



**NORTHERN MICHIGAN**

**SPORTS MEDICINE CENTERS**

# Health & Healing

[northernmichigansportsmed.com](http://northernmichigansportsmed.com)

**SUMMER 2008**

**CHEBOYGAN**

Physical Therapy and Sport Medicine  
9445 N Straits Hwy  
231-627-7201  
[www.cheboyganpt.com](http://www.cheboyganpt.com)

**INDIAN RIVER**

Physical Therapy and Sports Medicine  
3805 S. Straits Hwy  
231-238-4880  
[www.indianriverpt.com](http://www.indianriverpt.com)

**ROGERS CITY**

Physical Therapy  
506 N. Bradley Hwy  
989-734-7607  
[www.rogerscitypt.com](http://www.rogerscitypt.com)



**"We help you get BACK IN ACTION!"**



*Lymphedema... is there help?*

*Staying SAFE AND HEALTHY While Traveling*

*Spring Open House*

*Ten Year Anniversary*

*Indian River Summerfest Coed Beach Volleyball Tournament*

*Sports Medicine Center Bear River Crawl*

*Rogers City Physical Therapy 20th Anniversary*

## Lymphedema... is there help?

*Written By Odette Shaheen, PTA, CTL*

Lymphedema is a chronic swelling in a portion of the body (typically an arm/leg) due to an accumulation of lymph fluid (protein & water) in the tissue spaces as a result of lymph node removal and/or radiation.

Surgical and radiation treatments for patients with breast cancer treatments are one of the most common causes of lymphedema. During surgery lymph nodes often need to be removed. Scarring after radiation further compromises the chest wall and axilla, which places women at risk for this condition.

Lymphedema can be triggered by infection, injury, repetitive motion, plane flight or develop more gradually. It can develop months or years after surgery. Other factors that can trigger lymphedema in patients that are already at risk include: sudden changes in temperature, trauma, and vigorous massages.

Symptoms of lymphedema may include sensations of ache, fatigue, bursting, swelling, cramping, jewelry not fitting, numbness, & heaviness in the arm or leg. The symptoms can be painful at times. It is best to be alert for the signs of lymphedema so that treatment can begin as soon as possible.



*cont'd on Page 4*

*Odette demonstrating how to apply a compression bandage.*



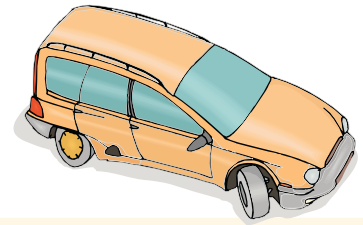
**NORTHERN MICHIGAN  
SPORTS MEDICINE CENTERS**

4048 Cedar Bluff Drive  
Suite 2  
Petoskey, MI 49770

# Staying SAFE AND HEALTHY While Traveling

Courtesy of the American Occupational Therapy Association

No matter how you travel – by car, plane or train – being on the go can take its toll on your physical health. Being aware of body mechanics can help you get where you're going with minimal strain and pain. Our occupational therapists, (*Renae Moltane, OTR in Indian River and Rogers City, and Stacey Mapes, OTR, in Cheboygan*) offer traveling tips that will help you make the most out of your trip without causing you undue stress.



## Tips to safely travel by car this summer:



- Lift luggage correctly. When loading bags in and out of the car, be sure to lift with your legs. Carry weight close to your body and distribute weight evenly. Do not lift luggage that is too heavy. Ask for help.
- Take stretch breaks. Sitting in the car too long can cause fatigue, backaches and neck and shoulder stiffness. When traveling by car, give yourself enough time (even if it's just a few minutes) to make stops on long trips to stand up, stretch, and walk around.
- Use cruise control. Take the pressure off the right side of your body (your accelerator and brakepad side) by using your cruise control when driving.
- Maintain a healthy diet. Bring snacks and water in the car. If you are on a special diet and are traveling, make sure to bring what you need with you.
- Plan activities for the children. Pack games, books and other activities to keep children occupied and entertained.

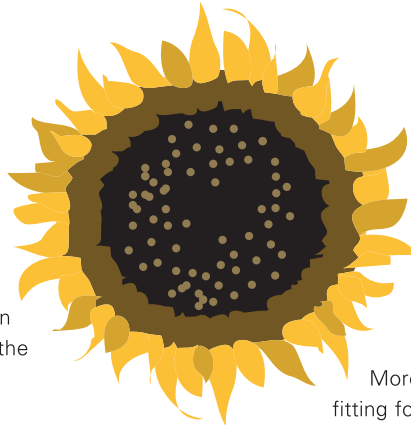
Traveling safely is important in staying physically and emotionally healthy. Our occupational therapists are trained to help adults and children with a broad range of physical, developmental, and psychological conditions. May you have a safe and healthy vacation!!

# Spring Open House

Written by Becky Bailey, PT, DPT

On June 4th, Cheboygan Physical Therapy & Sports Medicine held their second open house. While the grand opening took place in November, the spring event was planned to invite people that may have been out of town or for those that had already left for the winter.

We had a great turn out with staff and others planting our vegetable garden along a small stretch behind the building. Sunflowers were planted near the distinguished barn that we have adopted. The sunflowers doubled as a fund-raiser for Relay For Life as the seeds were "purchased" for a \$1 donation. Both areas are in full view of people exercising in the



gym and will provide interest throughout the summer. Our plan is to harvest the veggies in the fall and combine them with a food drive to benefit the local food pantry.

More fun was had with a golf information area, bike fitting for the weekend trail ride, and safe garden tips for people with functional limitations. Rubber ducks were fished out of the pool for door prizes and ice cream sundaes topped off the afternoon. If you missed the open house, stop in any time and we will be more than happy to give you a tour of our new facility.



# Ten Year Anniversary

Written By Jennifer Andrew, ATC

On April of 2008, Indian River Physical and Sports Medicine celebrated 10 years of service to the Indian River area. We celebrated this event in many ways including contests, drawings, prizes, and an open house. We had a great turn out and laughs along the way. Our grand prize winner was Eileen Hipshin (six months free stay-fit), second place Kendra Crawford (3 free personal training sessions), and third place Dorothy Johnson (free 6 week core conditioning class).

We will continue to celebrate throughout the year with a monthly drawing for a gas card.

We are very thankful to all the wonderful people in this community that have helped make Sports Medicine such a success. We have all enjoyed the people that we work with and have made many friendships along the way.

Thank you to everyone in our community!



Rebecca Somerville, Jennifer Andrew, ATC, Robin Feagan, PT, Lisa Kennedy, Nolan Griffin, ATC, Mollie Coe, ATC, Nicole Nichols, PT, ATC, Renae Moltane, OT, and Odette Shaheen, PT < CTL.

## INDIAN RIVER SUMMERFEST Coed Beach Volleyball Tournament

Sponsored by Indian River Physical Therapy & Sports Medicine

Saturday July 19<sup>th</sup> at Devoe Beach



Double elimination 5 on 5 Coed Beach Volleyball (6 people per roster)

- Games will be scored rally style or until reaching a predetermined game-time limit
- Top 2 places will receive a CASH PRIZE
- All registered players will receive a T-Shirt
- Other prizes included throughout the day
  - Games will be played rain or shine

All participants must be at least 16 years of age  
Registration Fee: \$50 per team • Deadline July 11<sup>th</sup>  
• Limited availability. Please register ASAP!

For more information call: 231-238-4880

## SPORTS MEDICINE CENTER BEAR RIVER CRAWL



SATURDAY JULY 19, 2008

BAY FRONT PARK AT THE WATERFRONT  
- DOWNTOWN PETOSKEY, MI.

REGISTER ONLINE @  
[WWW.NORTHERNMICHIGANSPORTSMED.COM](http://WWW.NORTHERNMICHIGANSPORTSMED.COM)  
OR CALL 231-347-9300



BENEFICIARY

**Northern Michigan Cancer Crusaders**  
NORTHERN MICHIGAN CANCER CRUSADERS WAS CREATED TO ENSURE THAT 100% OF OUR LOCAL FUNDRAISING GETS DONATED BACK INTO OUR COMMUNITY.



## Lymphedema... is there help?, cont'd

How is lymphedema treated? Complete Decongestive Therapy is the best treatment at present. This program includes manual lymph drainage (where therapists use massage techniques to remove fluid), compression bandages, compression garments, patient specific lymphedema exercises, and skin care.

- Manual lymph drainage is a rhythmic massage performed in a proximal to distal fashion to stimulate the flow of lymph.
- Compression of the limb followed by bandaging the affected limb, which prevents the flow of lymph back to the limb during sleep. The bandages allow for a low resting pressure and high working pressure which encourage lymph flow. Wrapping is done in a spiral manner with more pressure applied distally and less proximally. Mild exercise is used to promote the action of muscle pumps, which stimulate the movement of lymph fluid. Muscles squeeze the tissues carrying lymph and help it flow back towards the heart.



● Once the limb size is stabilized over a period of weeks, a compression garment is provided to maintain the limb. This garment should be worn during land exercise and is flexible during exercise and rigid at rest. Consistent pressure is applied throughout the garment rather than more pressure at a specific point as bandages do.

● Modalities that increase vasodilation, ie hot tubs, should be avoided. Be alert to signs of infection which include the following: warmth, redness, pain, skin blotchiness, swelling, temperature, and flu like symptoms. If you suspect infection, a physician should be contacted immediately.

If you are concerned that you may have lymphedema, contact your physician for a referral. If you have any questions, please give us a call.

Odette Shaheen, Physical Therapist Assistant in our Indian River Clinic and Stacey Mapes, Occupational Therapist in our Cheboygan clinic are our specialists in treating lymphedema management for the upper & lower extremities.

**We invite you to join us at our**

# 20<sup>th</sup> Anniversary CELEBRATION

**Wednesday, July 16th, 2008**  
**11 - 5:30 PM**

**Join the Fun!**

**ROGERS CITY PHYSICAL THERAPY**

**www.rogerscitypt.com**

**SNACKS & BEVERAGES**

**PRIZES EVERY 15 MINUTES!**

**AND MORE!!**

**1988 -2008**

### Testimonial

*" This is the second time I have been to Renae for occupational therapy on my thumbs. The care I received was excellent and the office staff was friendly. I would recommend Rogers City Physical Therapy."*

**Elizabeth LaPointe**  
Rogers City Physical Therapy

