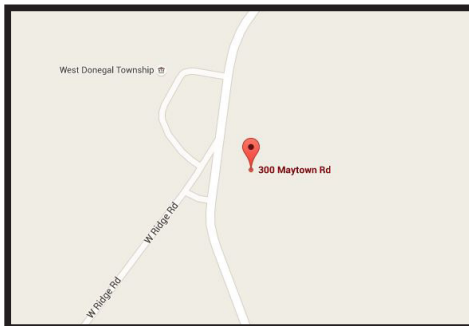
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TOP 3 EXERCISES for a Herniated Disc

Look inside to learn about our free event by the Herniated Disc experts at The Physical Therapy Institute

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