

Celebrating

37
YEARS



MVPT
PHYSICAL THERAPY

JANUARY 2021

COMMIT TO YOUR HEALTH TO REACH YOUR POTENTIAL



Maximize Your Potential with MVPT Physical Therapy

The start of the New Year can be filled with hope, determination, and drive—with many vowing to put more effort into achieving their goals and maintaining good habits. This year, why not focus all of that positive inertia towards committing to your health?

Prioritizing your wellbeing is crucial and can lead to reduced stress and anxiety, enhanced productivity, increased empathy, and overall happiness and contentment. But with all of your responsibilities and obligations, it can be hard to see how you'll be able to prioritize your wellbeing. That's where we come in. As physical therapists, we strive to give our patients the necessary tools, resources, and support to ensure lasting health and healing in the New Year ahead.

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SERVING THE COMMUNITIES
OF AND AROUND NEW
HAMPSHIRE SINCE 1983

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KEY FEATURE

Maximize Your Potential with MVPT Physical Therapy

(KEY FEATURE CONTINUED FROM PAGE 1)



“If you can't fly then *run*, if you can't run then *walk*, if you can't walk then *crawl*, but whatever you do, you have to keep moving forward.”

- Martin Luther King Jr

ALL THE WAYS PT CAN HELP

GOAL SETTING

Setting goals can be overwhelming. You might have an overall goal in mind, like “become healthier,” but have no idea what that really means for you or how to get there. The idea of optimized health varies from person to person. Your physical therapist will be able to holistically look at your unique circumstances, lifestyle, and history to help you first construct an idea of what optimal health looks like for you, and then break down this goal into attainable achievements.

- Attends frequent courses outlining the latest trends and research in the field
- Attends additional seminars and conferences conducted by experts in the industry

Armed with the latest industry trends and creative strategies, your physical therapist will be able to offer innovative techniques, treatments, and exercises you may not have access to on your own, increasing your chance of success during your journey.

ACCOUNTABILITY

In 2017, the American Society of Training and Development (ASTD) found that if you have a specific accountability commitment with a person, you increase your chance of success by up to 95%. Who better to keep you accountable than your physical therapist? Your health and wellness is our number one priority, and with regular check-ins and follow-ups, we'll help you stay on track and give you the boost of positivity or support needed to keep plugging away (even when it gets tough or life gets in the way).

OVERCOME OBSTACLES

Your physical therapist has a comprehensive view of your lifestyle, giving them ample opportunity to recognize some of the obstacles that might get in your way while trying to achieve your goals. For instance, you might have a goal of participating in a circuit training routine at your gym, but perhaps some of those exercises increase pain in your shoulder. Your physical therapist will not only address the pain you're experiencing to resolve your symptoms and limitations but will also provide you with exercises that are safe alternatives to reduce recurrence of your symptoms in the future.

INNOVATIVE STEPS

We stay current on all of the latest strategies for effective healing, wellness, and strength. In order to constantly expand our knowledge base and offer you the most effective solutions, our staff:

- Participates in enhanced certification opportunities
- Remains up-to-date on the latest research in scientific journals

CONCLUSION

Even with the best of intentions, it's easy to get caught up in the New Year frenzy of “resolutions” and “quick fixes,” but these mindsets often lead to short-term achievement instead of long-term success. Enlist your trusted physical therapist to guide you on your journey to health and wellness and help you reach your maximum potential this year.

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STAFF SPOTLIGHT

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Pictured is **Eric Veno, PT, ATC**, and his family: Danielle, Jackson, and Connor.

Eric Veno, PT, ATC

Senior Physical Therapist at MVPT Portsmouth

“After high school, I chose to enter the healthcare field studying Athletic Training Sports Medicine at Keene State College. The third year of my program was dedicated to managing various sports injuries—and I soon realized that this was exactly what I wanted to do. I enjoyed all aspects of athletic training, but really thrived in the rehabilitation aspect. Over the next 18 months, I researched bridge programs and was accepted at Notre Dame College in Manchester (now Franklin Pierce University). Once I finished my degree at Keene State College, I became a certified Athletic Trainer and soon went on to earn my master’s degree in Physical Therapy at Notre Dame College.

Early in my career, I worked for a very large corporation where the grind of constantly needing to treat more patients left me wondering if I even helped anyone. I decided to seek a company that was patient-focused and empowered me to care for patients and form the bonds to build ‘patients for life.’ In 2002, I made the move to Abilities Physical Therapy, now MVPT Portsmouth. Our clinicians are given the time and

flexibility to fully treat our patients, hear their concerns, and formulate treatment plans that not only resolve their current ailment but can help them for years to come.

