



# PATIENT APPRECIATION WEEK: WE HAVE YOUR BACK!



The year 2020 has been like no other and we have worked hard to help you through it, whether it be with in-clinic or through our telehealth services, to help address your current aches and pains and to prevent new ones from getting in your way too. Many of us are spending much more time at home, using less than ideal workstations, as we work from home or fill the role of homeschool teacher for our children or grandchildren. Even our kids are impacted as they are glued to their devices for hours at a time and sitting at desks that may not be designed for day-long remote learning. They are spending less time moving around, as they don't get to play at recess with their friends or walk to different classrooms throughout their day. While we all do what we can to make the best of a less than ideal situation, we wanted to do our part to make it a little easier and safer for all involved.

If you are like most people the stresses of working from home, caring for children and their online schooling, or just living a more sedentary lifestyle are causing nagging body pains. A recent New York Times article cited the challenges and pains that arise from working at home, , "According to an April Facebook survey from the American Chiropractic Association, 92 percent of chiropractors (out of 213 respondents) said that patients report more neck pain, back pain or other musculoskeletal issues since the stay-at-home guidance began." *Wilser, J (2020, Sept 4). The Pandemic of Work From Home Injuries. The New York Times.*

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**(PATIENT APPRECIATION CONTINUED ON PAGE 2)**

## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING


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### KEY FEATURE

# Preventing Injuries and Celebrating You with Patient Appreciation

(PATIENT APPRECIATION CONTINUED FROM PAGE 1)

Our own observation of our clinic trends shows a higher rate of patients coming in for at least one of these posture and ergonomic related areas:

#### 4 ERGONOMIC PAIN POINTS:



##### “SHUT-IN SHOULDERS”

– Upper back and shoulder pain due to slouching and forward shoulders, sometimes radiating nerve pain (radiculopathy) in the neck and arms.



##### “ZOOM NECK”

– Neck pain and headaches related to poor posture when doing computer work.



##### “QUARANTINE LOW BACK”

– Low back pain from excessive sitting, core weakness, and decreased exercise.



##### “STUCK AT HOME SCIATICA”

– Irritation of the sciatic nerve, stemming from a lack of movement, hip and gluteal tightness, and impaired spinal posture.

As we approach October, which is National Physical Therapy Month, we are also proud to be celebrating our 37th year of business serving the communities of Greater Manchester and Southern

New Hampshire! To thank all of you for continuing to choose MVPT Physical Therapy as your physical therapy provider of choice, we wanted to do something special for our communities.

We are pleased to announce our **“Patient Appreciation Week” from October 19th to October 23rd** and offer you a **FREE 20-minute Quarantine Check-In Screening** for your work from home and remote learning aches and pains. For kids, we will also be offering a **FREE Scoliosis Screening**. If you think a friend or family member would benefit, we encourage you to have them sign up for a free screening as well.

During this week, we will also be celebrating our 25th anniversary and National Physical Therapy Month, and providing complimentary masks (while supplies last), featuring our new logo, for each patient that comes in for physical therapy or a screening.

With the fall season here and school back in session, now is the time to put the focus on your health and wellness! **Schedule your free Quarantine Check-In Screening today**, so you can begin to work more comfortably from home, resolve your aches and pains, and be ready for a pain-free, movement-filled end of the year!

## WHAT IS A “QUARANTINE CHECK-IN SCREENING?”

At your screening, our Physical Therapist will ask you a few questions about your at home set-up for remote work or learning. They will then perform a complete posture assessment of your neck, back, hips, knees, feet and shoulders. Then, guide you through a correct sitting or standing ergonomic set-up and assess any pain complaints that you may have.

You will walk away with a better understanding of best posture and workstation set up to prevent strain and overuse injuries. You will also learn why you may be having pain, what you can do about it right now at home, and what physical therapy and chiropractic care can do to help.

## HOW CAN I SCHEDULE MY FREE SCREENING APPOINTMENT?

We will be offering these free screenings at all [MVPT Physical Therapy locations](#). You can schedule your screening and your child’s screening [here](#) or call your closest clinic to schedule your appointment.

Your health and safety is our number one priority, so we encourage you to [schedule your free quarantine check-in screening](#) to optimize your comfort and safety in your work from home set-up, and to prevent more significant issues in the future.



## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING



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## PATIENT SPOTLIGHT

### Susan S.

*Patient at MVPT Londonderry*

"I started going to MVPT because it was so close to my home, but I've kept going there because they do such a great job.

I'm not sure when I first started seeing Joe at MVPT, but it must be pretty close to 20 years now. He has helped me through several injuries throughout the years. He does a great job. His manner is professional, friendly, and informative. I like that he 'holds my feet to the fire.' Just when I'm about to wimp out, he encourages me to keep going.

**“Joe at MVPT.. has helped me through several injuries throughout the years. He does a great job. His manner is professional, friendly, and informative... Just when I'm about to wimp out, he encourages me to keep going.”**

Because I tend to be a bit clumsy, there's a pretty good chance that I'll be seeing him again in the future. I should be getting frequent flyer miles at MVPT by now.

I have definitely recommended Joe to my friends and will continue to do so."

**To learn more about MVPT Londonderry [click here](#) or call 603.434.6592.**



MVPT Londonderry Staff: **Jeymee Portillo, Patient Care Coordinator, and Joe Medeiros, PT**



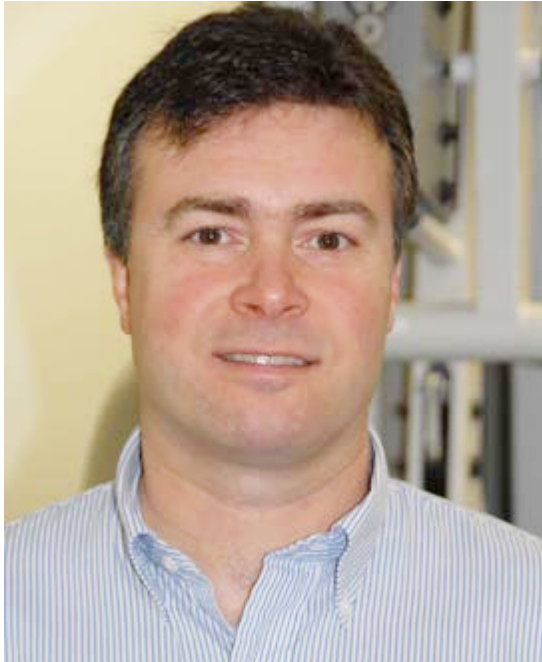
MVPT Physical Therapy [location](#) in Londonderry, NH, where Susan is a patient of **Joe Medeiros, PT**.

**SCHEDULE YOUR FREE QUARANTINE  
CHECK-IN SCREENING**



**REQUEST AN APPOINTMENT**

 **STAFF SPOTLIGHT**



## Joe Medeiros, PT

*Physical Therapist & Clinic Manager at MVPT Londonderry*

If you have been a patient at MVPT Physical Therapy's Londonderry office over the past 25 years, there is one face that will stand out in your memory. Joe Medeiros, PT has been the foundation of our Londonderry office since he joined our team in 1995. Joe did not follow the "average" path that many in the field of physical therapy do. In fact, initially he attended college to study accounting, before changing his mind to pursue engineering, before finally leaving college because it just didn't feel right. Joe packed up and headed to Colorado on his own, picking up odd jobs to pay his bills. It was then, that a close friend suggested that he would make a good physical therapist. Joe followed this advice, began volunteering as a hospital rehab aide, and very quickly found his future career path. He headed back to college earning a bachelor's degree in biology, followed by his master's degree in physical therapy.

Looking back, Joe has seen many changes in physical therapy over his 28 years in the profession. "What once was a setting where the prescribing physician and I worked closely to define the needs of each patient, has turned into the red-tape of insurance carriers placing restrictions on services and care, making it harder for patients to get the care they really need." What has not changed over the years is Joe's style of treatment, that focuses on one-on-one, personalized care, with hands-on treatment individualized to the specific needs of each patient. "With as much as the profession of physical therapy has advanced, I still find that what my patients want most is the hands-on care I provide." This is not to say that Joe has not continued to improve himself by gaining new knowledge and skills over the years. "Recently, I became trained in dry needling; it's nice to provide my patients with a modern service that is frequently discussed by their physician as a potential treatment for their injury."

