

BEAT THE HEAT AND KEEP MOVING!



Our sister company, Bay State Physical Therapy, is proud to be the Official Physical Therapy Sponsor of the Pan-Mass Challenge. For this year's #PMCreimagined, the Bay State Physical Therapy riding team rode a century ride on Saturday, August 1st. Read below for a recap of their weekend!

Saturday, August 1st, 2020 marked yet another successful year for Bay State Physical Therapy and the Pan-Mass Challenge (PMC)! Though this year looked a bit different, with a reimagined ride, there was still a strong outpouring of support for this remarkable event. While previous PMC events included streets crowded with family and friends cheering for riders, this year's non-traditional event was still just as inspiring.

Our Bay State Physical Therapy riding team was one of the many teams that participated in the PMC Reimagined ride this year. One of our rookie PMC riders, Erin Doherty, mentioned in her latest [blog](#), "When hearing the 2020 plans of #pmcreimagined, our Bay State Physical Therapy Riding Team adapted to the change, and decided to participate by riding 100 miles around the South Shore." Bay State Physical Therapy's riding team captain, Holly Petersen, admits in her latest [blog](#) post, "When Billy Starr, the founder of PMC, delivered the message that PMC weekend would not be held in its traditional form, a wave of disappointment crashed over me."

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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

Our PMC Weekend

(KEY FEATURE CONTINUED FROM PAGE 1)

For veteran PMC riders like Holly, they wondered how this event was going to turn out. After reflection, Petersen realized “PMC is not just about the ride on the first week in August, rather it is about the fundraising for Dana-Farber Cancer Institute.” After this realization, our team shifted gears to reimagine their PMC ride and continue the fight for an end to cancer.

Our team consisted of eleven devoted individuals who rode a total of 100 miles around the South Shore of Massachusetts on Saturday, August 1st. Their ride began at 6:00 AM on a hot, summer day. Some of our physical therapists and chiropractic staff members supported our team by providing preventative treatment and stretching at a few of our Bay State Physical Therapy and Milton Chiropractic locations. One of our riders, Cara Gaziano, PT, DPT of Weymouth said, “During the ride, I felt great until mile fifty when I had a headache but that was quickly resolved with some manual therapy and an adjustment at the Kingston lunch stop.”

We made sure that there were friends and family as well as food and drink waiting for the riders upon arrival at each of the five water stops. Gaziano states, “Seeing the amount of people who came out to support us and help us feel our best during the ride was amazing. I was able to meet

...The most memorable part of the PMC weekend was “the positive energy and the ‘why’ they rode (for Carly and all the other families affected by Cancer).”



so many new people from other locations. They made it feel like a bunch of short rides because of the excitement and support at each stop.” Once the team had reached approximately 90 miles, it was time for a parade that they had planned for their Pedal Partner, Carly.

Carly’s family, friends, and neighbors lined her street as the Bay State riding team led the parade with local Fire and Police Department vehicles. More than 25 cars, decorated with signs and balloons, followed the team to celebrate Carly and inspire her to continue her fight against cancer. David Smith, VP of [Milton Chiropractic](#) Clinical Operations, also admitted that the most memorable part of the PMC weekend was “the positive energy and the ‘why’ they rode (for Carly and all the other families affected by Cancer).” It was an extremely moving event for all who participated.

After being fueled with inspiration from supporting their Pedal Partner Carly, the team had only ten miles left of their century ride (100 miles). Our team captain explains, “As we completed the last ten miles, including the final ascent into Blue Hills, we felt reinvigorated about our mission as a team for PMC 2020. We surpassed our fundraising goal, we coordinated a community-wide parade for our Pedal Partner, and we planned and rode our own century ride.”

(KEY FEATURE CONTINUED ON PAGE 3)

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(KEY FEATURE CONTINUED FROM PAGE 2)

The team felt extremely humbled when they completed their ride knowing that everything they had accomplished was to raise money for cancer research. Their purpose for riding truly made all of their hard work and dedication worth it.

We are so thankful for every donation that was contributed towards reaching our fundraising goal. “[Our PMC Reimagined] would not have been possible without the support – physical, financial, and emotional – of our friends, families, colleagues, and strangers,” Petersen said. We began our fundraising efforts in the beginning of the year at our annual holiday party which started our team off on a solid foot. A special thank you to our generous corporate sponsors [Alekman Ditusu, LLC](#), Neil Trickett from [Practice Promotions](#), and [McGuire Woods](#).

“Our PMC Reimagined would not have been possible without the support – physical, financial, and emotional – of our friends, families, colleagues, and strangers.”

