



NATIONAL PHYSICAL THERAPY MONTH: EMBRACING THE POWER OF PT



Every October we celebrate National Physical Therapy Month—a time where we can come together as a community to raise awareness of the positive impact physical therapy (PT) can have on physical, mental, and emotional wellbeing. From adolescent ailments, to adult challenges and geriatric obstacles, this beneficial practice combats the physical stressors that evolve through all stages of life.

This year at MVPT Physical Therapy, we're focusing on the countless ways that physical therapy can optimize health (and ultimately encourage happiness) for patients of all ages. In order to provide our patients with the highest level of service, and the greatest chance of an effective, long-term recovery, we approach our practice holistically by:

- Ensuring all techniques, practices, and recommendations are based on the latest research
- Creating recovery plans tailored to a patient's entire life (not just their injury)
- Providing continuous education and advice to patients—even after recovery—to ensure lasting success

Whether you're an athlete looking to treat a mobility injury, or a nine-to-five worker seeking tips for achy joint or back pain, physical therapy can give you the necessary steps to work towards a healthier, happier life.

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

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KEY FEATURE

Embracing the Power of PT

(KEY FEATURE CONTINUED FROM PAGE 1)

PRACTICING ON THE EDGE OF INNOVATION

Science is constantly improving the way we look at the mind and body. To give you the best possible care, we strive to remain up-to-date on the latest research, trends, and theories in the industry today.

WHERE DO WE LEARN THE LATEST TECHNIQUES?

CERTIFICATIONS

We're currently offering a Maitland Manual Therapy certification course. Once our providers complete this course, they'll obtain their Certified Orthopedic Manual Therapist (COMT) certification.

JOURNALS

The Journal of Orthopedic and Sports Therapy is an excellent resource for the latest research and techniques.

ONGOING EDUCATION

[David Nolan, PT, DT, MS, OCS, SCS, CSCS](#) is our Director of Continuing Education. He also is a Clinical Specialist at the Mass General Sports Physical Therapy Service and the Director of the MGH/Northeastern University Sports Physical Therapy Residency Program. Drawing on the most advanced data available, Nolan conducts frequent courses with our clinicians to discuss the most recent research in the field. He also recruits industry experts to provide their views and tips to our staff.

SEMINARS

Our clinicians often take part in additional courses, seminars, or conferences provided by experts in the field. Our partners at Orthopedic Care Physicians Network (OCPN) have generously offered seminars

for our clinicians held at our Corporate Resource Center. The most recent seminar was taught by Dr. Walter Sussman of OCPN North Easton on the topic of "Alternative Treatments for Chronic Tendinopathy."

STUDENTS

We learn from each other! Our students host trainings and seminars for our clinicians where they detail new strategies recently learned in school. Our physical therapists who recently graduated with their Doctorate in Physical Therapy go out of their way to teach their fellow clinicians the most up-to-date theories and practices. Also, many clinicians who have completed a continuing education program teach their fellow physical therapists the new techniques learned through the course.

INNOVATIVE TREATMENTS

A few ways that we use groundbreaking treatments in our day to day care are by utilizing the most up-to-date techniques in:

- Dry Needling
- Concussion rehab
- Manual Therapy, often using the Maitland technique

From concussion rehabilitation, to Temporomandibular joint dysfunction (TMJ) and sports injuries, we treat a wide variety of issues with the latest remedies. Check out our Seasonal Tip section to learn more about the ways we can treat these pain points.

A HOLISTIC APPROACH

To effectively treat an injury, you have to look at the bigger picture. To address a physical ailment, our clinicians not only look at the injury, but create an effective treatment plan based on the lifestyle, history, and environment of the patient.

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THE ROOT OF THE PROBLEM

We take an investigative approach to diagnoses—searching for the root cause of an issue instead of relying on superficial indicators. For example, a patient may come in with excruciating leg or knee pain. Upon further analysis, we may discover

that the pain is actually stemming from the low back, not the leg or knee. By addressing the root cause of the issue, we avoid simply treating the symptoms and provide effective strategies to ensure long-term relief.

VARYING CIRCUMSTANCES

When evaluating a patient, we don't just analyze the injury. We dig deep, getting to know the patient's lifestyle, their stressors, and their everyday activities and routines. We also analyze the patient's history to proactively initiate preventive measures based on patterns we've seen in their health over time. Taking all of this into consideration, we design a treatment plan tailored to the patient's exact lifestyle to ensure a successful recovery.

