

# Therapy MATTERS

April - June 2011

## Avoid Injury While Doing Yard Work

Spring is here and with it comes potential for injury. It is important to be prepared and safe when working in the yard. The following are tips for injury prevention:

Early morning and evenings may be cooler and the best times to get your yard work done. Try to share the work with family or friends to reduce the workload.

### Warm Up

Limber up before tackling the yard. Go for a walk and stretch: trunk rotations for stretching the back, bring your knee up to your chest to stretch your lower back and legs, and reaching above your head with hands locked to stretch arms and shoulders.

### Change Tasks Often

Change positions often to avoid repetitive motions. These motions are hard on your body and can lead to injury. If you are pulling weeds, stand up after 10 minutes to stretch and change position. Rake a small part of the yard, then pick up the debris and move it out of the area. Break up sitting tasks by walking whenever possible.

### Use Proper Body Mechanics

Be aware of body position when raking, bending or picking up debris in the yard. Always bend from the knees and keep your back straight. Consider using a cart or wheelbarrow to move items from one place in the yard to another. When raking, place one foot in front of the other and then switch after 10 minutes.



### Use Ergonomic Tools and Be Safe

Choose tools with larger, padded or curved handles that are less strenuous to use over long periods of time. Look for protective gloves that have a nonslip surface for grip and to help prevent blisters and add protection from sticks and thorns in debris. When using ladders, have someone spotting and go slow to make sure to touch each step as you ascend and descend. Use safety precautions when operating any machinery such as watching for electrical cords, wearing protective eye gear, and making sure you have cleared rocks or debris.

### Take Breaks

Be sure to pace yourself, especially if it is hot outside. Take frequent rest breaks, drink plenty of water and wear proper clothing for sun protection and to allow for sweating. Wear waterproof sunscreen on exposed areas to avoid sunburn, and bug repellent if necessary. Do not work on strenuous tasks during the hottest part of the day.

For additional questions or if you need an injury evaluated, please contact Nebraska Orthopaedic Hospital PT/OT at 402-609-1750, or email us at [ptot@nohmail.com](mailto:ptot@nohmail.com)

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# Prevention of water-related summer injuries



Warm weather is upon us, which means that many people will soon be storing their winter coats and replacing them with swimsuits. With this in mind, it is important to consider the potential for injury with water-related activities since they can occur just as easily as other seasonal sports. As is most often the case, prevention is key.

Pre-activity stretching can help to prevent soreness and injury; emphasis should be placed on the back of the shoulder, pectoral and latissimus muscles, as well as the legs as a whole. If you plan to participate in water-skiing, jet skiing, or other highly physical activities, plan to

start a weight training program for the shoulders, upper/ mid back, core, and legs at least 6-8 weeks before the start of the season. Participants in triathlons or open water swimming events need to acclimate themselves to the lake environment. This should involve at least 3-4 supervised lake training swims to become familiar with the poor visibility lake water (Nebraska especially), as well as other influential factors such as wind and colder water temperatures. Lastly, it's always advised to consult your primary care provider before starting any exercise program, especially if you've experienced a significant change in your health status over the winter months.

For additional questions or if you have been injured, please contact Nebraska Orthopaedic Hospital PT/OT at 402-609-1750.

## Scheels Running Evaluations

Is running causing you pain? Do you need new shoes?

Come visit our Optimum Stride Running Therapists for a quick screen of your injury, advice on course of treatment, and guidance for shoes or orthotics. NOH running evaluations are held at Scheels once a month from 5:30 to 7:00 pm. Summer Schedule: May 25th, June 15th, July 20th, and August 17th.



## Therapists in the Community

Doug Page PT, OCS recently attended the American Physical Therapy Association's Combined Section Meeting in New Orleans where he received recognition for becoming a Board Certified Specialist in Orthopaedics. Additionally, Doug recently presented to Nebraska Methodist College Physical Therapist Assistant program students regarding Functional Capacity Evaluations, work conditioning, and ergonomics.



*Doug Page  
PT, OCS*

Tom Niemann, DPT, OCS continues to take a special interest in the evaluation and treatment of the shoulder and had the opportunity this past fall to attend a course taught by George Davies, a renowned researcher and author of many articles related to shoulder conditions. The course was hosted at the Mayo Clinic and covered the current best-evidence practices pertaining to examination and treatment of shoulder-related conditions.



*Tom Niemann  
PT, OCS, CSCS*



*Janice Merritt  
PT*

Janice Merritt, PT recently attended a course titled "The Total Joint Replacement Program" in Lincoln, NE. The course reviewed both new and traditional management of total joint replacements as well as therapeutic treatment options along the continuum of care from hospitalization to outpatient. Continued updated knowledge in this area will continue to promote growth of our total joint program at NOH and ultimately maximize positive outcomes for our patients.



*Ross Holsing, PT,  
OCS*

Ross Holsing, PT, DPT, OCS, TPI CGFI-MP 2, is involved with the Nebraska Orthopaedic Physical Therapy Golf Performance Program. The program is dedicated to improving the physical abilities of a person's golf swing by evaluating ROM, strength, flexibility, core stability, balance and posture. Ross recently attended his second Titleist Performance Institute seminar and became certified as a level 2 Medical Professional Golf Fitness Instructor. With the golf season underway, many individuals have been evaluated and treated through the golf program and are noting improvement on the golf course.

Angie Petersen, PT is actively involved in NOH's Optimum Stride Running Program. Angie, Elisa Bowcott, and Christy Nielsen presented on running injuries and proper training prior to the Leprechaun Chase, a 10k of 1000 runners hosted at the SACH Museum in April. Angie and Elisa also provided over 20 running injury screens prior to the race. Optimum Stride continues to strive to be the premier running and rehabilitation program in the area, serving the needs of runners.



*Angie Petersen  
PT*

### Did You Know?

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# Perfect Pitch Program Update

With spring baseball and softball in full swing, Perfect Pitch team coordinators Jeree Menning P.T., OCS and Ryan Ertz, PT, OCS, FAAOMPT continue screening baseball and softball players in the clinic and biweekly at Frozen Ropes Training Facility. Screenings are for prevention or brief injury assessment. If further care is needed, these athletes can be seen in the clinic for specialized treatment based on their needs. In addition, Jeree Menning presented on Softball Injury Prevention and Treatment at the Millard Athletic Association softball coaches training in early April.



## Questions for a Therapist?

Contact  
Nebraska Orthopaedic  
Hospital Physical and  
Occupational Therapy  
at 402.637.0750 or email  
noh.info@NOHmail.com  
with your question.



## COMING SOON

The NOH PT/OT website is getting a make-over. Changes will include a virtual tour of our facility, updated individual therapist information, copies of prior quarterly newsletters, and more!



Visit our website:  
[www.neorthohospital.com](http://www.neorthohospital.com)