We look forward to expanding our ties within the communities in which we serve as we celebrate our 25th year. We strive to serve more communities through great causes like the Pan-Mass Challenge, Dana-Farber Cancer Institute and those going through tough battles like our Pedal Partner, Carly. Although it has been a roller-coaster of a year for many, we hope that our uplifting story has inspired you to make the best out of this time by making your own unforgettable memories!



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STAFF SPOTLIGHT

Brittany Ardagna

PT, DPT of MVPT Bedford

If you have been a patient in our MVPT Bedford location, you will undoubtedly recognize the bright smile and friendly demeanor of Brittany Ardagna, DPT. Brittany joined MVPT in the summer of 2018 as a new-graduate PT, fresh from passing her physical therapy board examination. She attended the University of Rhode Island (URI), where she competed as a NCAA Division 1 swimmer, and earned a Bachelor of Science degree in Kinesiology. After earning her undergraduate degree from URI, Brittany attended Northeastern University's Bouvé College of Health Sciences, where she earned her Doctoral degree in Physical Therapy.

Brittany was born and raised in Andover, Massachusetts, where she was an avid swimmer that found her "second home" in a pool. Beginning around the age of 8, her parents quickly found that not only did she excel at swimming, it was also a great outlet for her extra energy! As she became more intensely involved in swimming, she dedicated herself to the sport and began training more than 20 hours per week! Needless to say, dedication is something that is engrained in everything Brittany does, even beyond the pool!

Brittany's desire to be a physical therapist was also something that was apparent early in her childhood, idolizing her cousin who was a neurological-based physical therapist. Listening to her cousin talk about the profession, and how rewarding it was to make a real difference in peoples' lives was all it took to convince Brittany of her future career path as a physical therapist.

Today, Brittany functions as a fulltime orthopedic physical therapist, anchoring our MVPT Bedford team with her bright personality, her caring and compassionate patient-focused care, and what some of her patients describe as "discipline with love." Brittany's top-notch education at Northeastern University has



“During my time at MVPT, I’ve had the opportunity to work with a wide-range of patients that are dealing with many types of injuries and conditions. This mix of diagnoses pushes me to stay current in the latest research and techniques to help my patients recover. It is incredibly rewarding to see my patients push past their injuries, recover from their limitations, and get back to the activities that they desire to be part of.”

In addition to her foundation in orthopedic physical therapy, Brittany is trained in Dry Needling, has clinical interests in Vertigo, TMJ, shoulder, knee, and spine conditions, and aquatic physical therapy. This fall, she is also set to become certified as our pool operator! Aside from her professional accomplishments, we are lucky to have such a dedicated, personable, and kind person on our MVPT team.

If you would like to schedule an appointment with Brittany Ardagna, PT, DPT at MVPT Bedford, please [click here](#) or contact our office at 603-626-4205.

“I knew immediately upon meeting Brittany that she had the potential to be a leader in the profession of physical therapy. She has established herself as a highly skilled clinician, a compassionate listener and patient advocate, and someone who always puts her patients’ needs first. Brittany has developed a loyal following of clientele who specifically request her as their care-provider, due to her ability to achieve stellar results and build lasting relationships with the individuals she works with.”

– KEVIN POZZI, PT, DPT, OCS, *MVPT Managing Partner*

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PATIENT SPOTLIGHT



Brittany Ardagna, PT, DPT
of MVPT Bedford

Kathy S.

MVPT Bedford Patient

“My first encounter with MVPT was when I took a close friend to her appointments in 2019. It was the kindness and professionalism that resounded throughout the office that inspired me to seek care when I needed physical therapy. I have not regretted my decision! It is comforting to know that when you choose a professional office for services, that in all aspects you will be served and taken care of. This is the character and values I find at MVPT.

Brittany was my first physical therapist, and she is a joy to work with. She makes it fun with pleasant conversation along with her seriousness of providing the best care for her patient. She is always checking with each exercise on how it feels. If it hurts, she always asks where and how much it hurts so that she can modify the exercises or change it so that I still reap the benefit of the movement without the unnecessary pain.

“Along the path of my recovery, Brittany has been a source of strength, support, and encouragement. She has a way of letting you know that keeping up with home exercise is a must if you want to continue to improve your quality of life... I call it discipline with love.”

(PATIENT SPOTLIGHT CONTINUED ON PAGE 6)

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(PATIENT SPOTLIGHT CONTINUED FROM PAGE 5)

Aquatic Physical Therapy is available in our private, therapeutically warm in-clinic pool at MVPT Bedford.