As a physical therapist, I always work to educate those around me on the various ways PT optimizes health. Whether we’re hosting a high school student considering a medical field of study, a doctoral PT student for their final clinical rotation prior to graduation, or with my everyday patients, communicating the how, what, and why is crucial in understanding the nuances of the field—and also helps solidify the bond between a PT and their patient.

Open dialogue and communication give patients ownership of their care. It also makes them more likely to attend their prescribed appointments and follow through with their exercise programs. If patients lose sight of their end goal and believe their care is completed when their initial pain has resolved, our open dialog and education on the phases of healing and the importance of completing the full course of care help to get the buy-in needed to achieve long-term goals for care. Reminding patients that we work together as a team to achieve optimal function builds the trust needed to form a collaborative healing partnership. I am fortunate to have forged strong bonds with many of my patients, who go on to recommend me to their friends and family members. The same story could be told by many patients about our team in Portsmouth. I couldn’t ask for a better group of people to work with. We truly support one another, both in and outside the office, which makes going to work rewarding and enjoyable.”

Outside of the office, Eric is an active husband and father who has coached youth athletics for many years, including taking an all-star team to Cooperstown, NY for a once in a lifetime trip. Eric is currently enjoying his son’s last two years of hockey...come on in and he can tell you all about it!

To schedule an appointment with Eric or learn more about our MVPT Portsmouth team, [click here](#).

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PATIENT SPOTLIGHT

Peter Rice,

Patient at MVPT Portsmouth

"My experience with MVPT Portsmouth (formerly Abilities) began simply enough on Nov. 4, 2016. Just 10 days prior I had undergone hip replacement surgery and my surgeon recommended Abilities. With no idea of what to expect, I was greeted by two welcoming staff members and given a clipboard full of forms to fill out. It all sounds simple and mundane but from that day forward, either in therapy sessions or just exercising in the gym with prescribed exercises, it has been anything but ordinary. Beginning with the front office, I am always recognized and warmly welcomed, and Mel and Anita deserve a special "shout out." Almost from the first visit I have always felt like part of a family of extraordinarily, caring professionals, and from my perspective numerous other patients feel the same way.

The patient/therapist relationship frequently goes beyond therapy, specifically without being intrusive, the therapist takes an interest in what else might be going on in a patient's life. Depending on schedules, patients begin to recognize each other, and a sense of camaraderie develops. It is an extraordinary atmosphere! For the most part, Eric has been my therapist and the bond is tight. He is the ultimate professional and it has been my luck to be under his care. He goes to great lengths to explain what he is doing and why, leaving no question unanswered. There is another "Eric characteristic" that should not be overlooked; his wonderful sense of humor that benefits everyone! It is pervasive and for the most part, non-stop. There are undoubtedly days when patients do not want to deal with health issues and Eric's humor is a welcome up-lift, and I can speak to the latter firsthand. COVID continues to make life difficult for all, but the efforts of MVPT to protect the health of patients has not gone unnoticed.

Bottom line: From the reception area to the back office, this is an outstanding organization that I enthusiastically recommend to anyone in need of its services."

- Peter R.



Pictured is Peter and his Senior Physical Therapist at MVPT, Eric Veno.

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“ From the reception area to the back office, this is an outstanding organization that I enthusiastically recommend to anyone in need of its services. ”

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SEASONAL TIPS

Winter Activities to Fight Off the Chill

The frigid New England air has officially set in, and the dreary weather, plummeting temperatures, and continued COVID-19 safeguards can make it challenging to achieve your activity goals. Now that the holiday stress has subsided, it's the perfect time to set distractions aside and commit to a healthy lifestyle that will allow you to work toward your full potential. Here are some tips to get you started:

1. WHEN THE WEATHER PERMITS, GET OUTSIDE!

While cold temperatures and bone-chilling wind can make venturing outside less than enticing, there are often winter days when the conditions are mild enough to safely get out of your house and exercise. In addition to being invigorated by the cold air, getting outside in the sunlight can boost your mood and help you to get some Vitamin D—a vital nutrient for bone health!

2. LAYER UP!

Even in cold weather, the more you move, the more you'll sweat, so your base layer should be a fabric that will wick moisture away from your skin. In addition to adding a layer to insulate your body, having multiple layers makes it easy to adjust your attire depending on the conditions and how extensively you exercise. Don't forget to add a winter hat and warm gloves to your must-haves before heading out the door.

