



Our Mission

“To provide outstanding, progressive care in a nurturing environment that prioritizes individual treatment, with accountability to standard of care; where rehabilitation, fitness, performance and an overall healthy lifestyle contributes to best serving our patients and the community.”

Congrats to

Shannon Gertz on her impressive return to the basketball court at Rocky!!

A Balance/Dizziness talk will be given at the Fort Collins Club on January 22, 2009 at 6:00 p.m.

Ask the Physical Therapist:

Is there a question that you would like to ask a Physical Therapist?

Here is your chance for an answer. Send your questions to ppt@frii.com, and your question will be answered and possibly printed in the next newsletter.

Going Green! Please email us if you would like to receive this newsletter via email. Contact: ppt@frii.com

Performance Physical Therapy (970) 493-8727 www.performance-physicaltherapy.com

Many Thanks and Best Wishes for 2009 from Owner Paula Nickel

Happy New Year! I hope your holidays were enjoyable. 2008 was a year of growth for Performance Physical Therapy with the addition of Barb Allan, and the return of Cathy Wilson from the Virgin Islands. We also are thankful for the addition of Tina Deringer to help with marketing and public relations.

I would like to say “Thank You” to each of our patients for your trust and

confidence in allowing us to provide you with your physical therapy needs. I know I speak for all the therapists in saying that we really enjoy what we do and getting to know our clients. It’s the patients who make our days enjoyable. We appreciate the referrals to friends and family; it means a lot.

As we begin the New Year, I wish you a happy and healthy 2009!

Performance Physical Therapy Welcomes Tina Deringer, Public Relations

We are pleased to announce the addition of Tina Deringer to our staff. Tina graduated from Johns Hopkins University, Baltimore, MD in 1988 with a Bachelor’s degree in Nursing. Tina worked as a nurse in the oncology field before retiring to care for her children.

After spending 12 years at home to raise twins, Tina decided to re-enter the medical community joining PPT as a Public Relations support person.

In her spare time, Tina enjoys being with her family hiking, skiing, and being outdoors. She continues to volunteer for a number of non-profit groups in the community such as Pathways Hospice, Larimer County Food Bank, Meals on Wheels and the National Charity League, a mother-daughter philanthropy organization.

We know you will enjoy meeting Tina and we are delighted she has joined our staff.

Put the Power of Regular Physical Activity to Work for You



"Whether you're trying to lose weight or exercising for fitness, it's still important for everyone to do some level of weight lifting and aerobic exercise."



You know exercise is good for you, and that it's in your best interest to make this the year you start and/or maintain regular physical activity. But do you know how good getting 30 minutes of exercise most days of the week really is?

Consider: The most recent Surgeon General's Report on Physical Activity and Health found that regular physical activity:

- *Reduces the risk of dying from heart disease
- *Reduces the risk of developing diabetes, high blood pressure and colon cancer
- *Reduces feelings of depression and anxiety
- *Helps control weight and maintain healthy bones, muscles and joints
- *Helps maintain function and preserve independence in older adults

"If U.S. citizens put in 30 minutes of aerobic activity five times a week it would cut the amount of chronic diseases and health costs by almost half. That's how powerful physical fitness is," says Pamela Peeke, M.D., M.P.H., assistant clinical professor of medicine at the University of Maryland School of Medicine and author of the national best-seller *Fight Fat After Forty*.

So you're interested, but aren't sure how to begin, Peeke says it's best to start out by walking (or doing some other type of aerobic exercise) and then adding strength training later. Good forms of aerobic exercise including walking, biking, swimming and jogging.

In addition to aerobic exercise, it's important to incorporate strength training into your program. Peeke says it's imperative to do both because lifting weights not only builds your muscles but also raises your metabolism, causing you to burn more calories.

"The bottom line is what works is a combination of both," Peeke says. "Whether you're trying to lose weight or exercising for fitness, it's still important for everyone to do some level of weight lifting and aerobic exercise. Ultimately you want strength, flexibility and endurance."