Joe has extensive experience treating a variety of orthopedic conditions across all ages. "I never get bored because I am always working with a mix of ages and conditions. More recently with so many people working from home, I've seen a lot of injuries associated with poor ergonomics, so I make it a point to really understand the home set-ups. With this understanding I can support their care with education on positions to avoid, ways to improve their work area, and make suggests on ways to increase their activity level."

When asked what he loves most about his job, without hesitation he answers, "I love my patients and working to help them recover. I am fortunate to work for a company that recognizes the importance of one-on-one care. I value the relationships I have built with my patients and the medical community. I know this would not be possible if I worked for a company that prioritized profits above patient needs. This is what makes MVPT Physical Therapy special to me, every day I get to work with great patients who trust me, choose to return to me if needed in the future, and recommend me to other people in their lives. I can't ask for a higher compliment. I'm just your 'average Joe' so the fact that my patients recommend me to others is incredibly rewarding."

Just your "Average Joe?" We could not disagree more!

**[Click here](#) to schedule your evaluation with Joe at our MVPT Londonderry office.**

## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING


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### SEASONAL TIP

# Work From Home Tips

**By: Laura Pempkowski, PT, DPT of our sister company BSPT's Beverly location**

As a provider of physical therapy, it is upsetting to see the effects of the COVID-19 pandemic on our patients, friends, and family. Instead of commuting to work, going to the gym, and venturing out on summer vacations, a lot more time is spent cooped at home, with much less variety in our activities. Sadly, the repetitive nature of day-in, day-out working or attending school from home can be surprisingly harmful to the body. The combination of a lack of varied movement, stress, and improper desk set-ups can no doubt lead to numerous aches and pains.

Ergonomics is the study of the efficiency of working environments, and surely applies to the “new normal” of working from home. Even as people transition back into their workplaces or attend a hybrid version of school, posture and positioning injuries are still common. Often work areas and desk situations are not ideally fit to each worker and require adjustable furniture. Using what furniture and space is available at home likely strays even farther from the ideal, leading to injury and discomfort.

Fortunately, there are simple ways to improve your posture and set yourself up for success. Whether continuing with working from home, or a hybrid version of the office or school, here are some solutions to some physical quarantine traps.



### SHUT-IN SHOULDERS:

#### **What is it?**

- Upper back and shoulder pain due to slouching and forward shoulders, sometimes radiating nerve pain (radiculopathy) in the neck and arms.
- It might be tempting to work from your couch, but this is a slouching danger zone! Patients might report pain between the shoulder blades and spine, in the upper trap muscles, and occasionally tightness in the chest.

#### **How to Avoid Shut-In Shoulders:**

- Use a chair with adequate back support to keep your shoulders back and avoid hiking the shoulders up.
- Work on ways to open the chest muscles with a pectoralis stretch in a doorway, holding for 30 seconds on each side, a few times a day.



**(SEASONAL TIP CONTINUED ON PAGE 6)**

# SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING



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(SEASONAL TIP CONTINUED FROM PAGE 5)



### ZOOM NECK:

#### What is it?

- Neck pain and headaches related to poor posture when doing computer work. This often happens from slouching in front of a computer screen. This creates tightness in the back of the skull, overstretching of the muscles in the front of the neck, and potential for eye strain and headaches.
- The Mayo Clinic also explains that an average 12-pound head causes about 50 pounds of force when bending the neck down 45 degrees.

#### How to Avoid Zoom Neck:

- Focus on keeping your head back so that your ears align with your shoulders.
- According to Mayo Clinic, the top of the monitor should be at eye level
- Try to tilt the screen back so you can still gaze downwards while keeping the spine in proper alignment.
- Use a heating pad on the back of the neck or self-massage to relieve some of the tension.



### QUARANTINE LOW BACK:

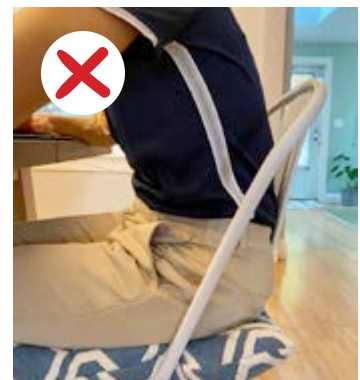
#### What is it?