ENCOURAGING LASTING SUCCESS

We make sure that our patients (both present and past) are frequently educated on the creative ways they can continue to improve their health and wellbeing—even outside the clinic. Through regular communication via emails and newsletters, we update our patient base on the steps they need to take to continue their recovery or prevent recurring injuries.

We periodically follow up with individuals to assess how their recovery is proceeding, and possibly offer tips on how to adjust plans to get them back on track. Free screenings are also offered for patients who are concerned that their injury has returned. If we decide care is needed again, we offer modified Home Exercise Plans (HEPs).

THERE'S SOMETHING FOR EVERYONE IN PHYSICAL THERAPY

As physical therapists we don't just treat injuries, we work collaboratively with you to achieve your potential. So, during National Physical Therapy Month, we're going to celebrate a profession that improves wellbeing and leads patients to a healthier, more fulfilling life.

All Walks of Life

HOW CAN PT WORK FOR YOU?

Pediatric

- Athletic injuries
- Growth and development
- Torticollis
- Scoliosis testing

Adult

- Ergonomics
- Low back pain
- Pregnancy
- Work-related injuries

Geriatric

- Arthritis management
- Balance and vestibular
- Fall prevention
- Functional mobility

Use it or Lose it!



Meet your health benefits before 2021!

- Insurance Deductibles
- FSA/HSA funds

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STAFF SPOTLIGHT



Angie Cande, PT, DPT

Angie Cande, PT, DPT has seen a lot of change over 43 years as a physical therapist. Her journey began at the University of Connecticut, where she helped to establish an annual Allied Health Night with a legislator presenter and dinner. Recognizing very early the value of interdisciplinary studies, her actions helped to shape the student experience for years to come. After earning a BS in Physical Therapy, Angie joined the staff at Rhode Island Hospital, where she was exposed to many of the hospital departments providing PT care. Her experience in the stroke unit, burn unit, amputee clinic and so many more helped her to chart a career path that reflected how impactful PT can be on the health and well-being of individuals.

With a wealth of experience after 12 years, she next headed to NH. As the profession advanced, Angie was impressed with the curriculum of new-grad physical therapists, which was now at a master's degree level. As a practitioner that sought to gain as much knowledge as possible to best help her patients, Angie enrolled in the Master of Physical Therapy- Orthopedics degree program at Massachusetts General Hospital Institute of Health Professions in 1986. As you might expect, when the opportunity arose, she further ascended by earning a Doctorate in PT from MGH Institute of Health Professions in 2004.

Throughout her career, Angie has always been a proponent of professional advocacy for the field of physical therapy. From her involvement with the Student section of the American Physical Therapy Association (SAPTA) at UConn, to her work in the NH chapter of the APTA, she was determined to elevate the profession at a local level. Angie was a key figure as Continuing Education chairperson for organizing nationally renowned PT professionals to visit NH for lectures, bringing the best of the profession to our local providers. Angie elevated from the Chair for Continuing Education to the Board of Directors for NH APTA, represented NH in the APTA House of Delegates numerous times, and was eventually elected to the role of President of NH APTA in 1993. As the first Academic Coordinator of Clinical Education (ACCE) she was instrumental in creating our first and only PT program in NH at Notre Dame College (now at Franklin Pierce University) with Jane Walter, PT, EdD, FAPTA.

All said and done, it's been an amazing 43-year career which undoubtedly made a significant impact on the care provided to her patients! It is with this amazing career that we join Angie in announcing her decision to retire. As the calendar turns to November, Angie has her sights set on spending time with family, extra time in the kitchen to experiment with the many recipes she's accumulated, biking, sailing, and reflecting on a career that she would do all over again if afforded the opportunity.

While she will miss the camaraderie of her coworkers and her hours spent connecting deeply with her patients, there are a few things she is happy to leave behind. As many of you who know Angie likely know all too well, tech-savvy is not a term we often use to describe her. In fact, when asked what she was looking forward to, "not checking emails anymore!" was right at the top of her list!

Her parting piece of advice for those considering or pursuing a career in physical therapy: "Give your thumbs a break (ask a PT what I mean), listen to your patients, and enjoy every minute. There's not a day that I regret becoming a physical therapist." For her patients, Angie's message is this: "I have learned something from everybody, and you've all enriched my experience. It really is a win-win with the patients having hopefully benefited from my services and I have learned so much from them. Thank you for everything!"

