

Washington

INSIDE THIS ISSUE

- ▶ On A Personal Note
- ▶ Success Story
- ▶ PTI News

*Our goal is to
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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●
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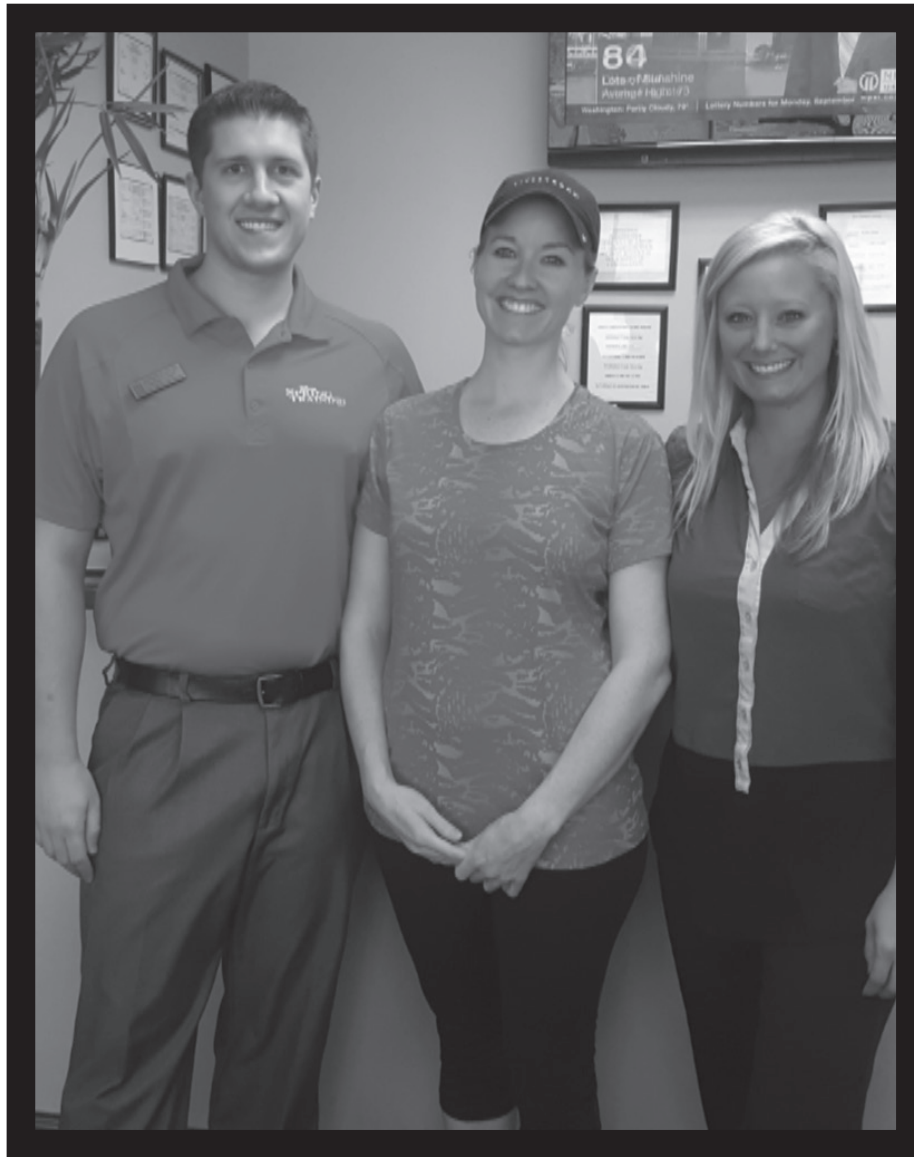
ON A PERSONAL NOTE

As a physical therapist we have our own goals and accomplishments we try to achieve just like the patients' during their therapy. Traveling to experience different cities in the U.S. is a recent one of mine. The most recent journey was to Colorado. The pictures didn't do it justice! I was able to hike, bike, tour gold mines, travel the highest road in North America, and climb over 14,000 feet up. I got a great appreciation for altitude, how difficult it is to breathe up that high and how cold it can be, even in August!

Stay tuned in for further journey's throughout the year!



Success Story



Cristy and the staff are amazing! They have greatly helped me to improve my plantar fasciitis and decrease my heel pain. They pushed me for maximum improvement, when I may have slacked off otherwise. Everyone is always flexible, happy, and friendly which also makes it a very positive experience. **I am sad to leave! It has been great! THANKS!**

— *Michelle Baber*

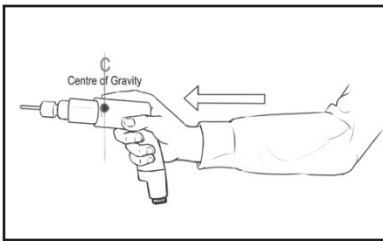
PTI NEWS

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.



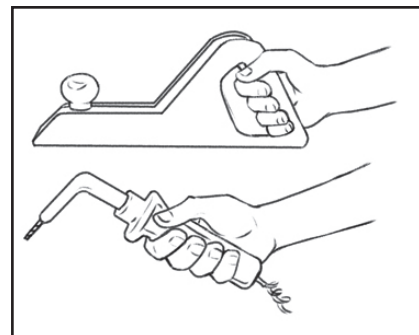
Precision hand tools should be as light as possible (no more than 1.75kg) and power tools should be about 1.5kg (no more than 2.3kg).

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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