



October is National Physical Therapy Month

**PHYSICAL THERAPISTS
URGE PATIENTS AND
FAMILIES TO PREVENT
AND FIGHT OBESITY
WITH PHYSICAL
ACTIVITY**

**In Recognition of
National Physical
Therapy Month,
Physical
Therapists Offer
"Smart Moves" to
Prevent and
Combat Obesity
and its
Consequences**



Dorn VA Physical Therapy Team

**Seated: Patricia Bowers, PTA; Heather Russels, DPT; Carol Guardiola, PT
Front Row: Hugh Lendrim, PTA, RKT; Alecia Braxmeier, MSPT; Jessica Chambers, DPT and Tauna Eaddy, DPT
Back Row: Meredith Hall, DPT; Christopher Keesee, PTA; David Metzefeld, DPT; and Ulysses Juntilla, DPT, CertSMT.**

Smart Moves for Families

Making a commitment to be physically active is one of the best ways families can prevent or combat obesity and its consequences. Physical therapists support the Department of Health and Human Services' Physical Activity Guidelines, which states:

Children should get 1 hour or more of physical activity a day.

Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes a week of vigorous-intensity aerobic physical activity.

Did you know?
Physical therapist-developed exercise programs can reduce athletes' risk of injury by 41%*

*American Journal of Sports Medicine, August 2008

Dorn VA Physical Therapy

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SMART MOVES FOR FAMILIES



**DORN VA Physical
Therapy**

HOW A PHYSICAL THERAPIST CAN HELP YOU?

Physical therapists' extensive knowledge of pre-existing conditions (such as type 2 diabetes and obesity) allows them to help people of all ages and abilities establish life-long patterns of physical activity.

For those who already are obese, physical therapists can devise safe exercise programs that reduce pain, restore flexibility, and increase strength and cardiovascular endurance.

For people with type 2 diabetes, they can design and supervise exercise programs that reduce the need for medications, lower the risk of heart disease and stroke, and help manage glucose levels, among other benefits.

FAMILY TIPS

The following tips were designed by physical therapists to help families stay active and incorporate physical activities into their daily lives:

1. Plan weekend family activities involving physical activity, such as hiking, swimming, bicycling, mini-golf, tennis, or bowling.
2. Help your child plan physical activities with friends and neighbors, such as skating or softball.
3. Have your kids brainstorm a "rainy day" game plan of indoor activities involving fitness games such as Wii Fit or Dance Dance Revolution.
4. Remember that your family does not need to join a health club or buy fancy equipment to be active.
5. Walking isn't costly and it's easy. So is designing a backyard obstacle course. Weights can be made from soda or detergent bottles filled with sand or water!
6. Provide positive rewards for your child when he or she engages in physical activities, such as workout clothes, a new basketball, or an evening of roller-skating.
7. Provide positive feedback about your child's lifestyle changes. Remember not to focus on the scale (for you or your child).
8. Be your child's "exercise buddy." Plan daily walks or bike rides and set goals together for increasing physical activity rather than for losing weight. It's also great "bonding" time!
9. As you schedule your child's extracurricular activities, remember to plan time for exercise and activity as a priority for the entire family. Don't just "squeeze it in."
10. Encourage children to try individualized sports such as tennis and swimming. Studies show such activities are the basis of lifelong fitness habits.
11. Parents and children can do exercises while watching television (or at least during commercials), such as sit-ups, push-ups, or running in place. Discourage snacking or eating meals while watching.

About Physical Therapists

Intensive Education and Clinical Expertise...

Physical therapists apply research and proven techniques to help people get back in motion. All physical therapists are required to receive a graduate degree – either a master’s degree or a clinical doctorate — from an accredited physical therapist program before taking the national licensure examination that allows them to practice. State licensure is required in each state in which a physical therapist practices. They are trusted health care professionals with extensive clinical experience who examine, diagnose, and then prevent or treat conditions that limit the body’s ability to move and function in daily life.

More and more physical therapists are now graduating with a Doctor of Physical Therapy (DPT) degree. More than 92% of the 210 accredited academic institutions nationwide offering professional physical therapist education programs now offer the DPT degree – and more than 75% of all 2008 PT graduates hold a DPT degree.

What to Expect from a Physical Therapist

The optimal combination of treatments...

Blending science with inspiration, your physical therapist will teach you how to prevent or manage a health condition and help motivate you during your treatment so you can function optimally. Your physical therapist will work with you to help you understand your body so you will achieve long-term health benefits.

A personal wellness plan tailored for you...

Your physical therapist will examine you and develop a plan of care using a variety of treatment techniques that help you move, reduce pain, restore function, and prevent disability. Your physical therapist can also help you prevent loss of mobility and motion by developing a fitness- and wellness-oriented program tailored to your specific needs.

Your partner in health...

A physical therapist is your partner throughout your journey to restoring and maintaining motion so that you can function at your personal best.

Source: APTA, 2010