3. HAVE SOME FUN

Fun outdoor activities aren't reserved for the warm months. On a nice winter day, hitting the trails for a hike, giving snowshoeing a try, or digging out your cross-country skis are all ways to get moving. If you're a novice, start slow and set modest goals for yourself, or partner up with a friend or family member that can keep you company and show you the ropes.



(SEASONAL TIPS CONTINUED ON PAGE 6)

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(SEASONAL TIPS CONTINUED FROM PAGE 5)

4. HAVE A BACKUP PLAN

If the conditions outside make safety a concern, have a list of some exercise activities that you can use instead. Tune into a virtual yoga class that our sister company, Bay State Physical Therapy, has on their website [video library](#) or [Facebook page](#), participate in some mindful meditation, or refer to the exercises on our monthly [newsletters](#) and emails to put together a circuit of body-weight exercises.

5. PLAN YOUR EXERCISE IN ADVANCE

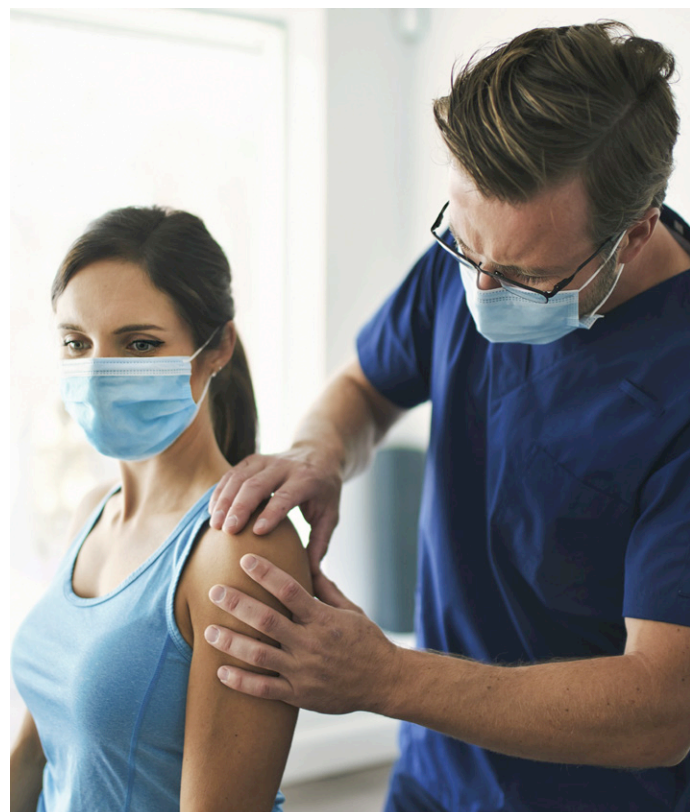
If you're like many people, creating a routine that's part of your weekly calendar is an easy way to commit time to make movement part of your daily routine. Many of us reserve time on the weekends to plan meals for the week, so use this same approach to achieving your exercise goals. Knowing what you're scheduled to do each day, and including the time needed to accomplish your daily exercise tasks, is one way to set yourself up for success.

6. DON'T DELAY CARE IF YOU'RE IN PAIN

If pain or loss of mobility and function is a barrier to your exercise goals, schedule a visit with your physical therapist. Your physical therapist is your partner in health, and as an expert in movement, will help you identify the root cause of your symptoms. As you progress through your care, your physical therapist will help identify safe exercise options that help you return to your maximum function and achieve your full exercise potential.

IN CLOSING...

While it can be easy to just pull up the blankets and add exercise to your list of things you'll deal with tomorrow, now is the time to turn the page on old patterns that have sabotaged you in the past. Your journey to better health can start today, and we're here to help every step of the way.



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EXERCISES OF THE MONTH: SHOVEL THAT SNOW!

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Shoveling snow is a workout, and we want to teach you the right movement patterns so you push, lift, and throw the heavy snow properly to avoid injury. Follow the exercises below to prepare for the next snow storm!

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



TRUNK ROTATION

1. Stand with your feet shoulder-width apart and your knees slightly bent.
2. Place your arms across your chest.
3. Turn your body left and right, and gradually increase the amount of movement.
4. Perform 10x on each side and rest for 30 seconds before performing it again.



HIP FLEXOR STRETCH

1. Stand up straight facing a chair or high bench.
2. Stand on the leg you'd like to stretch, placing the sole of your other foot firmly on the chair.
3. Ensure your foot is in the middle of the chair to avoid any tipping.
4. Stand up straight, look ahead, and tighten your buttock muscles.
5. Keep your stance leg straight as you push your hips forward.
6. You should feel a stretch in the front of your hip on your stance leg.
7. Hold this position for 20-30 seconds and perform it 3x on each side.



