

INDEPENDENCE FROM PAIN FOR PMC










Our sister company, Bay State Physical Therapy, is proud to be the Official Physical Therapy Sponsor of the Pan-Mass Challenge. This year, their Bay State Physical Therapy riding team has “reimagined” their ride on August 1st and are riding in support of the Dana-Farber Cancer Institute’s mission to find a cure for cancer. Read more about their involvement in the PMC in past years and in this year’s #PMCreimagined.

Part of our commitment at Bay State Physical Therapy, MVPT, and all our brands is to promote healthier communities by helping people stay active and healthy. We love to support our local communities and charitable organizations by providing health & wellness education, volunteering our quality physical therapy services, attending events and fundraisers as well as making various charitable contributions. We believe that with great success comes the great responsibility of promoting the welfare of others and giving back to the community. This is why being involved in the Pan-Mass Challenge (PMC) is so important to our organization. We are honored to be the Official Physical Therapy Sponsor of PMC.

PMC began in 1980 and is the single largest fundraising event in the country. One hundred percent of every rider raised dollar goes to the Dana-Farber Cancer Institute to aid in the ongoing cancer research and treatment efforts. The Pan-Mass community has raised \$717 million dollars to support the mission of conquering cancer since its inception in 1980. “We are proud to partner with the Pan-Mass Challenge to help raise money for cancer research and provide our physical therapy services to the cyclists over the next few years,” says our President & CEO, Steven Windwer. “This sponsorship opportunity provides us with the chance to support the members of the communities that we serve daily. It is our pleasure to team up with an organization that supports a cause that our company cares deeply about,” he added.

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

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**(KEY FEATURE
CONTINUED ON PAGE 2)**



KEY FEATURE



Independence from Pain for PMC

(KEY FEATURE CONTINUED FROM PAGE 1)

As the Official Physical Therapy Sponsor for the past two years, our team of volunteers enthusiastically shared their skill sets at various water stops along each of the routes to help support those riding for this mission. During PMC weekend, we have been able to witness firsthand the energy and spirit of this annual bike-a-thon through the Friday expos and the kickoff ceremony in addition to providing our services to the riders during and post ride. This year, for #PMCREimagined, our role will be a little different. We are supporting the riders from afar, while also supporting our very own Bay State Physical Therapy Riding Team!

In 2019, our inaugural team pedaled in honor and memory of friends, family, coworkers, and patients. This year, we have grown our [Riding Team](#) to 8 individuals who will be participating in this year's reimagined ride. Our team is made up of Holly Petersen, Erin Doherty, Lexi Windwer, Cara Gaziano, Kendall Percich, Jenn McBride, Becky Smith and Adam Petersen. They will take part in a 100-mile bike ride

on August 1st and are riding in honor of their Pedal Partner, Carly, a preteen from Weymouth, MA. A Pedal Partner is a Jimmy Fund patient who is undergoing treatment for pediatric cancer and is matched with a PMC team, rider, or a PMC kids ride. Creating this partnership will establish and inspire relationships between the families effected and the PMC fundraisers.

Our team will take part in a 100-mile bike ride on August 1st and are riding in honor of their Pedal Partner, Carly, a preteen from Weymouth, Ma... a Jimmy Fund patient who is undergoing treatment for pediatric cancer.

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(KEY FEATURE CONTINUED FROM PAGE 2)

Carly is our team's motivation to do our part in reimagining PMC. "The commitment and dedication of our team to our Pedal Partner and PMC is something I am tremendously proud of," says Team Captain Holly Petersen. Holly is Director of Compliance and Operational Excellence for Bay State Physical Therapy and has been riding since 2019 for the Bay State Team. "My parents participated in PMC for a combined 22 years, so I am excited take the torch from them and carry on their momentum of supporting Dana-Farber through the PMC with Bay State Physical Therapy," explains Holly, "I can't wait to take this journey on August 1st with my husband, Adam, and my colleagues to support this inspiring cause while raising money for cancer treatment and research."

Our Team will be passing through many of the towns we serve, such as Stoughton, Easton, Taunton, Raynham, West Bridgewater, Halifax, Carver, Kingston, Pembroke, Abington, Weymouth, and Randolph. We encourage you to decorate the exterior of your home with our sponsorship balloons which can be picked up at the Bay State Physical Therapy locations mentioned above the week leading up to August 1st. There, you can pick up a flyer that will contain details surrounding the day and [route](#) our team will be traveling. You can also track the team's journey on August 1st through our website to see where they are live on the route! Show your love and support by liking and commenting on our social media posts to be a part of the journey. We will be following our Riding Team throughout the course of the big weekend on our [Instagram](#) and [Facebook](#) pages, so follow us to stay tuned!

Not located in one of the towns our team is riding through and would like to be involved? Become a [Virtual Rider](#)! You can even become part of our Riding Team - all you have to do is send us your name via email, info@mvptnh.com, once you have [registered](#). There is no registration fee or fundraising minimum associated with being a Virtual Rider, rather it is



**100% OF EVERY
RIDER-RAISED DOLLAR GOES
DIRECTLY TO THE
DANA-FARBER
CANCER INSTITUTE**

**LEARN MORE AT
www.pmc.org**

an opportunity to maximize PMC's fundraising reach as they have a goal of raising \$65 million for 2020!

As a Virtual Rider, you do not need to ride on August 1st – you can walk, hike, swim, etc. any day throughout the summer to show support for the PMC and Dana-Farber's cancer research. We encourage you to utilize our walking program tips found within this newsletter to prepare for your virtual ride!

If you would like to donate to our Riding Team, please [click here](#). We appreciate your support of our team and this phenomenal cause. [Click here](#) to learn more about PMC!



Official Physical Therapy
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PATIENT SPOTLIGHT

Since 2017, Kim has been a patient of Bay State Physical Therapy, the sister company of MVPT. Like many of our own patients, Kim is active and involved in her community, and in 2017 she was specifically training to participate in the Pan Mass Challenge (PMC).



**PAN-MASS
CHALLENGE**

If you are not familiar with PMC, it was established by Billy Starr in 1980 and has grown considerably and consistently from its modest beginnings into an event that draws 6,700 cyclists from 43 states and 12 countries. Today, the Pan-Mass Challenge raises more money than any other athletic fundraising event in the country! The PMC generates more than 55 percent of the Jimmy Fund's annual revenue and it is Dana-Farber's single largest contributor. In 2019, the PMC donated a record-breaking \$63 million to Dana-Farber, bringing the PMC's 40-year fundraising total to \$717 million. If you or someone you love has been touched by cancer, you undoubtedly can understand why we are so excited to be associated with BSPT as the official physical therapy sponsor.

Unfortunately, PMC did not happen for Kim in 2017, as she fell from her bike while training and required extensive shoulder reconstructive surgery. Once fully recovered and rehabilitated, Kim went back to training for PMC 2018, since which time she has continued to utilize physical therapy to keep other aches and pains from sidelining her again. 2020 will mark Kim's third consecutive PMC ride!

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(PATIENT SPOTLIGHT CONTINUED FROM PAGE 4)



As you would expect, Kim participates in PMC because of her own personal connection to cancer; "...cancer has touched too many people I know and love. I especially ride for my husband Matt who went in for a routine skin check and learned of his melanoma two days later; the melanoma which was surgically removed before it spread. I also ride for my fifth-grade classmate Jimmy, who was the first person I knew with cancer and passed away at the young age of 13."

As she eloquently puts it, "The PMC touches me at many moments during the year, but doing the ride puts you on such a natural high that it is hard to describe. Whether you have tears in your eyes watching the signs spectators have put out for you, the relief you feel when you make it to the next stop, the hugs you get from family and friends along the route, the pat on the back you give yourself after a challenging stretch of road, or taking in the beauty of the ocean as you ride the final miles, the love, encouragement and support felt from perfect strangers to the ones you love the most is the most incredible thing ever. To be a part of a movement

to find a cure for cancer is an honor, and while riding in the PMC has been one of the most challenging things I've ever done in my life, fundraising for Dana-Farber Cancer Institute is one of the most rewarding."

Due to COVID-19, this year's PMC will look a little different, but it may be better than ever. #PMCreimagined will allow

individuals of all ages and abilities to walk, run, ride, or roll their way through their own communities and participate virtually. At MVPT, we look forward to sharing the experience with Kim and the Bay State Physical Therapy riding team that is participating. Who knows, maybe next year we can get our own MVPT team involved to share in the experience and contribute to the fight against cancer! For now, if

"The PMC touches me at many moments during the year, but doing the ride puts you on such a natural high that it is hard to describe... to be a part of a movement to find a cure for cancer is an honor."

you'd like to see more about how our Bay State PT riding team does along the route, follow the #WePMCwithBSPT, and to learn more about PMC, you can check out their website pmc.org.

Good luck Kim, we will be cheering for you!



EXERCISES OF THE MONTH: WALKING AND BIKING

At MVPT, 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.

Our sister company, Bay State Physical Therapy is honored to be the Official Physical Therapy Sponsor of the Pan-Mass Challenge for the third year in a row. As part of #PMCREimagined we encourage you to participate with us in this year's ride as a Virtual Rider; a few ways to participate in the virtual ride are to walk or ride!

Here are 5 movements to try at home to become independent from pain while riding your bike or while walking:

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.

LYING FIGURE 4 STRETCH

Why: Targets hips, low back, and glutes

How:

1. Lie on your back
2. Cross one leg with your ankle resting on the opposite knee. Holding on to the back of your leg and gently pull your knee towards your chest, stopping once you feel a strong, but comfortable stretch
3. Hold stretch for 20 seconds, complete 3 times then switch to the opposite side

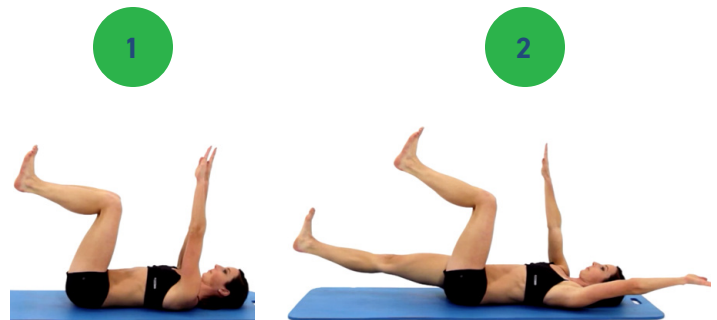


DEAD BUGS

Why: Creates stability in the core, spine, and low back muscles

How:

1. Lie on your back with your knees bent at 90 degrees and arms pointed straight up towards the ceiling
2. While keeping your lower back on the floor, extend the right arm up and over your head as you extend the left leg out and towards the floor – if you feel your back start to arch return to the starting position and reset your core muscles before your next repetition
3. Exhale as you bring your arm and leg back to the starting position, reset your core, and switch sides



4. Extend your left arm up and over your head as your right leg straightens and extends out above the floor
5. Perform 3 sets of 8 repetitions on each side

GLUTE BRIDGES

Why: Extends hip flexors, strengthens glutes and core

How:

1. Lie on your back and bend both knees, keeping feet flat on the floor
2. Drive through your heels, activate your glutes, and elevate your hips until your hips are in alignment with your knees and shoulders
3. Hold this position at the top for a count of 3, being sure to keep your hips level side to side, and then slowly lower down to the starting position
4. Perform 3 sets of 10 repetitions

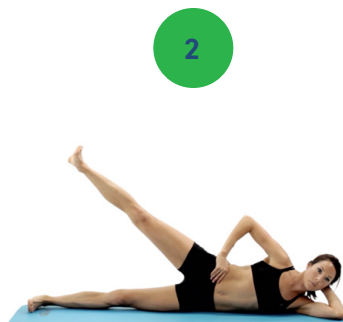
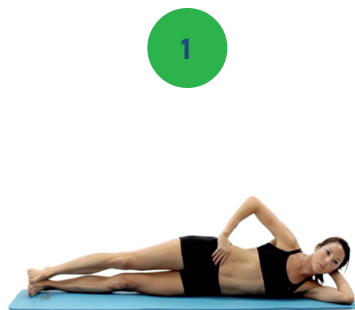


SIDE LYING HIP ABDUCTION

Why: Strengthens hips to promote stability in the core and reduce low back compensation

How:

1. Lie on your side with legs straight, top leg rotated towards the instep of your bottom foot
2. Allowing your heel to lead, raise the top leg as you lift through the hip, if you have a hard time doing this you can lay up against a wall and glide your heel along the wall
3. Control the speed of the movement as you slowly bring your leg back down to the starting position
4. Perform 3 sets of 10 repetitions on each side

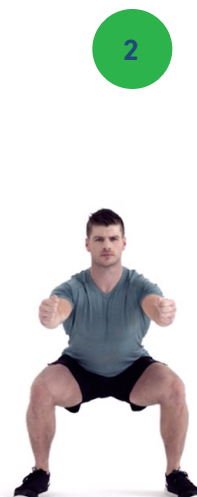


BODYWEIGHT SQUATS

Why: Strengthens lower body and core specifically targeting quadriceps

How:

1. Start with your feet slightly wider than hips width apart and your arms out in front of you, engage your core muscles (while still being able to breathe and talk!)
2. Bend your knees and sit back through your heels as if you were going to sit in a chair
3. While keeping your head and chest up, drive through your heels to return to standing by engaging your glutes
4. Perform 3 sets of 10 repetitions





SEASONAL TIP

Walking Program Tips



As physical therapists, we meet a lot of patients who are looking for easy ways to get in shape after recovering from an injury. Quite often we recommend a walking program as it is an easy and impactful way to begin an exercise routine. These days a lot of us are spending too much time sitting in front of the computer, so getting outside and enjoying the sunshine is vital to our health and well-being. You will learn below that walking will be a great way to improve your fitness and get you out from behind the screen.

#PMCReimagined has given you the ability to walk your own PMC route by registering to become a [Virtual Rider](#). Here are some tips to get your walking program started in time for #PMCReimagined!

KEYS TO A SUCCESSFUL WALKING PROGRAM:

PREPARE YOUR BODY

It's very important to make sure your body is prepped and ready for you to begin exercising. Don't ignore what your body is telling you! If you are currently experiencing any aches or pains, then I recommend consulting with your physical therapist or your doctor. If you are pain free, then here are a few tips for how to warm up your body before you begin your journey!

Start by Stretching your calves and quads. Both of these muscle groups are very important for maintaining a proper gait pattern. Make sure to perform these stretches before heading out for your walk:



A) Gastrocnemius stretch: Stand facing a wall or chair, place your right leg back behind you. Keep your heel on the floor and your toes pointed straight ahead. Bend your front knee, moving your body forward until you feel a stretch in your calf. Make sure your heel does not come off the floor and your back knee doesn't bend. Hold for 30 seconds. Repeat 3 times each side.



B) Quadriceps stretch: Start in a standing position. Use a desk or chair for support if needed and place one leg behind you on a chair (this limits additional stress on the knee joint.) Hold for 30 seconds, and then repeat for the other leg, 3 times each side.

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(SEASONAL TIP CONTINUED FROM PAGE 8)

WEAR PROPER FOOTWEAR

It's important to make sure you have the proper support for your feet. Make sure to wear comfortable and supportive shoes such as sneakers, hiking shoes, or trainers. It's best to avoid wearing flip flops, flats, or dress shoes.

SET REALISTIC AND ACHIEVABLE GOALS

If you are new to walking then make sure to start light! Your body will need to adjust to the new exercise and too much walking early on can lead to aches and pains. You'll want to break down your ultimate goal into a bite-sized chunk of time allowing you to be successful. I recommend starting walking 30 minutes 5 days per week.

PLAN YOUR WEEKLY ROUTINE

Once you have broken down your goals into achievable chunks of time, you'll want to plan your routine. Make sure to sit down and schedule time to exercise. That way you won't be able to procrastinate and put it off until later!

MIX IT UP

Variety is the spice of life! Switch up where you walk, for how long, and who you walk with. The best part about walking is you can do it anywhere. You could go for a walk in the woods, in the city, or on the beach.

STAY HYDRATED

Make sure to bring water for your walks; dehydration can sneak up on you. Generally, carry 12-24 oz of water with you. A small backpack or camel back is a great way to keep the water stashed while exercising.

If you have any questions, I encourage you to reach out to your favorite [MVPT location](#). We can easily schedule you for an injury assessment to field any questions or concerns and address any aches and pains you may have been experiencing!

[Click here](#) to schedule your appointment today!

Merrimack
Valley **PHYSICAL
THERAPY**

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Our Care Model



MVPT will continue to provide you with the best therapy options that keep you safe. We recognize that this is a busy and active time of year for most people; in addition to getting back to the “new normal”, we are also all trying to enjoy the best time of year to live in New England. Our commitment to helping patients live life to the fullest also includes finding creative care options that keep patients engaged with office-based care, while also offering Telehealth sessions to expand independence and accommodate busy lives. Our treatment model includes in-clinic care to work one-on-one with your physical therapist, Telehealth sessions in the comfort of your own home or where ever your summer travels may take you, or a combination of both, aimed at providing you with the ideal care for your needs, based on where you are in your recovery! Our patients have provided us with their feedback on Telehealth and why it is beneficial to them.

THERAPY OPTIONS THAT KEEP YOU SAFE

Your safety is our priority. That's why we offer various therapy options that help you get better, while keeping you safe.



VIRTUAL TREATMENT TELEHEALTH

Telehealth is for patients who want to get an initial evaluation and treatment plan or continue an existing treatment plan from the comfort of their home.

It works a lot like FaceTime, letting you connect directly to a physical therapist via phone, tablet, or computer.



IN PERSON TREATMENT IN-CLINIC

In-person treatment is for patients who have acute pain or need hands-on treatment or specialty care (e.g. vestibular, dry needling, etc.). You will receive care at one of our safe and secure clinics where all CDC guidelines are followed to minimize the risk of transmitting COVID-19.

OR

BEST OF BOTH COMBINATION

The hybrid approach is for patients who have a treatment plan that requires a mix of hands-on care and exercises they can do remotely. Often this approach begins with an initial in-clinic evaluation, then transitions to a telehealth plan of care.

HEAR WHAT OUR PATIENTS HAVE
BEEN SAYING ABOUT THEIR
EXPERIENCES WITH

Telehealth:

“I was really impressed that weeks of work was not going to be lost since we were staying at home. I made sure that I had a comfortable spot in my home so I could benefit from this new way of continuing my PT sessions. I am thankful that I can take part in this service and look forward to my call twice a week. Not only is it focusing on the issue with my knee, it is relaxing and sometimes comical. I wish more business would use Telehealth. Not just during an epidemic but for so many people that are not physically able to get to the office and need to be at home whatever the circumstance may be. I highly recommend the Telehealth system and am thankful that I was able to continue with my services at home.”

“After a few weeks of office visits, I could tell things were starting to improve!! But wait..... enter COVID 19!! UGH!! Keith switched over my appointments to Telehealth sessions almost seamlessly. I finished my sessions in my kitchen with Keith on the counter on my laptop! I am 62 years old, and let's just say Keith is much, much younger! Keith was respectful of my “needs,” has excellent communication skills, and was fun to work with. I would 100% recommend MVPT and their Telehealth to anyone!” – Patricia

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STAFF SPOTLIGHT



Keith Waddell

PT, DPT, OCS of MVPT Nashua

"MY PASSION FOR HELPING OTHERS"

The ability to truly help people is what attracted me to the profession of physical Therapy. Because Physical Therapy incorporates my love for helping & teaching with my passions for exercise and physiology, it was a natural avenue to provide a positive impact on my community.

While attending Saint Vincent College, Latrobe, PA, I played football and was part of the Mixed Martial Arts (MMA) Club. I completed my undergraduate degree in 2015, earning my Bachelor of Science in Biology, with a Minor in Psychology. I then enrolled at the Massachusetts College of Pharmacy and Health Science and graduated with my Doctorate in Physical Therapy in 2018.

As Physical Therapists, it is our duty to provide the greatest outcomes possible for our patients. I felt obligated be the best version of myself for the sake of my patients. This led me to next pursue the highest distinction an orthopedic physical therapist can attain, Orthopedic Clinical Specialist.

Orthopedic Clinical Specialists (OCS) are recognized by the American Board of Physical Therapy Specialties as individuals whose clinical specialization in orthopedic physical therapy demonstrates knowledge, skill and experience exceeding that of an entry level physical therapist.

The specialist certification program was established to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in this special area of practice and to assist consumers and the health care community in identifying these physical therapists. At a minimum, therapists who receive this clinical distinction have completed 2,000 hours of direct patient care in the area of orthopedics and have successfully completed a rigorous written examination. The certification is also geared toward advanced diagnostic skills so patients can be confident in seeking a first opinion from a physical therapist.

Following a very competitive application process, I attended the UTMB (The University of Texas Medical Branch) Orthopedic Residency program. The yearlong program offered me exposure to conditions spanning from sport & orthopedics and neurologic specialties, the ability to provide sideline coverage for football, soccer, and volleyball games, and surgical observation and patient evaluation with orthopedic surgical residents and physician faculty. After completion of the residency program, the final step was to pass the board-certification test...no small feat by itself. I spent four months preparing for the exam and was thrilled to recently learn that the hard work and hours spent preparing were worthwhile, I am now an Orthopedic Clinical Specialist!

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(STAFF SPOTLIGHT CONTINUED FROM PAGE 11)

“Becoming an OCS will not change how I treat patients. Each case I see will be dealt with thorough care, compassion, and understanding. This certification will not change my treatment, it will only increase my desire to learn and improve. If anything, this will simply keep me in check to prevent complacency and remind myself that there is always room for improvement.”

Residency is a task that is not taken on by many, with only a limited number of us in the New England area. Kevin Pozzi (MVPT Managing Partner) is also a residency graduate and orthopedic specialist, and he understands the work and dedication required to complete this type of program successfully.

There were many potential employers I met with that know about the OCS program, but Kevin and the MVPT team understood firsthand and were excited to make me a part of their family. In short, I chose MVPT because I could feel their support and excitement of my passion for education.

“Becoming an OCS will not change how I treat patients. Each case I see will be dealt with thorough care, compassion, and understanding. This certification will not change my treatment, it will only increase my desire to learn and improve. If anything, this will simply keep me in check to prevent complacency and remind myself that there is always room for improvement.”

I am hopeful that in the future I can help MVPT to develop its own orthopedic residency program, where we will offer other clinicians hungry to learn, with the opportunity to improve themselves and the physical therapy profession in general. In the short-term, I am excited to work with high school and collegiate athletes, build an educational and mentoring program for clinicians at MVPT, and increase the use of strength and power training in populations at risk for falls and osteoporosis. Some of other conditions I enjoy working with include post-surgical ACL rehabilitation, chronic low back pain, hip osteoarthritis, shoulder instability and labral tears, and with the elderly population impacted by osteoporosis, osteopenia, and sarcopenia.

I feel the greatest tool I can provide to my patients is education to understand their pathology and what is needed for their recovery. Studies show that individuals with an active understanding of their injury or condition tend to recover to higher levels and have a reduced risk of developing chronic pain. These concepts drive me to be selective with manual intervention and emphasize patient independence and “owning” their pain. I give each of my patients the best of my skills, education, and constantly expanding knowledge, delivering evidence-based care by someone who truly wants them to feel better and achieve their maximal function.



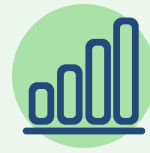
“By attaining the OCS credential (board certification in orthopedics), a physical therapist is recognized for their advanced dedication to study of physical therapy practice in this content area. This, with his graduation from an orthopedic residency, is a strong reflection of Keith’s work ethic to become an expert in this field. In addition, it indicates advanced clinical reasoning, knowledge of best practices, and evidence to manage musculoskeletal conditions.”

– KEVIN POZZI, PT, DPT, OCS

Managing Partner at MVPT

OPPORTUNITIES FOR TELEHEALTH AND PHYSICAL THERAPY

What a New Patient Survey Reveals



Our Telehealth Survey Results Are In

You may have been a respondent to the survey that MVPT and Bay State Physical Therapy conducted in conjunction with Northeastern University Department of Physical Therapy, Movement and Rehabilitation Sciences back in May. We asked you, our patients, to answer questions related to Telehealth and greatly appreciate all of your responses! Our team has put together what the results showcased in an easy to read publication. [Click here](#) to read!

In addition, check out our President and CEO Steve Windwer's, blog on Web PT's website titled "[4 Undeniable Reasons to Make Telehealth a Permanent Fixture in PT](#)" that he has written based on the research collected from our patients during this survey.



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