Starting a program in January is one thing; maintaining it is another matter entirely. Peeke offers advice to help you keep moving all year long.

Find the right kind of exercise for you. Choose activities that you enjoy and that fit your personality.

Make the time to exercise. Pick a time of the day when you'll always have time to exercise and stick to it. Don't make excuses not to exercise. Instead, try setting a schedule for the week indicating which days you'll exercise.

Get up and move! Incorporate exercise during the day, even while you're at work. If you sit at a desk most of the day, get out of your chair at least once an hour and walk around. As Peeke advises: "Use the five minute per hour rule. Look for ways to just get up and move." Some suggestions: Take the stairs instead of the elevator, walk down the hall instead of using the phone or e-mail, or take a walk during a morning or afternoon break. *Continued on Page 3*

Put the Power of Regular Physical Activity to Work for You

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Find an exercise buddy. Get a friend involved and be each other's motivators, or join a group. The advantage to this approach is that you know other people are counting on you and you don't want to let them down.

Check with a doctor before beginning an exercise program. This is especially important as you get older or if you have a history of health problems.

Strength train safely. When beginning a strength-training program, Peeke says it's important to work with an expert who is knowledgeable about equipment and proper exercise methods. "You need someone to show you safe techniques for what to do," advises Peeke.

Start slowly. This will help you achieve the most benefits with the least risk, especially if you have not been physically active for some time.

Make exercise fun. If you buy home equipment, put it in front of the television. That way, you won't get bored when you're exercising.

Write down why you want to exercise. Keep this list somewhere very visible to regularly reinforce your motivation.

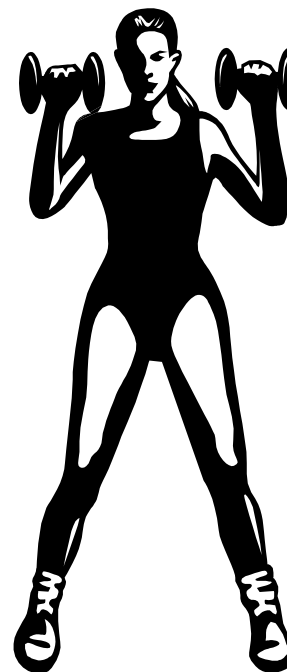
Set weekly goals with enticing rewards. Establishing attainable short-term goals gives you something to work toward, and a feeling of accomplishment when you reach them. Take time to celebrate your achievement. Avoid food rewards, especially if weight loss is your goal. Instead, reward yourself with a movie, or get a massage.

Keep an exercise log. This is a good way to keep you consistent and review your goals and remember why you're doing it in the first place.

Wear comfortable shoes with good support when exercising. Nothing can derail an exercise program faster than a foot-related injury caused by poor footwear.

Practice the "talk test". Basically, this means that when you are exercising, you should be able to speak about three words at a time. If you cannot get three words out at a time, slow down. If you can carry on a normal conversation, pick up the pace.

"You need someone to show you safe techniques for what to do"



Tips for Making New Year's Resolutions You Can Keep

Avoid perfectionist thinking. While we certainly want to better ourselves, it is healthier to think in positive terms than it is to focus on how much we fall short of our aspirations.

View setbacks as lessons for growth. Mistakes are opportunities for learning. If you fall short of your goals, ask yourself what kept you from achieving them and then try to make corrections.

Don't make absolute resolutions. Keep them realistic. Professionals suggest that instead of saying you won't yell at your kids anymore, resolve to yell at them less often.

Don't keep your resolutions to yourself. Tell someone you trust about your resolutions. It helps to share your goals with friends, who can gently nudge you in the right direction when you veer off course.

"Tell someone you trust about your resolutions."

**Performance
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Get Results!!

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Suggested Websites

theprrt.com

vestibular.org

muscleactivation.com

totalmotionrelease.com

View video of MAT and PRRT
techniques on our website!

We're on the Web!

See us at:

www.performance-physicaltherapy.com

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