If you'd like to send a message to Angie to wish her well, please email info@mvptnh.com and we'll ensure she receives it. Because as you know, she won't be checking her email anymore!

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PATIENT SPOTLIGHT

Bob Murdock

Patient at MVPT Bedford

"I recently completed physical therapy at MVPT for shoulder pain that appears to have been brought on by poor ergonomics when I began working from home in March due to the COVID pandemic. I had visited my physician due to the pain which was causing poor sleep and interfering with my work where I mainly use a computer and mouse. My physician suggested physical therapy and I knew immediately I would go with MVPT.

Prior to the latest problem, I had used MVPT twice before with great success. The first was for knee pain caused by a misaligned patella which made my long commute to Boston pure agony. The second was to rehab my shoulder after rotator cuff surgery. Both of these experiences were excellent with great results.

“ Being able to continue my visits via Telehealth with the same fantastic therapist without interruption allowed me to attend to my family and still make progress in my recovery. This is the third time MVPT has delivered results for me. ”

The latest problem presented additional challenges due to the pandemic. However, MVPT has taken measures to ensure the safety of both staff and patients. They contacted me prior to my initial visit and provided me with the protocol they were following. Masks,



temperature screening, and travel restrictions made me feel comfortable during my sessions with Jessica. In addition to the PT, she was able to provide me with guidance as to what I should change in my work from home set up to prevent further injury. Jessica really took the time to understand my situation and worked with me to find the best program of exercises for me. I used the PhysiApp application on my phone to track my home exercises and to remind me to do them.

The complication came when my mother in Maryland became ill (non-COVID) and I had to go be with her for two weeks. I was worried about not being able to complete my therapy but MVPT switched me to Telehealth appointments. I took the exercise bands and used the same application to work with Jessica in a remote setting. It worked very well during my 2 weeks away and for the 2 weeks of quarantine required upon my return. After 4 weeks, I began seeing Jessica in the office again and I have now completed my therapy and am pain free.

Being able to continue my visits via Telehealth with the same fantastic therapist without interruption allowed me to attend to my family and still make progress in my recovery. This is the third time MVPT has delivered results for me. Jessica and the entire team in the Bedford office are outstanding and I recommend them without reservation. Thank you MVPT!"

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SEASONAL TIP



Did You Know We Offer...



As we celebrate **National Physical Therapy Month**, we want to highlight the incredible ways that PT can improve your mental, emotional, and physical wellbeing. It's often thought that physical therapy only treats orthopedic conditions, but it's much more than that. Here are a few additional specialty services that can help you or a loved one ease pain, expedite recovery, and promote general wellness.

DRY NEEDLING

By: *Kevin Pozzi, PT, DPT, OCS, ATC of [MVPT](#)*

Dry needling is a technique used in physical therapy that has been gaining popularity due to its effectiveness in reducing pain and improving functional outcomes. The term "dry" refers to the lack of injectable medications with the technique, in contrast to "wet" needling that uses a traditional needle to insert medication into the body.

Dry needling uses a very thin needle to provide direct treatment to an area of muscle tightness (or trigger points) that can transfer pain to other areas of the body. These trigger points are commonly related to pain that can impact the ability to work, exercise, or concentrate. Dry needling may also be referred to as "trigger point dry needling" or "intramuscular manual therapy."

Isn't that acupuncture? No, acupuncture performed by a licensed acupuncturist follows a different scientific approach and targets different structures for the treatment.

What's it like? The therapist will identify tight bands of tissue, trigger points, or a neural pathway to treat. They'll insert the needle directly into the identified area and move the needle, sometimes creating a "twitch response," which is the trigger point reaction to the stimulation.

Does it hurt? While there is mild discomfort at the insertion site, the needle is very thin, which minimizes disturbance. When the muscle twitches, it may feel like a sudden cramp that then quickly relaxes. It's very normal to have some



Pictured here is our Managing Partner, **Kevin Pozzi of MVPT**, performing dry needling on his patient.

soreness after the treatment for a short period of time. There may even be a normal amount of mild swelling or bruising.

Is it safe: Yes! Dry needling has minimal side effects other than mild soreness, and is a very safe practice when performed by a trained physical therapist. As with any medical procedure, there are minor risks and precautions for those who have a higher level of needle phobia, or those who are on anticoagulants.

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(SEASONAL TIP CONTINUED FROM PAGE 6)

Dry needling has been shown to be effective in treating conditions such as:

- Bursitis
- Myofascial pain syndrome
- Postural dysfunction
- Headaches
- Myofascial trigger points
- TMJ dysfunction
- Joint pain (shoulder, knee, hip, ankle)
- Neck pain
- Whiplash associated disorder
- Low back pain
- Plantar fasciitis

CONCUSSION REHAB

By: *Brittany Little PT, DPT, CSCS, IPTP of BSPT Halifax*

Concussions are a common injury sustained from motor vehicle accidents, falls, or sports injuries (among other causes). Symptoms of concussions include dizziness, blurry vision, balance difficulty, headaches, and neck pain related to dysfunction of the muscular, vestibular, or visual systems.

Physical therapy treatment will work to retrain these systems to work together, and can help decrease the length and severity of symptoms. Our goal is to help you return to your activities and daily life without pain, dizziness, or difficulty. A physical therapist will evaluate you to determine what deficits exist in your particular injury, and will create an individualized treatment plan to address those symptoms.



Pictured here is **Brittany Little, our ImpACT Trained Physical Therapist of BSPT Halifax**, performing a visual tracking exercise. This is commonly done during evaluation for concussion rehabilitation.



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PEDIATRIC PHYSICAL THERAPY

By: *Samantha Fisk, PT, DPT, CPT* and *Haley Stack, PT, DPT* of [BSPT Quincy](#)

Pediatric physical therapy can help infants, children, and adolescents meet specific motor and developmental milestones. Pediatric physical therapists are trained to treat both physiological and neurological conditions that may be impeding function and a child's occupation of play. Our physical therapists apply clinical reasoning in their examinations to develop creative, engaging, and fun treatment plans. Our therapists utilize a multidisciplinary approach, which may include working or consulting with other healthcare team members such as pediatricians, neurologists, speech and language pathologists, occupational therapists, and behavioral specialists.

Our clinicians have experience working with diagnoses such as:

- Autism Spectrum Disorder
- Cerebral palsy (please call to inquire)
- Container syndrome
- Developmental and motor delay
- Low tone including Down syndrome
- Neurological conditions such as toe walking



Pictured here is one of **BSPT Quincy's Pediatric PT's, Haley Stack**, using a fun, individualized treatment plan that's motivating for the patient!

- Osteogenesis Imperfecta
- Pediatric and adolescent orthopedic and sports injuries
- Torticollis and/or Plagiocephaly, and Brachycephaly

TMJ DYSFUNCTION

By: *Ben Rose, PT, DPT* of [BSPT Cambridge](#)

Temporomandibular joint dysfunction (TMJD) is a common condition where the jaw doesn't function properly. TMJD is often associated with jaw pain, clicking, popping, locking, and stiffness. Patients will complain of pain with eating, singing, sleeping, exercising, and dental work. TMJD can be easily treated by a physical therapist specializing in craniofacial pain.

TMJD is often under treated, but with just a few PT sessions, patients typically feel relief. Therapists examine the jaw, face, and neck for the specific source of dysfunction and then treat it with various hands-on techniques and exercises. A few different treatment techniques are the use of massage, dry needling, joint mobilization, and postural strengthening.



Pictured here is **PT, Ben Rose**, pointing to the specific source of dysfunction that causes pain.

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(SEASONAL TIPS CONTINUED FROM PAGE 10)

FALL PREVENTION AND BALANCE

By: *Lauren Gray, PT, DPT of [BSPT Attleboro](#)*

Based on data from the National Council on Aging, one in four adults over age 65 will fall each year. Not only can falling lead to physical injury, it can lead to feelings of depression and isolation due to limiting recreational activities, visits with friends or family, or normal activities to avoid a fall. Fortunately, physical therapy can help! If you're concerned about yourself or your loved one feeling off balance, a licensed physical therapist can provide a comprehensive examination that includes:

Strength Assessment: We'll evaluate the strength in major muscle groups and identify any weakness that may make you more prone to falls.

Range of Motion Assessment: We'll measure the range of motion in your trunk and lower extremities to see if you have any restrictions that may contribute to impaired movement.

Balance Assessment: We'll see how well you can balance in different positions, on different surfaces, with your eyes closed, etc. to identify any deficits.

Movement Assessment: We'll analyze the quality and speed of your gait, your ability to move from sitting to standing, and your ability to roll over and get in and out of bed.

Home Assessment: We'll ask you what your home looks like, review any potential fall hazards within the home, and suggest assistive devices to help reduce risk of falls if necessary.

Vestibular Exam: If your physical therapist believes you're suffering from vertigo (a sensation of being off balance associated with inner ear pathology or motion sensitivity), they may include special assessments.



Pictured here is our **PT, Lauren Gray**, testing how well her patient is able to balance on an unstable surface, as part of her fall risk assessment.

Once the exam is complete, your physical therapist will discuss the findings with you and come up with a treatment plan to help reduce your risk of falling. We strongly believe that most falls are preventable and encourage everyone to come in for an evaluation to see how we can help!

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EXERCISES OF THE MONTH: EVERYDAY YOGA FOR EVERYONE

Meghan Eckel, PT, DPT is a physical therapists at our sister company's [BSPT Dorchester location](#). She also doubles as a yoga instructor! As a former athlete with a love for movement and helping others, she wanted to put together some exercises that address common aches and pains that are often left unaddressed. The most prevalent causes of these symptoms are lack of mobility throughout the body and core stability. The movements below focus on both to relieve constant neck, back, hip, or glute aches and pains.

These yoga-friendly exercises are a great way to promote everyday health and wellness.

Start off your day right by incorporating these exercises into your morning routine. These movements will wake you up, get you active and mobile, and put you in a healthy mindset for the day!

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.



OPEN THE BOOK

1. Lay on your side and bring your knees up towards your chest
2. Extend your arms straight out in front of you and rotate your body as you open your arm up to the other side
3. You should feel a stretch in the middle of your back
4. Added bonus: coordinate your breath; inhale as you open up, exhale as you close back down



KNEELING CRESCENT LUNGE

1. Start in a kneeling position, with extra support under knees if needed
2. Step one foot out in front of you and stack your knee over your ankle
3. You should feel a stretch in the front of your hip on the kneeling leg
4. Squeeze your glute to pull your hips even farther forward

(EXERCISES OF THE MONTH CONTINUED ON PAGE 11)

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 10)



BABY COBRA

1. Lay prone on your stomach, then engage your glutes and your shoulder blades to tighten your back
2. Press gently through your hands and lift your head up slightly, using your glutes and your postural muscles to do so
3. Added bonus: inhale as you lift, exhale as you lower



BIRD DOGS

1. Start on all fours, in a tabletop position
2. Stack your shoulders over your wrist and your hips over your knees
3. Pull your belly button to your spine, then extend your opposite arm and leg out while maintaining a neutral spine
4. Engage your glutes to lift your leg, and pull your shoulder blade down your back to lift your arm



DEAD BUGS

1. Lay on your back, bend your knees, and plant your feet close to your bum
2. Engage your transverse abdominus and bring your belly button to your spine
3. While maintaining a neutral spine, lift your legs and arms up overhead
 - For an additional challenge, extend your opposite arm and leg out, then come back to center and switch
4. Alternate your arms and legs slowly with control, all while maintaining core engagement

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New Clinic Updates

Earlier this month, MVPT Physical Therapy began a partnership with Abilities Physical Therapy & Wellness of Portsmouth, New Hampshire.



Now part of



Abilities has been serving the Seacoast of New Hampshire since 2002, with a strong reputation for providing high quality care with a patient-centric approach. The reflects each organization's commitment to patient access, deep community ties, and the strong alignment in cultures and values.

Founder of Abilities, Susan Dumore, PT, ATC who will be continuing on as a Managing Partner at MVPT Physical Therapy-Portsmouth stated, "My team and I are thrilled to be partnering with MVPT and the resources that it brings. I have always thought of my team and our patients as family and knowing that MVPT shares that commitment gives me great confidence in the future. Partnering with MVPT will be a great outcome for our team and patients."

We are very excited to welcome Sue, her team, and their patients to the MVPT family. To learn more about MVPT Portsmouth, please visit their web page [here](#).



Annual Halloween Contest

If you know anything about our team, you know they are passionate and competitive. They've been hard at work planning their Halloween costumes for our Annual Halloween Celebration. Keep a watch out on our [Facebook](#) and [Instagram](#) pages so you can vote for your favorites during the week of Halloween!

REMINDER



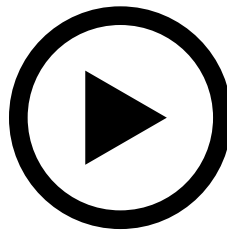


New Safety Measures



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We are committed
to your
health and safety



An Introduction to our new safety measures



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