Along the path of my recovery, Brittany has been a source of strength, support, and encouragement. She has a way of letting you know that keeping up with home exercise is a must if you want to continue to improve your quality of life... I call it discipline with love.

When I first came to MVPT, I was unaware they even had a pool. So, when I needed physical therapy for myself, I made sure to tell my doctor to include aquatic therapy as part of my referral. I am a "water person" so I was really looking forward to aquatic therapy!! I love being in the therapy pool because I can do the exercises without the pressure of gravity, but don't be fooled; it is not easy by any means. The resistance of the water against your body just makes you work in different ways. When I started my most recent course of physical therapy in the pool about six weeks ago, I could not even go up my stairs foot over foot. Now, with the work I've done with Brittany while using the pool, today I can! I have better balance and endurance, which allows me to walk longer periods of time without looking to sit or getting too tired.

While I am very comfortable being in the water, you should not be discouraged from trying aquatic therapy if you are not as comfortable being in the water! Brittany is always close by during my session, and we utilize some of the pool equipment, like floating barbells, ankle cuffs, and even pool noodles! Brittany is able to see exactly what I am doing, and when she is on the side of the pool, she is able to demonstrate exercises so I know exactly what to do and how to do it safely. I always feel safe and confident in the pool knowing that Brittany is there to provide the same quality of care in the water that I have received when I've done normal land-based therapy.

If you are in need of physical therapy or aquatic physical therapy, I highly recommend Brittany and MVPT. Everyone from the front office to all of the therapists, combine to make patients feel comfortable, welcome, and safe, and their knowledge and concern for all of their patients makes you feel like you are part of the MVPT family!"

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SEASONAL TIP

Benefits of Aquatic Physical Therapy

As we near the end of summer, we all want to make the most of our time by the pool, at the beach, or on the lake. While getting in the water is a great way to cool off during the hot summer days, you can also use it for exercise! Read more about why exercising and stretching in the water is a great form of physical therapy and how you can use water to beat the heat!

AQUATIC PHYSICAL THERAPY

Aquatic physical therapy, a common physical therapy intervention for patients with chronic pain or joint conditions, should not be viewed as easy, less strenuous, or less effective than land-based exercise.

In fact, according to authors of, "[Muscle Activity During Aquatic and Land Exercises in People With and Without Low Back Pain](#)," a recent study published in Physical Therapy Journal by Oxford Academic, "**Water-based exercise can be beneficial for many people whose movement is limited by pain.**" Aquatic therapy is a safe and effective method for healing injuries, restoring patient confidence, and increasing mobility.

AQUATIC PHYSICAL THERAPY IS A GREAT OPTION FOR CLIENTS SUFFERING FROM:

- Arthritis or other joint pain
- Arthroscopic and joint surgery recovery
- Balance disorders
- Cerebral palsy
- Chronic pain
- Lower back pain
- Orthopedic and sport injuries
- Stress fractures
- Multiple sclerosis
- Rheumatoid arthritis
- Scoliosis
- Spinal cord injury

(SEASONAL TIP CONTINUED ON PAGE 8)

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(SEASONAL TIP CONTINUED FROM PAGE 7)

A common misconception of aquatic physical therapy is that you need to be a high-level swimmer to participate. With many of the exercises performed in waist-deep water along the side of the pool wall, you don't need any swimming skills to experience the benefits of aquatic therapy.

Much the same as land-based goals of physical therapy, common goals of an aquatic therapy programs include:

- Building muscle strength and endurance
- Improving flexibility
- Assisting with gait and walking fundamentals
- Improving balance and coordination
- Reducing stress and promoting relaxation
- Enhancing aerobic capacity

Other advantages of aquatic therapy include:**AQUATIC THERAPY CAN OFTEN BEGIN BEFORE LAND-BASED THERAPY IS SAFE.**

For athletes looking to get back into competition, or busy professionals who want to recover from surgery as quickly as possible, this makes a water-based program the natural choice. When compared to other forms of physical therapy, like home-care or in-clinic sessions, aquatic therapy results in a higher client compliance rate and less pain throughout the recovery process.

BUOYANCY PROVIDED BY THE WATER ACTUALLY ASSISTS IN SUPPORTING THE WEIGHT OF THE PATIENT.

This decreases the amount of weight bearing which reduces the force of stress placed on the joints. This is especially useful for patients with bone or joint conditions such as arthritis, as well as those who are overweight. By decreasing the amount of joint stress, it is easier and less painful to move.

THE VISCOSITY OF WATER PROVIDES A SOURCE OF RESISTANCE THAT CAN BE EASILY ADJUSTED BY THE PATIENT BASED ON COMFORT.

