



Warrendale

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*Our goal is to
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a great experience
that you:*

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STEPH HAS HER BABY!

As many of you already know, our little nugget was not ready to make his appearance on his due date and was almost a week late! On Tuesday, September 27, my husband and I welcomed our son, Anthony Jameson Koskoski at 1:19 p.m. He was 21 inches long and weighed 7 lb 15 oz. Our whole world has changed, and we could not be happier with this little blessing in our lives.



Success Story



I was officiating the first NFL football game of the season in Baltimore when I felt a pop in my knee. I was unable to finish the game because of the pain and swelling. When I got back to Pittsburgh, I saw Dr. Akhavan and was diagnosed with a torn meniscus. I had surgery to remove the torn piece the next week and was told I would be back to action in 4-5 weeks. However, my goal was a little more aggressive. I wanted to be back on the field in 3 weeks for the start of the NFL season. I initially was directed to a PT clinic that was associated with a large hospital system. They said they were unable to see me for another 2 weeks. I left and walked in to see Glenn. Glenn saw me the same day. Needless to say, the treatment was outstanding and I not only made it back before the opener, but had no pain or swelling.

Thank you Glenn and the rest of the PTI staff. I could not have got back on the field without you guys.

— Jerry Bergman Head Linesman NFL

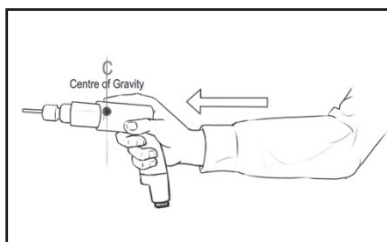
PTI News

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.



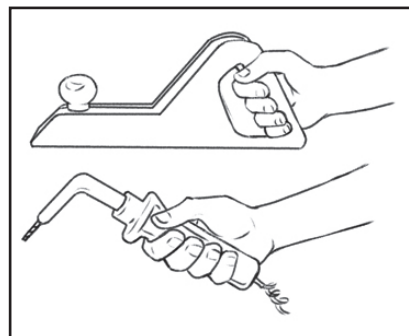
Precision hand tools should be as light as possible (no more than 1.75kg) and power tools should be about 1.5kg (no more than 2.3kg).

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.

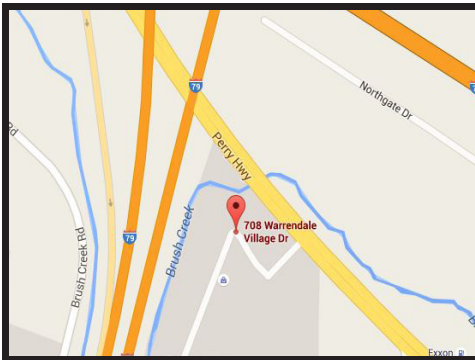


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