(EXERCISES OF THE MONTH CONTINUED ON PAGE 8)

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 7)



SEATED PIRIFORMIS/FIGURE 4 STRETCH

1. Start in a seated position.
2. Cross your right leg over your left knee, resting your right ankle on your left knee.
3. Apply gentle pressure to the right knee as you lean forward, increasing the depth of the stretch in your right buttock.
4. Hold this position, you should feel a comfortable tension with no pain in your right buttock area.
5. Hold for 20-30 seconds and repeat 3x on each side.



SQUAT

1. Start standing with your feet slightly wider than hips-width apart.
2. Bend at the knees as you lower and squat like you're about to sit in a chair behind you.
3. While engaging your core, push through your heels and return to a standing position.
4. Repeat this exercise for 2 sets of 10 with a 30-second rest between sets.



PIVOT SNOW SHOVEL SIMULATION

1. Stand in a wide stance and imagine you're holding a snow shovel with a load of snow on it.
2. Think about engaging your core (bring navel towards your spine).
3. Push your toes into the floor, lift your heels, and pivot to one side on the ball of your foot (keeping your core tight).
4. Turn your hips and shoulders 90 degrees.
5. Feel your calves, glutes, and quads activate as you turn.
6. Repeat this movement 3x on each side.



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Pictured here is the Bay State Physical Therapy riding team from this summer's Pan-Mass Challenge.



PMC WINTER CYCLE



Our sister company, Bay State Physical Therapy, is proud to be the official physical therapy sponsor of the Pan-Mass Challenge (PMC).

As you may have seen over the summer, the Bay State Physical Therapy riding team completed their 100-mile ride around the Massachusetts South Shore and raised over \$50,000 for Dana-Farber Cancer Institute. We couldn't feel more humbled to be able to sponsor and participate in such a phenomenal cause. Part of PMC's annual fundraising efforts kick the year off with an indoor cycling event, called the "PMC Winter Cycle." Last year, they raised more than \$825,000 with this event alone!

PMC Winter Cycle is held annually each January in Boston, which is a "charitable stationary cycling event" that starts off the yearly fundraising campaign for PMC. The event is typically held inside Fenway Park, but this year, riders will be able to cycle on the iconic baseball field itself! The event consists of stationary rides throughout the day that can also be accessed virtually through a live stream.

We're excited to support the riders as we did in last year's PMC Winter Cycle—but now in a slightly different way! Last year a few of the physical therapists were able to provide stretching for participants, but this year we're providing riders with resistance bands, as well as stretches and exercises to do with the bands in preparation for their PMC Winter Cycle ride. The bands will be sent out to all PMC Winter Cycle riders and a few members of the Bay State PT riding team will be demonstrating how to use the resistance bands in video exercises. Stay tuned for these videos later this month!

PMC Winter Cycle will be held on Saturday, January 30, 2021. If you're interested in registering for PMC Winter Cycle or would like to learn more, [click here](#)!



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Clinic News

With 2020 behind us, there is so much to be excited about as we welcome a new year full of possibilities.

Our teams in our offices have been busy preparing for the turn of the calendar and are ready to help you prepare for the year ahead.

Keep an eye on our social channels as we have great news to share about exciting new facilities, a central New Hampshire MVPT location, and so much more!

We always want to provide premiere physical therapy care that's convenient for you and your loved ones. Stay tuned for new clinic announcements and updates by following our [Facebook](#) and [Instagram](#) pages!

Our new logo is popping up around our clinics...what do you think?



We'd Love to Hear from You!

Would you like to be featured in one of our patient spotlights?

Do you have a great experience at one of our MVPT clinics you'd like to share? If so, we'd love for you to let us know! You can even send us your comments and the details of your experience to info@mvptnh.com. As a locally owned and operated company, your feedback is crucial and helps to spread the word about the services we provide. Thank you!

Have something you'd like to learn more about in an upcoming newsletter?

Do you have a physical therapy topic you'd like to learn more about? Email us at info@mvptnh.com to let us know what you would like to see in our future newsletters!

Email Us!



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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.

OR



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.

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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 wash/sanitize hands between client interactions

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BEDFORD
603.626.4205

MANCHESTER
603.625.1864

LONDONDERRY
603.434.6592

NASHUA
603.943.5029

PORTSMOUTH
603.610.2200

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