- Low back pain from excessive sitting, core weakness, and decreased movement.
- With increased pressure from sitting, the lumbar spine can curve away from a normal lordosis and result in pain, disc compression, and tight back muscles.
- Asymmetrical sitting, with one foot tucked under the buttock, will create imbalanced pressure through the lumbar spine and the sacroiliac (SI) joint. Uneven forces here can cause pain near the base of the spine and tailbone region.



### Low Back:

- Focus on sitting up straight with back supported against a chair.
- Sit on a cushioned seat that also provides you with a flat surface.
- Stay balanced in the chair by avoiding sitting on feet or leaning to one side.



#### How to Avoid Quarantine

(SEASONAL TIP CONTINUED ON PAGE 7)

# SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING


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## (SEASONAL TIP CONTINUED FROM PAGE 6)



### STUCK AT HOME SCIATICA:

#### What is it?

- Irritation of the sciatic nerve, stemming from a lack of movement, hip and gluteal tightness, and impaired spinal posture.
- Symptoms include sensations down one leg often described as “radiating,” “burning,” or “shooting” pain.
- In at-home work environments, makeshift office spaces can put abnormal forces on the body. Hard kitchen chairs or stools can make pressure points on the glutes or back of the thigh - directly compressing the nerve. Adequate cushioning on the seat is important to combat this. Increased sitting also can cause tightness and weakness of the glute muscles.

#### How to Avoid Stuck at Home Sciatica:

- Adequate cushioning on the seat.
- Avoid crossing legs when sitting or sitting “side swept” on the couch.
- Ergonomists at “The Back School” recommend getting up at least every 30 minutes to avoid stagnant postures.
- To stretch glute muscles, cross one leg over the other knee in a “Figure-4” position and pull the knees in towards the chest.

- A seated glute stretch is achieved by pulling on leg up and over across the chest and drawing the thigh close to the chest. Hold for 30 seconds in each position and repeat up to 4 times daily.



# SCHEDULE YOUR FREE 20-MINUTE QUARANTINE CHECK-IN SCREENING

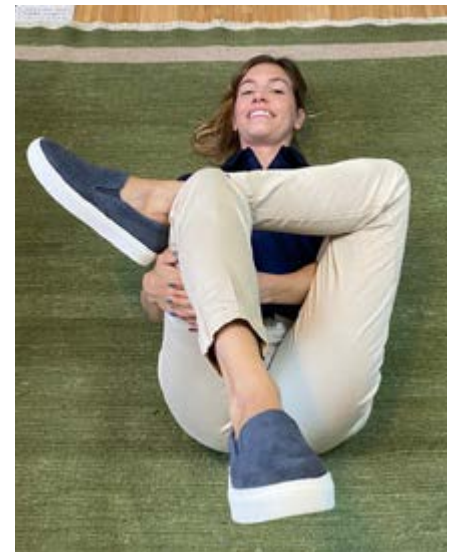
at your favorite MVPT location by [clicking here.](#)

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#### References:

1. *Sitting at your desk doesn't have to be a pain in the neck.* MayoClinic.org. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sitting-at-your-desk-doesnt-have-to-be-a-pain-in-the-neck/art-20269947>. Published May 17, 2018. Accessed August 30, 2020.
2. Slater D, Korakakis V, O'Sullivan P, Nolan D, O'Sullivan K. "sit up straight": Time to re-evaluate. *J Orthop Sports Phys Ther*. 2019;49(8):562-564.
3. *The Back School. Ask the experts: When the Office Comes to You.* Thebackschool.net. <https://blog.thebackschool.net/ergonomics/office-ergonomics/ask-the-expertswhen-the-office-comes-to-you/>. Accessed August 30, 2020.

- Strengthening the glutes can be achieved with 30 simple glute squeeze exercises when standing or laying down, a basic glute bridge exercise, or 10 squats at lunch and teatime, if they are tolerable.



## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING


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### EXERCISES OF THE MONTH: POSTURE AND SPINE SUPPORT

As vacation and beach season are coming to a close, the season of sitting is around the corner. Increased time at your desk for school or work leads to being

seated for hours at a time, which can cause aches and pains throughout your body. Increased time at your desk for school and work, seated for hours at a time, can cause aches and pains throughout our bodies. However, there are many things you can do to offset the strain caused by this shift toward more sedentary days. In addition to improving your desk ergonomics and scheduling regular movement breaks throughout your day, we've provided you with some easy to follow exercises to strengthen your body.

