

# KEEPING YOU SAFE

## INSIDE



### 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 mask 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 mask at all times
- All staff wash/sanitize hands between client interactions



**02**  
**KEY FEATURE:**  
**SPEED UP YOUR REHAB**  
**WITH PREHAB**



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**09**  
**PATIENT SURVEY RESULTS**

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

[REQUEST AN APPOINTMENT](#)



## KEY FEATURE

# Speed Up Your Rehab with Prehab

### WHAT IS "PREHAB"?

Prehab (prehabilitation) is a program designed by your physical therapist to help you get relief and regain function that may have been lost as you wait for surgery. It is designed to prepare you to get the best possible outcome for a planned procedure or surgery.

### WHAT CAN PREHAB DO?

#### BEFORE SURGERY:

- **Function:** Regain functional tolerance so you can stay healthy and active as you prepare for surgery.
- **Mobility:** Regain important range of motion (ROM) and flexibility you will need following your surgery.
- **Educate:** Learn exercises and other important information about what to expect following your procedure to enhance your recovery.
- **Relief:** Reduce your pain to manageable levels.
- **Strengthen:** Improve strength so you are stronger coming out of surgery. This is important for the arthritic leg and non-arthritic leg for post-operative recovery.

#### AFTER SURGERY:

- **Enhance Recovery:** While at 1 year, most individuals end up with similar results, a prehab program has shown improved results at 3 and 6 months post-operatively compared to those who did not follow a prehab program. Get better faster!
- **Regain post-operative ROM sooner:** A recent study demonstrated patients on a prehab program achieved 90 degrees of knee bend sooner than their non-prehab counterparts.



- **Reduces length of hospital stay:** Another study compared patients receiving either a total hip arthroplasty (THA) or total knee arthroplasty (TKA) in prehab and non-prehab groups. They found that both groups that participated in prehab had an increased frequency of being discharged home from surgery whereas the group that did not participate in prehab showed an increased frequency in discharge to an inpatient rehab facility.

### DOES IT REALLY WORK?

A study of 28 individuals with the most severe osteoarthritis of the hip or knee showed significant improvement in daily function with walking and stairs while waiting for replacement surgery.

### WHAT WILL YOU GAIN FROM PREHAB?

- Decreased pain following surgery
- Improved strength and function
- Quicker return to daily activities
- Improved quality of life

*To schedule yourself or a loved one for prehab services prior to surgery, contact our closest office or [click here](#). Our in-clinic and telehealth scheduling options make it easy for your physical therapist to work with you to get you prepared for whatever life throws at you.*



## PATIENT SPOTLIGHT

# Robert Baines

## PATIENT AT MVPT BEDFORD

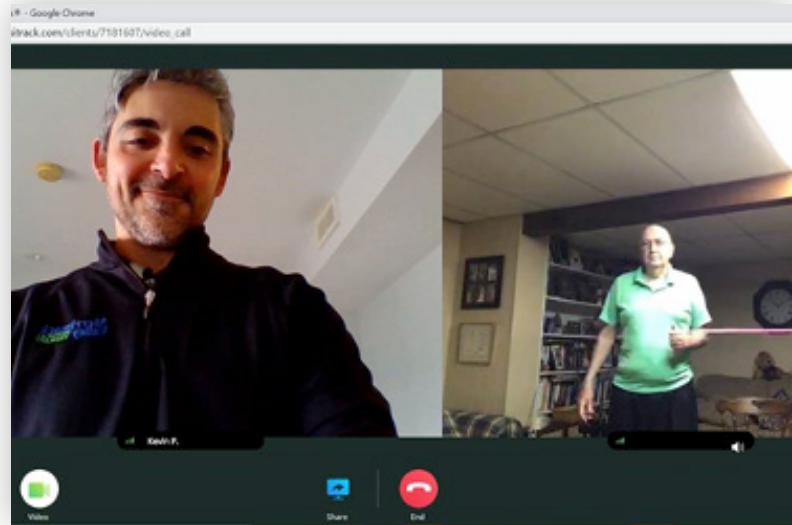
As the Mayor of Manchester, NH from 2000 to 2006, Robert Baines is a well-known voice around the "Queen City." We could not have been more pleased when he offered us the opportunity to share his recent experience with MVPT's Telehealth and his Physical Therapist, Kevin Pozzi, PT, DPT, OCS, ATC (and MVPT Managing Partner) following a recent shoulder surgery in January of this year.