This resistance allows for muscle strengthening without the need for weights. Using resistance coupled with the water's buoyancy allows a person to strengthen muscle groups with decreased joint stress that cannot be experienced on land.

THERAPEUTICALLY WARM AQUATIC THERAPY ASSISTS IN RELAXING MUSCLES AND VASODILATES VESSELS, INCREASING BLOOD FLOW TO INJURED AREAS.

Patients with muscle spasms, back pain, and fibromyalgia find this aspect of aquatic therapy especially relaxing and beneficial.

If you have an injury or illness that causes a limitation in functional mobility, you may benefit from aquatic physical therapy to help you recover fully and get you back to your maximal level of activity.

[Click here](#) to learn more about aquatic physical therapy and schedule an aquatic physical therapy appointment in our MVPT Bedford office.

**Merrimack
Valley** **PHYSICAL
THERAPY**

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EXERCISES OF THE MONTH: AQUATIC EXERCISES

AQUATIC EXERCISES YOU CAN PERFORM AT THE BEACH, LAKE, OR POOL

Nothing feels more like summer than being near the water, especially for those of us that call New England home! While summer travel can make it a challenge to stick with your exercise routine, sometimes changing things up a bit is actually a good thing for your body.

Whether you enjoy the water of a pool, the quiet of the lake, or the waves of the ocean, there are plenty of exercises you can perform that will challenge your body. Here are a few we've selected to get you started!

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.

FORWARD WALKING

Why: Targets lower extremities with a gentle warm-up in preparation for activity

How: In waist-deep water, walk forward with a normal gait, with each foot passing the other with each full step. Focus on taking full steps and maintaining a focus on your core to assist with balance. Perform this activity, in each direction for 1-2 minutes.



STANDING HIP FLEXION

Why: Strengthening exercise for hips, glutes, and low back

How: Stand with wall to your left side and use left arm for support on wall. Lift your right leg while bending right hip and right knee to finish in a "marching" position, then return to starting position. Perform 2 sets of 10 repetitions on each leg. Be sure to maintain good upright posture with upper body, do not lean as you perform this activity.



LATERAL WALKING

Why: Targets your hips, and lower extremity abductors and adductors to warm them up for more vigorous activity.

How: With your feet, hips, and shoulders pointed straight ahead, take shoulder-width steps (or a step that feels comfortable for your ability) sideways, bringing your feet together to travel across the width of the pool. Perform this activity, in each direction for 1-2 minutes.



Helpful hints for your warm-up:

Placing your arms and hands above the surface of the water will make this easier. For more of a challenge, place arms to your sides with your hands submerged. Keep in mind, that the motion of the water, which may be increased by other pool users, will increase the difficulty of this activity.

**(EXERCISES OF THE MONTH
CONTINUED ON PAGE 10)**

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(EXERCISES OF THE MONTH CONTINUED FROM PAGE 9)**SQUATS**

Why: Strengthen your lower extremities and your core

How: Stand in chest-deep water with your feet about shoulder width apart and squat down into the water like you are going to sit in a chair. Make sure feet stay flat on the ground, do not let heels come up. Try to go down as far as the water level will allow. Use arms for support on wall or a floatation device as needed.

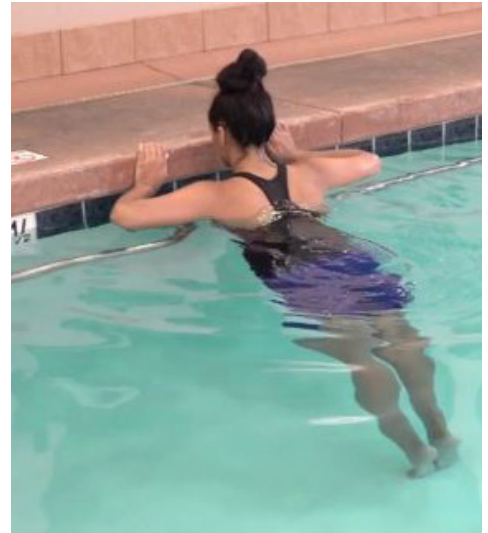
For additional challenge, move to a shallower location of the pool; with less of your body submerged, you will have to do more of the work! Perform 2 sets of 10 repetitions.

**WALL PUSH UP**

Why: Upper body strengthening of your arms and shoulders

How: Stand alongside the pool wall with both hands placed on the wall or railing. Slowly bend your elbows out to the side, lowering your chest toward the pool wall.

Maintain a tight core and push your arms straight to return to the starting position. For additional difficulty, move your legs farther from the wall. Perform 2 sets of 10 repetitions.