At Bay State Physical Therapy, we work with people of all ages and abilities, and empower our patients to be an active part of their recovery. As a member of your medical team, your physical therapist is specially qualified to provide hands-on care, educate you on your condition, and prescribe exercises to help you build strength and stamina in a way that ensures you do so safely to reduce the likelihood of injury.

**Here are 6 exercises that require little to no equipment and can be performed by people of all ages.**

*Please keep in mind, we recommend you do these exercises in a safe and comfortable setting. Check with your physical therapist if you have any questions or concerns when performing these exercises.*

#### CHIN TUCK WITH LIFT

**Starting Position:** Begin lying on your back with your head on a flat surface.

**Movement:** Slowly move your head and neck downward by pushing the back of your head into the floor and pulling your chin in. Be sure that

you continue to look directly upward. Once stable, lift your head about a half inch off the floor. Hold momentarily and return to starting position.

**Tip:** Do not lose your chin tuck when lifting your head.

Repeat to complete 2 sets of 10 repetitions.



#### ISOMETRIC CERVICAL SIDE BENDING

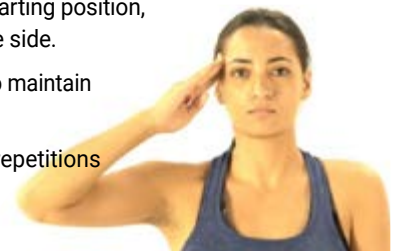
**Starting Position:** Place 2 fingers of one hand on the side of your forehead near your temples.

**Movement:** Keeping your head in a neutral position and looking forward, apply pressure through your fingers using your arm muscles. You are attempting to push your head to the opposite side. Resist this motion using your neck muscles, while keeping your head in a stable position.

Hold momentarily and return to starting position, repeat with movement to opposite side.

**Tip:** Do not hold your breath but do maintain core stability and proper posture.

Repeat to complete 2 sets of 10 repetitions per side.



#### BENT OVER ROW

**Starting Position:** Begin by leaning against the side of a table, keeping your shoulders parallel to the floor and pointing the arm you wish to exercise downwards.

**Movement:** Bring the arm up to your side and allow the elbow to bend. While lifting the arm, squeeze both shoulder blades together. Slowly lower the arm back to the starting position and relax the muscles between your shoulder blades.

**Tip:** Do not lock the knee, keep your spine flat, and maintain core stability. Repeat to complete 3 sets of 10 repetitions per side.



**(EXERCISES OF THE MONTH CONTINUED ON PAGE 9)**



# SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING



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## (EXERCISES OF THE MONTH CONTINUED FROM PAGE 9)

### “W” EXERCISE (SCAPULAR RETRACTION & SHOULDER EXTERNAL ROTATION)

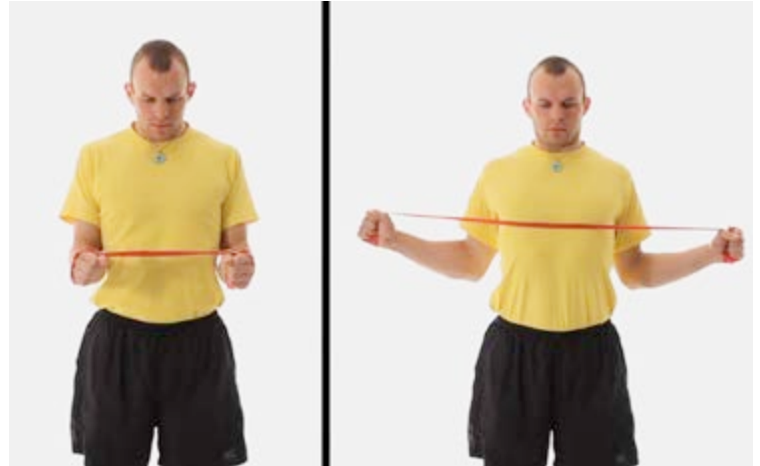
– *with or without band*

**Starting Position:** Begin by sitting or standing with your back straight, arms at your side and elbows bent 90 degrees.

**Movement:** Slowly pinch your shoulder blades down and together (imagine holding a pencil between your shoulder blades) as you rotate your arms out away from your sides while keeping elbows against your body. Return to starting position.

