



## October is National Physical Therapy Month

**We would like to take this opportunity to let our Physical Therapists know how much they are appreciated!!!**

I'm constantly surprised by how many people either don't know what physical therapy is all about or who have an incorrect perception of what it means to go to physical therapy. Some people think that when you go to a physical therapist, they will fix you with no work on your part. Other people think that if you go to physical therapy, they will exercise you so hard that you'll be sore for weeks. With very rare exceptions for certain conditions, neither of these statements are true.

### What exactly is physical therapy?

Physical therapy is a health care profession dedicated to developing, maintaining or restoring physical abilities to individuals that are unable to function at peak level due to injury, disease, disability or aging. Physical therapy is concerned with decreasing pain, increasing strength and/or flexibility, educating the patient and restoring maximum movement and function.

Physical therapy is performed by either a licensed physical therapist or a licensed physical therapist assistant acting under their direction. Physical therapists and their assistants both have college degrees from programs where they were educated about the human body and exercise with a deep focus on injury prevention and physical rehabilitation.

Medical doctors recommend

physical therapy because it provides evidence-based treatments for physical and neurological conditions that affect motion and activities of daily living. It is also noninvasive and rarely worsens a condition. For that reason, medical doctors will usually recommend physical therapy to a patient before considering surgery. For those people that think that they can avoid physical therapy by going to surgery, medical doctors usually recommend physical therapy after surgery to ensure the proper healing and function of the body part that was operated on.

### Doctors recommend physical therapy for:

1. Orthopedic conditions: Some examples are low back pain, ACL reconstruction, total knee replacement, osteoporosis, arthritis, fractures and dislocations.

2. Neurologic conditions: Stroke, traumatic brain injury, cerebral palsy and Parkinson's are just a few examples that can benefit from a physical therapy intervention.
3. Occupational injuries: Overuse injuries, such as carpal tunnel syndrome and other injuries that result in sprains or strains are treated by physical therapy.
4. Sports injuries: Sports injuries, such as sprains, strains, knee injuries, fractures, dislocations, Achilles tendon injuries and pain along the shin bone are a few examples.
5. Others: Connective tissue injuries, such as burns and wounds and cardiopulmonary and circulatory conditions, such as congestive heart failure and chronic obstructive pulmonary disease often greatly benefit from therapy, as well.

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## Recipe of the Month



*This recipe was given to us by Mary Lou H. She says, this recipe is over 200 years old and has been passed down for generations in her family.*

### Pumpkin Pie

Makes 2 pies

#### Ingredients:

- 2C Pumpkin
- 1 ½ tsp Pumpkin Pie Mix
- 1 tsp Cinnamon
- Dash Nutmeg (1/8 tsp)
- 1 12 oz can of evaporated milk
- 4 eggs
- 2 T. Melted Butter
- 1 ½ C. Brown Sugar
- 2 Pie Crusts

#### Directions:

1. Bake 15 Minute at 400. Lower Temp to 325 until done about 30 – 45 Min.
2. Test like custard. Insert wet knife in center. If it comes out clean, it is done.

*Submit a recipe and be entered in to win a \$25 gift card if your recipe is chosen for the newsletter!*

*If you have a recipe that you would like featured in our newsletter, please send it to:*

Care One Home Care Services  
Attn: Jana Hiestand – “Recipe”  
3301 W. Bethel Ave.  
Muncie, IN 47304

*Or submit it via email to:  
jana.hiestand@careonehomecare.com  
Subject line: “Recipe”*

*We can put only one recipe in each newsletter, if it's not in the upcoming newsletter; it could possibly be in the next issue. Thank you!*

## On the Lighter Side

*A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.*

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

*As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.*

*I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.*

*Mr. Jones, you haven't seen the room; just wait. 'That doesn't have anything to do with it,' he replied. 'Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged .. it's how I arrange my mind. I already decided to love it.'*

*It's a decision I make every morning when I wake up. I have a choice;*

*I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.*

*Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away.. Just for this time in my life..*

*Old age is like a bank account. You withdraw from what you've put in.*

*So, my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my Memory Bank. I am still depositing.*

*Remember the five simple rules to be happy:*

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

## Sharing & Caring ~ Testimonials

I want to thank everyone who helped me get back on my feet again. It was a joy when they came to my home. Everyone was very professional and when my time was over I felt I had some new friends. I would recommend your services to everyone. I am able to walk again without the walker and haven't fallen since they were here. God bless all of you.  
*Sincerely, Viola D.*

In regards to my mother's care from Care One Home Care Services, the care has exceeded my expectation from all the staff: Jessica, Mary, Krista, Carol, Ashley, Jana, Marjorie, NJ, Heather, and Lori! I feel more

confident in my abilities to care for my mom because of their excellent education they have provided. Thanks so much!!! 😊

*Jenny J.*

As my mother's caregiver, I have come to realize my own limitations, but didn't know where to turn for assistance. Thank God for the wonderful staff at Care One, who have been like angels of mercy when it comes to taking care of my mom, Beryl. They are courteous, down to earth, compassionate and professional. Her bath aid, Holly, has managed to handle the situation gently, while maintaining my mother's dignity. We are very pleased.

*Stacy-Marie T.*

# From your Administrator...

## Home Health Can Help!!!

Did you know that Medicare pays 100% for Home Health services for qualified patients? Home Health benefits are available for people who are trying to stay at home and manage their health issues.

So what qualifies you for home health? Under the Medicare benefit you are eligible for medical services at home if it's difficult for you to leave your home, have a need for the skilled services of a nurse or therapists, and a physician has ordered this home intervention. Home health can teach patients and families about their medications and how to manage them, about their disease or illness, what symptoms to look for, how to manage symptoms, and how to live with this disease. Nurses and therapists can thoroughly assess you or your loved one, monitor vital signs, teach strengthening exercises to improve your balance, gait, to prevent falls, administer IV therapy, provide nutrition counseling and teaching, and most importantly work closely with your physician to keep you as healthy as possible while staying at home.

Most of us would agree that we heal better in our home.

Allowing home health to care for you in your home will help your healing process, and will help you learn how to best manage your illness. Families who are looking for assistance or solutions in caring for parents or grandparents will find home health may be the answer you need. Skilled professionals come to your home, assess the patient, develop a plan of care with the patient and family, perform treatments, exercises, teaching, and keep the Physician and family updated on progress.

Making a referral to home health is easy. