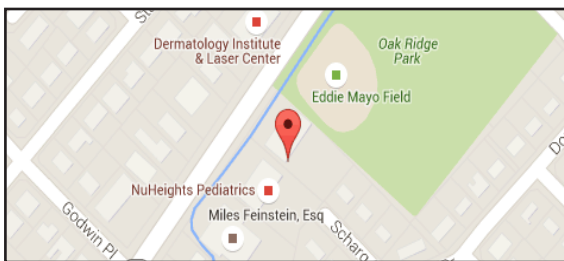




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We Specialize In: Orthopedic and Sports Injury Rehabilitation | Joint Replacements- for all joints
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BACK PAIN???

Q: "Which **POSITION** should I sleep in?"

A: Regardless, an important key is to keep your spine in "neutral".
This means that it is not twisted to the right or left...
but keeps the natural curve it normally has.
You should also have a **FIRM** Mattress.

- 1: On your back is best
- 2: Next would be on your side
- 3: Last would be on your stomach

Call (973) 400-3730 today to schedule an appointment.



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Our Goal

is to serve you with such a great experience that you:

1. Thank the person who sent you here
AND
2. Refer people you care about to us.

BACK TO SCHOOL: THEO EMENUGA

Throughout his high school career, Forward Motion Physical Therapy's Theo, had a love of sports, but basketball was his favorite. When an injury to his tendon at the tip of his middle finger happened, his doctor put his finger in a splint and gave him a prescription for physical therapy. After spending about 3 months in a splint, Theo attended physical therapy to regain strength and movement of his finger.

While receiving treatment for his injury he noticed that while the therapists were wonderful with treating the injury, they lacked the emotional and mental sides of the healing process. Theo ultimately felt like he wasn't getting the quality care that he deserved. This is where his desire to be a physical therapist was developed. Theo was torn between going through an Orthopedic M.D route or through a Physical Therapy D.P.T route.

During the final year of his Master's program, Theo started to research the key differences between an orthopedic doctor and a physical therapist. As it turns out, the more he learned about the two professions, the more the idea of physical therapy was appealing to him because the profession focused on muscle rehabilitation, which is ultimately what



he wanted to do with his life.

A short time before the completion of his Master's degree, Theo looked into the requirements for being admitted into a Physical Therapy program and found that he had most of them already fulfilled with the exception of two prerequisite courses and experience within a Physical Therapy setting so he was hired by Forward Motion

continued on page 2

Forward Motion PT Patients
Enter to WIN!

Find the misspelled word in this newsletter and call (973) 400-3730 for your chance to win a **\$10 Gift Card!**
CALL (973) 400-3730

Contest for Past and Present Forward Motion PT Patients only.



Back to School: Theo Emenuga continued from page 1

Physical Therapy in September of 2013.

Theo has been with Forward Motion for 4 years, and has helped many patients reach their rehabilitation goals; now it is his turn to fulfill his goals. We, at Forward Motion, are sad to be losing a valued member of the family, but we know that as Theo embarks on obtaining his Doctor of Physical Therapy certificate from New York University, this summer, he will knock them off their feet!

Facts About the Sciatic Nerve

The sciatic nerve is the largest and longest nerve in the body. About the thickness of a person's thumb, it spans from the lower back to the foot.

Sciatica is a fairly common disorder, approximately 40% of the population experiences it at some point in their lives.

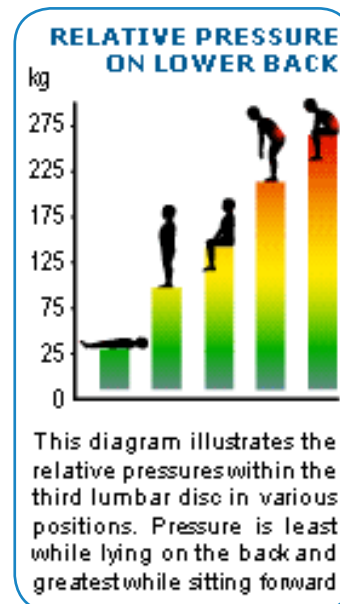
Most sciatic can be treated with anti-inflammatory medication and physical therapy. After four to six weeks of treatment, an individual should be able to resume normal activities.

Some sources of sciatica are not preventable, such as disk degeneration, back strain due to pregnancy, or accidental falls. Other sources of back strain, such as poor posture, overexertion, being overweight, or wearing high heels, can be corrected or avoided. Cigarette smoking may also predispose people to pain, and should be discontinued with the onset of pain.

General suggestions for avoiding sciatica or preventing a repeat episode include sleeping on a firm mattress; using chairs with firm back support; and sitting with both feet flat on the floor. Habitually crossing the legs while sitting can place excess pressure on the sciatic nerve.

Sitting for long periods of time can also place pressure on the sciatic nerves, so it is recommended to take short breaks and move around during the work day, during long trips, or in other situations that require sitting for extended periods of time.

If lifting is required, the back should be kept straight and the legs should provide the lift. Regular exercise, such as swimming and walking, can strengthen back muscles and improve posture. Exercise can also help maintain a healthy weight and lessen the likelihood of back strain.



Most cases of sciatica are treatable with pain medication and physical therapy.

Read about the Symptoms of Sciatica in the insert.

Patient Referrals

June 2016

| | |
|-------------------|-------------------|
| Susdeshan Narang | Adriana Daley |
| Mary Lasky | Michael Miller |
| Sharon Granell | Evelyn Pelenskij |
| Jose Viruet | Margarita Sevilla |
| Barbara Castelein | Ronald Laufer |
| Amy Maffei | |

July 2016

| | |
|----------------|-------------|
| Andrew Alvarez | June Sudol |
| Eileen Jarosky | Dipali Rana |
| Thomas Lasky | |

August 2016

| | |
|-----------------|-----------------|
| Mary Rorke | Eileen Jarosky |
| Sharon Neuhaus | Mel Litwin |
| Marie Kalosieh | Rangit Cnauhan |
| Elizabeth Cruz | Kristin Decapua |
| Aydee Escorcica | |

As our
Thank You
to our patient referrals,
you all receive a \$10 gift card!

The FMPT Wellness Club Continues to Grow & Honor Those Who Refer

Thanks to your patient referrals the Forward Motion Wellness Club is growing. Wellness Club members were honored in July in our first ever news letter. All were given a \$10 Dunkin Donuts gift card.

What is a Wellness Club member and how do you become a member?

A Wellness Club member is a past patient of Forward Motion Physical Therapy who has referred a friend or family member to Forward Motion Physical Therapy. Being a member of the Wellness Club entitles you and a guest to a FREE LUNCHEON. We will be honoring our Wellness Members at a free luncheon in November. Coupon and details will be sent to FMPT Wellness Club Member directly.

Dear Hanna,

Thank you, thank you, thank you!

Once again this past July, I found myself in a situation requiring the help of a physical Therapist. Once again, I turned to you. My husband, Max's left no doubt as to whom I would go to for help. Your training, knowledge, caring and personality are all outstanding. You know just what to do and how to do it making a patient feel comfortable and getting him/her to the best that he/she can be.

In the future, should I or Max need a physical Therapist, it is reassuring to know that we have an excellent one to turn to for assistance.

Once again thank you!

Eileen Jarosky

Dear Hanna,

This is to thank you for all you and your staff have done for me. After my hip replacement, I wasn't sure what I would be able to do. You got me back to doing the two things I love, coaching basketball and playing golf. I am also back to an active normal life.

Thank you for everything.

Sincerely,

Len Vander Wende

What Patients are Saying...