**Tip:** Do not raise your shoulders as you perform the movement.

Repeat to complete 3 sets of 10 repetitions.



### BIRD DOG

**Starting Position:** Begin on your hands and knees with your hands below your shoulders and your knees below your hips. Maintain a neutral spine with abdominals drawn upward.

**Movement:** While maintaining a neutral spine, lift your right arm and left leg to full extension, creating a straight line from your right fingertips all the way to your left heel. Pause momentarily and return to your starting position. Repeat with to raise your left arm and right leg to full extension. Pause momentarily and return to the starting position.

**Tip:** Slow movements will allow more control, and a better quality of exercise.

Repeat to complete 3 sets of 10 repetitions per side.



### BRIDGES

**Starting Position:** Begin by lying with knees bent and both feet placed on the floor with arms at your sides.

**Movement:** Raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up to create a straight line from your knees, through your hips, all the way to your shoulders that are in contact with the floor.

**Tip:** Maintain a normal breathing pattern and stable core, being sure not to overextend your hips upward.

Repeat to complete 3 sets of 10 repetitions.



**If you are experiencing aches and pains or want to limit their onset in the future, you can [schedule](#) a Free Quarantine Check-In Screening at your favorite [MVPT location](#).**

## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING

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# Same Great Team, New Modern Look

While 2020 has proven to be uniquely challenging, our four New Hampshire offices have continued providing the same high-quality care you have come to expect over the years. Whether it be your ability to safely perform the physical tasks of your job, care for loved ones in your life, or participate in activities to maintain your health, our MVPT team have strived to be a resource to you whenever you have needed them.

**As MVPT celebrates its 37th year of service in NH, and with our desire to grow, we are pleased to introduce our refreshed logo and company name.**

Merrimack  
Valley  
PHYSICAL  
THERAPY

| Is Now |

 **MVPT**  
PHYSICAL THERAPY

Merrimack Valley Physical Therapy is now MVPT Physical Therapy (“MVPT”)! We are excited about our new look and think you will agree the change in our name isn’t drastic. We also invite you to visit our [newly updated website](#), which provides an increase in valuable content and reflects our passion for our patients and communities.

When you visit our offices in the coming weeks, our team and clinics will be sporting our new logo, and if you attend an appointment or a [Free Quarantine Check-In Screening](#) during Patient Appreciation Week, you can receive one of our face masks (while supplies last).

We want to personally thank you for your support of MVPT over the years. The reason many of us chose physical therapy as our profession is because of our desire to help people live full and active lives. The MVPT team truly has a passion for helping you and we are grateful that you continue to share your positive experiences at MVPT with your family and friends. We look forward to celebrating the patients we serve during Patient Appreciation Week, October 19th to October 23rd.

## E-Statements



In an effort to reduce paper, if you have a valid email or cellphone number on file, you will receive your bill electronically. E-Statement emails will come from [Raintree@baystatept.com](mailto:Raintree@baystatept.com). The links are safe to open and will come through similar to your appointment reminders.

## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING



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# Clinic News: Celebrating the Physical Therapy Profession and 37 Years in New Hampshire



What started in 1983 as a single provider physical therapy clinic in Londonderry, New Hampshire, has grown to four locations and more than 20 clinicians, with plans

for regional growth in the future. As it has been since its founding, MVPT is proud to be a locally rooted, physical therapist owned private practice. Private practice clinics are therapist owned and operated and offer a more intimate, family-like environment, with therapists encouraged to provide personalized care based specifically on each patient's unique needs.

Our mission is simple and straight-forward: To offer exceptional, innovative rehabilitation services, our dedicated professionals strive to restore each individual's maximal function with integrity and compassion." With a focus on our core values of being growth oriented, providing service excellence, health and wellness, teamwork, character, and compassion, our course for the future is clearly outlined and in plain view.

**Private practice clinics are therapist owned and operated and offer a more intimate, family-like environment, with therapists encouraged to provide personalized care based specifically on each patient's unique needs.**

The quality of our team is of the utmost importance to our future, and we are very proud of those that provide care to the patients choosing MVPT as their physical therapy provider. If you ask a physical therapist why they chose their profession, at the heart of their answer is a deeply rooted desire to help others. As we approach October, which is "National Physical Therapy Month" we wanted to share with you some staff shout-outs about the profession of physical therapy and why they are proud to work for a private practice, and specifically MVPT.



