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Clifton, NJ 07013

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(973) 400-3730



We Specialize In: Orthopedic and Sports Injury Rehabilitation | Joint Replacements- For All Joints | Knee Injuries | Shoulder Injuries | Cervical Spine | Thoracic Spine | Lumbar Spine | Foot Injuries | Hand/Wrist/Elbow Injuries | Temporomandibular Joint Disorders | Evaluate and Treat Athletic Injuries | Strength and Condition evaluation for Athletes to Improve Performance

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Attention Back Pain and Sciatica Sufferers

- ✦ Do you suffer with back pain or leg pain when you stand or walk?
- ✦ Do you have pain when you sit for long periods or drive?
- ✦ Do you experience pain, numbness or tingling into your butt, groin or down your leg?
- ✦ Does your back ever "go out" if you move the wrong way?
- ✦ Are you afraid your pain will get worse if you don't do anything about it?

If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial), the Lower Back and Sciatica Workshop may be a life changing event for you...

We will be hosting a free "Sciatica and Lower Back Pain Workshop", here at Forward Motion Physical Therapy, Saturday, November 12th, 2016 from 10 a.m. to 11 a.m.

Call (973) 400-3730 today to register.



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Inside This Issue

Children in Competitive Sports

October is Physical Therapy Month

- Back Pain Workshop
- News: Super Hero Mom
- FMPT Wellness Club

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.

Forward Motion PT Patients
Enter to WIN!

Forward Motion PT PRESS

DR. DAN'S CORNER: CHILDREN IN SPORTS



September marks the beginning of the school year for millions of children across America. Our children are excited to return to school, to see their friends, and for many the fall season initiates the return to team sports. In the U.S. alone, 30 million children participate in some type of structured sporting event. For most of us, youth sports was just a way for us to play and socialize. Today, youth sports have become much more structured and far more competitive than they were 20 years ago. This change has led to an increase in childhood orthopedic injuries. Recent studies show that 41% of all orthopedic injuries presented to the emergency room are sports related in children ages 5 through 21. In fact, there are roughly 3.5 million injuries that occur yearly in children under 21 with the average age of injury being 12 years old.

Any child who plays a sport is at risk for injury. However, many children today are specializing in sports at a very young age, and are playing all year round. Children are not only playing school organized sports, but are also participating in recreational/club league sports and traveling teams. This extensive amount of play can often lead to overuse injuries because their developing and growing bodies are not able to go through a period of rest.

Children who specialize in one sport are also at greater risk for injuries. Studies have shown repetitive movements of any sort can lead to injury. Children whose bodies are still growing and have immature skeletons, such as the soft end parts of their bones called growth plates, are at significant risk for injury.

Lastly, as children participate in

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Find the misspelled word in this newsletter and call (973) 400-3730 for your chance to win a **\$10 Gift Card!**
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Contest for Past and Present Forward Motion PT Patients only.



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Dr. Dan's Corner: Children In Sports continued from page 1

competitive sports and mimic their favorite athlete, they fail to realize the amount of training these athletes undergo to play their sport. Athletes are consistently training, whether using an off-season or an in-season program. Time and time again when we evaluate children for physical therapy who injure themselves playing a sport, that they usually state they do not do any training off the field. Using the sport as a form of training is incorrect. Using this method of training is like telling a Major League Baseball pitcher the only training they should do is a throw a ball 100x per day at a 100MPH; they wouldn't last a week without an injury! Our bodies need to be physically fit to be able to both participate in practicing for our sport and then competing in it. Practicing the sport is to improve your skill, not to train your body!



There are many things we can do to help reduce the risk of our children becoming injured. For one, make sure they are getting enough rest. Do children really need to be on three different teams? Adequate rest is important for recovery. Another method for our active young athletes is to participate in different sports. This allows for "cross training" and negates potential overuse. Children who are very competitive should also participate in exercise/strengthening programs. According to the American College of Sports Medicine, pre-pubescent children can safely engage in resistive exercising by focusing on higher repetitions and lower weights. In other words, any weight that they can properly perform greater than 8 repetitions. Lastly, any play activity such as tag, hide and seek, monkey bars, rolling, crawling, horseplay, etc are excellent ways of training.

For more information, please do not hesitate to talk to any of our experienced therapists here at Forward Motion Physical Therapy. We can also perform a Movement Assessment using the Functional Movement Screen (FMS) or Selective Functional Movement Assessment (SFMA) on any children, your teammates or friends.



OCTOBER IS PHYSICAL THERAPY MONTH

National Physical Therapy Month is celebrated each October. The goal of the month long celebration is to raise awareness of the important role that physical therapists and physical therapy assistants play in helping people decrease pain, improve mobility, and engage in healthy lifestyles. Physical Therapy brings motion to life.

Motion is anti-aging and it is something we take for granted until we lose it or we get injured. Physical Therapists are experts in movement analysis and exercise prescription. They can give you valuable information on topics such as osteoporosis, fall prevention, beginning an exercise program, strengthening techniques for golf, tennis or being able to climb a flight of stairs. We help the whole community from young to old.

We will be hosting a Free [Back Pain Workshop](#) next month on November 12th 2016. See the insert and call to reserve your seat. This month we are highlighting Children in Competitive Sports, and will be discussing Pain and Opioids next month. Be sure to read our next newsletter.

Patient Referrals

September 2016

- Adam Pawlik
- Michael Shiffman
- Helen Delfavero
- Carlos Crissien SR
- Carlos Crissien JR
- Juan Garcia
- Marco Gasper
- Emmie Milut
- Alba Salazar
- Carolina Jimenez
- Jose Velez
- Robert Clark
- Adriana Daley
- Joanne Fitzpatrick

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

SUPER HERO MOM

Alba began working at Forward Motion Physical Therapy in 2013 as our front office receptionist, but previously worked as a medical biller for 10 years. During her time as our front office receptionist, Alba showed amazing work ethic and responsibility. Alba was quickly promoted to our medical biller in July 2014 where she continued to show a drive to be on top of all the changes in healthcare and billing. Her passion and dedication to Forward Motion Physical Therapy has been of great value to the company, therefore she was promoted to our Office Manager in July 2016.



When Alba is not at Forward Motion Physical Therapy she is a mother of three, living in Paterson, juggling home life responsibilities. "I am my kid's hero and supermom. I work a full time job and still manage to be very involved in their education and I pick them up after school. I enjoy going to the movies, the park, and spending quality time with my three kids. The greatest blessing for me is when they call me mom. I love what I do. Billing is my passion. I love helping out and giving an extra hand if needed. I am showing my kids the balance of hard work, responsibility, and fun."

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 Members directly.