**BICYCLE WITH A NOODLE**

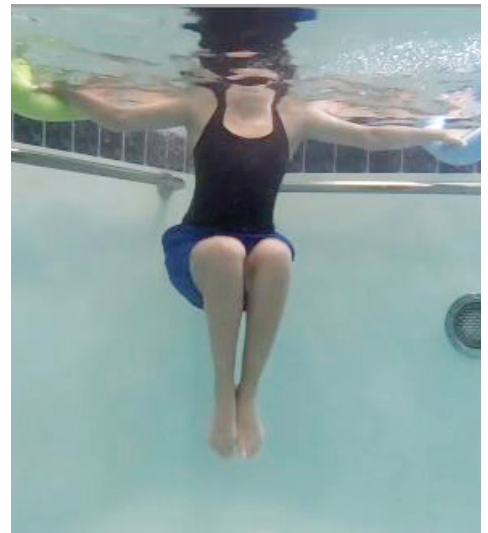
Why: Hip mobility and core activation

How: Utilizing one or more floatation noodles placed under your arms, move your legs in a full cycling motion just like if you were pedaling a bike. Try to maintain your abdominal activation and limit your trunk motion throughout performing this activity. Perform for 1-2 minutes...but pay attention to your abdominal activation!

**KNEE TUCKS**

Why: Abdominal control and hip and glute strengthening

How: In deep water with 1 or more floatation devices, start with your body in a straight, vertical position with your body fully extended. Engage your abdominals, to hold still, then bend at the hips to lift both knees to your chest (maintaining tight abdominals to stabilize your trunk position.) Return to the starting position, pausing to maintain and hold the vertical position. Perform 2 sets of 20 repetitions.



If you have questions about these activities or how you can benefit from aquatic physical therapy, contact your physical therapist by [clicking here](#).



This year, MVPT is celebrating 37 years of service to the communities of Greater Manchester and Southern New Hampshire.

Established by David and Nancy Robator in 1983, MVPT has been serving Southern New Hampshire for 37 years, with an excellent reputation for clinical quality and a superior patient experience. "Dave and Nancy's character and compassion for their patients and the MVPT team are truly unique, and we are honored to now be working with the new managing partner, Kevin Pozzi to build upon their foundation," said Dr. Steve Windwer, founder and CEO of Bay State Physical Therapy. "The alignment of our cultures and values make this a special partnership, and we could not be more excited to have the MVPT and Bay State PT families working together," said Windwer. "The partnership of Bay State Physical Therapy and MVPT reflects our continued desire to enhance access to better serve our patients, while prioritizing clinical outcomes and a customer-first mentality."

As a physical therapist-owned and locally rooted company, MVPT has a focus on providing physical therapy services that aid 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."

Under the direction of Managing Partner, Kevin Pozzi, PT, DPT, OCS, MVPT is poised to build upon the growth of the past several years and expand the regional reach and brand. We have exciting news to share and events planned in the coming months, so stay on the lookout for upcoming newsletters from MVPT.

Bay State Physical Therapy's 25th Anniversary



As MVPT celebrates its 37th year, our sister company Bay State Physical Therapy is celebrating its 25th anniversary. President & CEO, Steve Windwer states, "I have so much to be thankful for! None of which would be possible without the steadfast support of my family, friends, colleagues, and the dedication of our entire corporate and clinic team members. Our Bay State Physical Therapy and MVPT staff is comprised of quality individuals who embody our core values: growth oriented, service excellence, health and wellness, teamwork, character, and compassion. Our clinical care team is made up of managing partners and physical therapists who exemplify these core values, have a passion for their profession, and strive every day to provide you with the care you deserve."

I also want to thank you, our valued patients, for entrusting Bay State Physical Therapy and MVPT with your care over the years. We are extremely grateful, and it brings us so much joy as clinicians when you also recommend our care to your family, friends, colleagues, and teammates. Your continued support and kind words throughout the years mean so much to us! Each of your victories and all of the success you achieve in physical therapy exemplify the reasons we come to work each and every day. I look forward to sharing with you what we have in store for the rest of this year and the many years to come. Thank you for making MVPT your physical therapy provider, and as we have been for the past 37 years, we are happy to be here for you whenever you need us!"

REMINDER



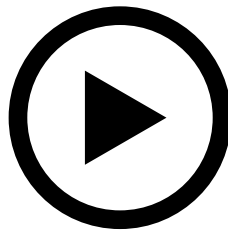
E-Statements

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.

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We are committed
to your
health and safety



An Introduction to our new safety measures



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