### Emily Socha, PT, DPT

*"I became a physical therapist after being a gymnast and requiring lots of PT for my own injuries. I developed a keen interest in how the body worked and how to rehabilitate it.*

*I am a pediatric physical therapist working in the school setting because I love working with children and being a part of the community."*

(CLINIC NEWS CONTINUED ON PAGE 12)

## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING



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(CLINIC NEWS CONTINUED FROM PAGE 11)



### Mary Calderan, PT, DPT

*"I was inspired to become a PT after reading a book in 7th grade about story of Karen Killilea, (who had cerebral palsy).*

*After working in several settings including rehabs and schools, I chose to work for a PT owned private practice because of the increased autonomy with clinical decision making and ability to focus on utilizing my manual skills to provide quality care for my patients."*



### Jessica Schumann, PT, DPT

*"I was inspired to become a PT because I was always playing sports and getting hurt. I found it amazing that my PT could help me heal and return to the water without pain.*

*I liked the idea of being a part of a community and giving back to the area that I was born and raised in."*



### Kevin Pozzi, PT, DPT, OCS, ATC

*"I had a strong attraction and understanding of human body sciences and I wanted to work in a job where I could spend time helping people. It was a natural fit.*

*I love working for a small business and having the freedom to be driven by patient care and results more than other settings. I also enjoy having a direct connection with the community I live and work in! "*



### Casie Gayton, PT, DPT, MS

*"Someone told me once that 'physicians give days to life and physical therapists give life to days.' I wanted to be a part of restoring function, meaning, and fun into the lives of my patients!*

*Private practice provides the opportunity to work with a wide variety of ages and diagnoses. I also wanted to build a relationship with my community and feel like I was a resource for people who lived within my community."*

(CLINIC NEWS CONTINUED ON PAGE 13)

## SCHEDULE YOUR FREE QUARANTINE CHECK-IN SCREENING


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(CLINIC NEWS CONTINUED FROM PAGE 12)



### Jen Ireland, PT, DPT

*"During my junior year in high school I ruptured part of my calf muscle and had to go to PT for 3 months. I was not happy I was missing my entire track season that spring, but my PT was very motivating and had me ready for soccer that fall.*

*Working in a private practice allows me to see patients of all ages through their entire recovery process, from evaluation to discharge."*



### Kristina Beote, PT, DPT, c/NDT

*"I knew from the start that I wanted to be a pediatric physical therapist and work with children of all abilities to help them and their families be their best self!*

*I like working at a PT owned private practice as I feel it is more personal and has a family-like atmosphere."*



### Karen Clever, PT, DPT

*"Personally, a profession in physical therapy is well-aligned with my own values and interests; and I also really like to help people.*

*Private practice PT offers a great variety of patients, treatment styles, and areas in which to specialize. It is fair to say, the days are never dull!"*

Celebrating

**37**  
YEARS



**MVPT**  
PHYSICAL THERAPY

SERVING THE COMMUNITIES  
OF GREATER MANCHESTER  
& SOUTHERN NEW  
HAMPSHIRE SINCE 1983

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## KEEPING YOU SAFE



### BEFORE YOU ARRIVE

- 1 Prescreening phone call prior to appointment
- 2 All patients will receive appointment & safety reminder
- 3 Patients requested to attend session alone

### CHECK-IN

- 1 Patients will wait outside of clinic until appointment time
- 2 All patients wear masks when entering the office & throughout session
- 3 Patients will have temperature checked and asked screening questions
- 4 Contactless payment options offered

### IN-SESSION

- 1 Staff clean surfaces prior to each patient session
- 2 Patients & staff wash hands prior to each session
- 3 Limited number of patients in clinic at one time



### PREPARATION & SAFEGUARDS

All employees trained in COVID health precautions

All employees are screened upon arrival and are prohibited from working if unsafe

All staff wear masks at all times

All staff wear wash/sanitize hands between client interactions

**FIND US WHERE YOU LIVE  
AND WORK IN SOUTHERN NH.  
CONTACT US TODAY!**

**BEDFORD**  
603.626.4205

**MANCHESTER**  
603.625.1864

**LONDONDERRY**  
603.434.6592

**NASHUA**  
603.943.5029

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