"I have been a patient at Merrimack Valley Physical Therapy since 2018 when I received physical therapy prior to and following a knee replacement surgery. I returned to their care before my recent shoulder surgery, and I am now back again after surgery and working with Kevin. I have chosen to stay with MVPT for my physical therapy care as other challenges arose, because of their friendly atmosphere and the wonderful professionals on their team. From the moment you enter the office, you are greeted by the entire staff and after a short while you feel like family.

Prior to March 2020, my in-office visits with MVPT were highly beneficial, I really enjoyed the hands-on services provided during the one-on-one sessions with Kevin. My care was always delivered in a way that I understood each step of the process, and I was educated on my home exercise program and other things that I could do on my own to benefit my recovery. However, it wasn't long before physical therapy, and life in general, as we had known it would change in a big way.

With the surge of COVID-19, there were many reasons to fear that the physical therapy care I needed would be compromised by my inability to be seen in a MVPT office. Although I was reassured of the safety measures in place to make it safe to come in, ultimately, I decided that self-quarantine was right for me, and I would need to rely even more on Kevin to help me with my therapy in a way that was new to both of us.

My first telehealth session with Kevin, I was skeptical: how could this possibly compare to the in-office sessions I was used to? How would I get the same benefit from being in my home and communicating through a computer?



I need not have worried- Kevin was a true professional. The transition went very smoothly, and I looked forward to my twice-weekly "visits" where he guided me through my rehab in a very effective way. I made good and steady progress; the experience was excellent and beyond my expectations. Without telehealth I would not have been able to advance in my recovery, and in all honesty, it was much more effective than I thought it would be. The whole experience could not have been any easier. Kevin was at ease with the process and I could not be more pleased with the progress I have made. My shoulder recovery benefited from being able to stay in regular contact with Kevin, who was able to guide me as he adjusted by exercise routine. During the prolonged self-isolation caused by COVID, I equally enjoyed the personal connection with Kevin and our conversations. If needed in the future, I would not hesitate to utilize telehealth physical therapy.

As local restrictions have been eased, and with the updates Kevin provided on MVPT's actions to keep the clinic safe, I have returned to office visits at the Bedford location. The clinic has been rearranged to promote appropriate distancing during patient care, and the full staff and all patients wear face masks. In addition to monitoring my temperature upon arrival, I can see how thoroughly everyone is cleaning surfaces to keep the environment as safe as possible. While I feel in-person visits are better for me, I could not have progressed in my recovery during COVID-19 without the excellent telehealth physical therapy sessions provided by MVPT and Kevin Pozzi. I would absolutely recommend Kevin and his team at MVPT to anyone in need of in-clinic or telehealth physical therapy."

FIND US WHERE YOU LIVE  
AND WORK IN SOUTHERN NH

REQUEST AN APPOINTMENT



## SEASONAL TIP

### GOLF

# Start your game off right

Jeremy Seibert,  
PT of MVPT Nashua



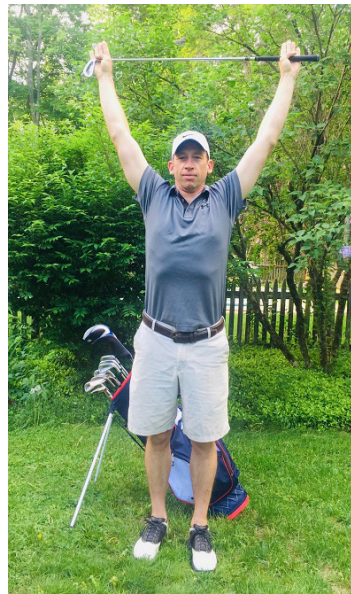
As outpatient physical therapists, we work with a lot of golfers. With our expertise of the musculoskeletal system, we can assess what golfers need in order to perform at a high level to avoid injuries and pain. Often, golfers can experience aches, pains, and injuries due to common issues with range of motion, strength, balance, and motor control. Please use these tips as a starting point to build from:

#### WARM UP

Always warm up before you practice and play. Plan to spend 10-15 minutes to prepare your body for golf. Two exercises that you can perform during your warm-up:



**A) Standing Psoas:**  
Stand with one leg forward and the other leg back with a slight bend in your back leg. TUCK your hips underneath you like a dog tucking its tail and then shift your weight forward. The stretch should be felt in the front of the trail hip. Hold for 30-40 seconds and perform 3 times on each side.



**B) Standing Overhead Shoulder Stretch:**  
Hold a club at waist level so that your hands are on the grip and near the club end. With arms staying straight and soft, bend in your knees, and lift your arms straight forward bringing the club towards the sky. Once you get to the top hold that position for 20 seconds. Perform 3 times.

### ADDRESS YOUR ACHES AND PAINS

Listen to your body and address nagging pains quickly. The longer you wait, the longer recovery can last. If you are experiencing any aches or pains seek treatment from your physical therapist.

### WALK THE GOLF COURSE

Walking the golf course offers many health benefits. It allows you to stay warmed up and the physical demands of walking help to build and maintain strength and endurance which benefits your heart health. It also allows you to approach your next shot in the direction of play. Fun Fact: The actual distance walked for 18 holes will most likely be between 5-7 miles!

### FOOTWEAR MATTERS

You will not find a professional golfer wearing ill-fitting-slippery shoes, so why would you wear them? Your feet are the foundation of your swing so choose a quality golf shoe that provides grip, traction, alignment, stability, and comfort.

### EQUIPMENT IS KEY

Improperly fitted equipment can lead to poor performance, posture, and mechanics. Consider scheduling an equipment fitting with a golf professional. There are even some places that will do this for free.

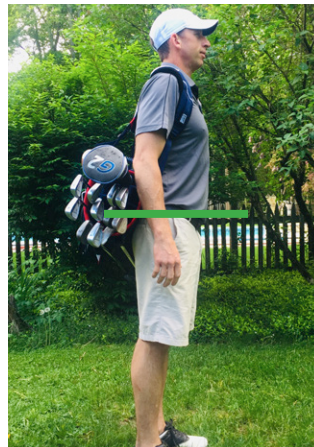
### CARRY YOUR BAG PROPERLY

**A)** Keep the straps tight so that the bag sits towards your mid back. The bag should **not** be resting on or below your hips.

**B)** You should try to keep the bag as parallel to the ground as possible when you are wearing it so you can have even distribution between both shoulders when carrying the bag. Try to feel as if the weight is evenly placed between both shoulders.



**NO**



**YES**



**NO**



**YES**

### MAKE AN APPOINTMENT WITH A PHYSICAL THERAPIST THAT SPECIALIZES IN TREATING GOLFERS.

PT's that have experience with, and passion for working with golfers can provide you with specific feedback to address the areas that you need to work on to optimize your physical performance for the game and golf and reduce the risk of injury

To learn more about Jeremy or our new [Nashua office, visit our website](#)

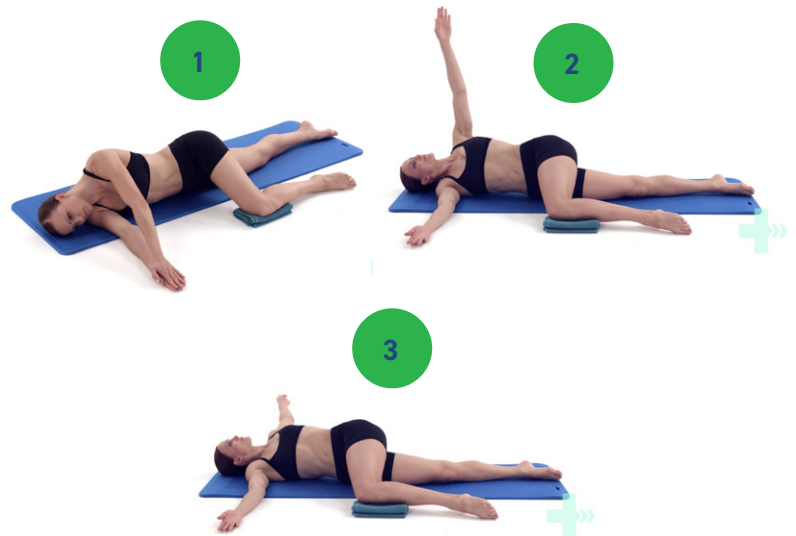


## EXERCISES OF THE MONTH

As businesses start to re-open and activities resume, it's time to come out of hibernation. Whether you've been working from home, stepping in as a schoolteacher for your children, or just sitting more than normal, you'll want to be ready to head outdoors and slowly resume regular activities. Below are five simple exercises that focus on stretching and re-engaging tightened muscles that are most important to get you moving. *We recommend you do these de-hibernation exercises in a safe and comfortable setting.*

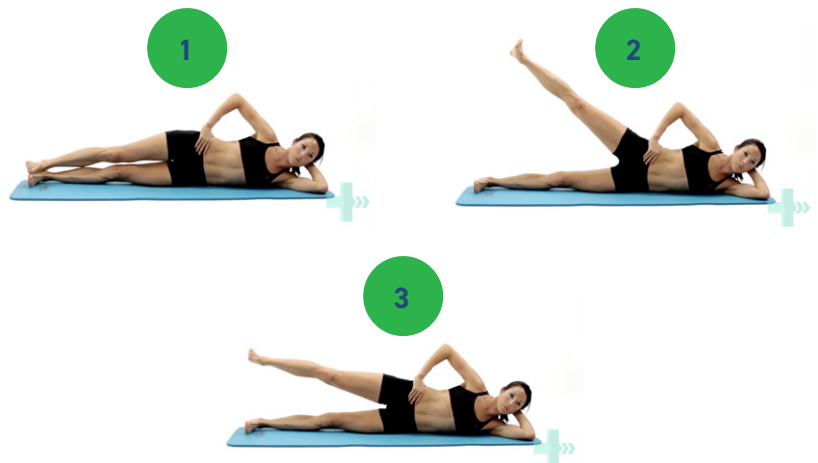
### OPEN THE BOOK BACK STRETCH

1. Lie on your side, with your knees bent at 90 degrees.
2. Arms should be straight in front of you and flat on the floor.
3. Lifting the top arm up, send it back behind you as you open your body as a book and exhale through your lips.
4. With control, bring that arm back to the starting position.
5. Repeat 5 repetitions on each side for 3 sets.



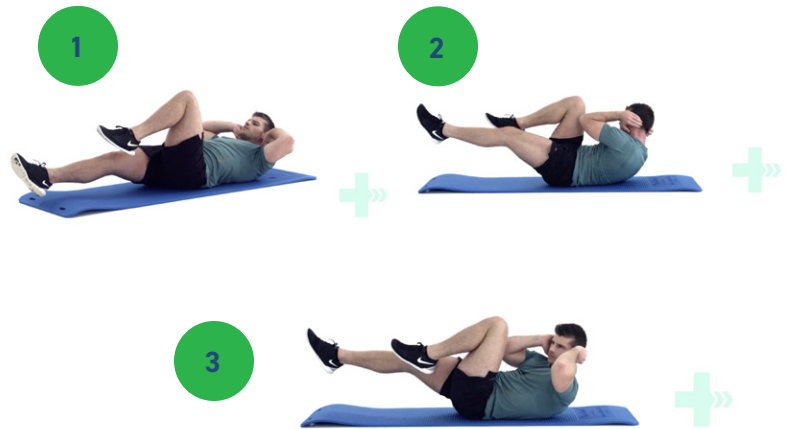
### SIDE LYING STRAIGHT LEG RAISES

1. Lie on your side with leg straight and top leg rotated towards the instep of your bottom foot.
2. Allowing your heel to lead, raise the top leg as you lift through your hip.
3. Control the movement as you bring your leg back down to the starting position.
4. Perform 3 sets of 10 repetitions on each side



### CORE CYCLING - OPPOSITE ELBOW TO KNEE (BICYCLES)

1. Lie on your back and lift your legs up so your hips and knees are at 90 degrees.
2. Place your hands behind your head and tuck your chin to your chest, lifting your head up into a crunch position.
3. Keeping your lower back pushed into the mat, pedal your legs like you're riding a bike.
4. Bring your opposite knee to opposite elbow as you pedal your legs.
5. Pedal your legs for 20 seconds and then rest, repeat 3 sets.



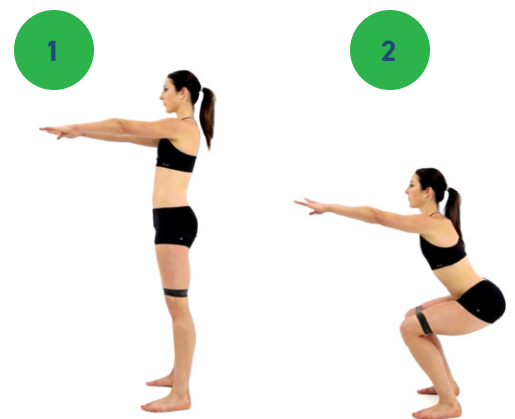
### HIGH PLANK HOLD

1. Set up on your knees with your hands out on the floor in front of you.
2. Extend your legs out straight behind you with your feet together and palms pressed into the floor.
3. Shift your body forward to make sure that your shoulders are directly above your wrists.
4. Drive your belly button in and up towards your spine as you activate your core in this position.
5. Work to hold here for 20 seconds and then rest, repeat 3 sets.



### RESISTANCE BAND SQUAT TO CHAIR

1. While seated, wrap a resistance band around your legs, directly above the knees.
2. Sitting up tall, with your legs wider than hips width apart, create tension in the band.
3. With your hands straight out in front of you or crossed over your chest - stand up, pushing your knees outwards against the resistance band.
4. Slow and controlled, sit back down, keeping tension on the band.
5. Perform 3 sets of 8 repetitions.



**This exercise can still be done without a band, continue to squat to a chair with knees driving outward**

As with all physical exercise, please only do what feels comfortable. If you have questions about these exercises, please contact your closest clinic. If you would like to book an in-clinic or telehealth appointment to create a plan of care tailored to your needs, [click here to schedule](#).

# 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.



+



## 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.

REMINDER



### 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. The links are safe to open and will come through similar to your appointment reminders.





## STAFF SPOTLIGHT



### Kevin Pozzi

PT, DPT, OCS, ATC

NAMED MANAGING PARTNER AT MERRIMACK VALLEY PT

As a locally owned company, Merrimack Valley Physical Therapy has a focus on providing physical therapy services that aid our patients with regaining optimal function for a full and active life. Comprised of high-quality individuals, our team is committed to carrying out the MVPT mission: "To offer exceptional, innovative rehabilitation services, our dedicated professionals strive to restore each individual's maximal function with integrity and compassion." As a result of those efforts, MVPT has experienced tremendous growth over the past several years, during which time, we have carefully considered the best way forward in the competitive medical landscape in which we find ourselves.

We are pleased to announce that earlier this year we began a partnership with Bay State Physical Therapy, a leading provider of physical therapy services throughout Massachusetts. As part of the partnership, longtime owners David and Nancy Robator have transitioned out of daily activities, and Kevin Pozzi, PT, DPT, OCS, ATC has been named Managing Partner of MVPT.

MVPT chose to seek to grow our practice through a merger because we believe MVPT & BSPT share the same core values of patient focused services leading to high quality outcomes, delivered by a caring and professional staff. Joining the BSPT family will allow MVPT to provide a wider array of services as we continue to build our team and offer them a pathway to advancing their own professional interests.

How will this impact our clients? Not much at all. You will continue to work with the great team here at MVPT, at the location closest most convenient to you. We are as committed today to the communities of the Merrimack Valley as we were in 1983.

If you have any questions about this exciting news, please contact Kevin Pozzi at our Bedford office at 603-626-4205 or via email at [KPozzi@mvptnh.com](mailto:KPozzi@mvptnh.com) at any time.

## Patient Survey Results

In a survey conducted by Bay State Physical Therapy, Merrimack Valley Physical Therapy, and in conjunction with Northeastern University Department of Physical Therapy, Movement and Rehabilitation Sciences, with over 500 patient responses;

- Patients expressed a preference for in-clinic visits, but highlighted the positive impact that telehealth has had on their safety and recovery process
- **96%** of respondents that have participated in telehealth physical therapy are satisfied with their experience
- **Over 83%** of patients said they would feel comfortable returning to a physical therapy clinic if MVPT communicates their plans to keep patients and staff safe through email and their website.

Please view the video on the next page to find out how we are keeping you safe!

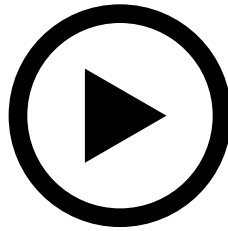


Northeastern University  
**Bouvé College**  
of Health Sciences

FIND US WHERE YOU LIVE  
AND WORK IN SOUTHERN NH

REQUEST AN APPOINTMENT

We are committed  
to your  
health and safety



An Introduction to our new safety measures



**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

[REQUEST AN APPOINTMENT](#)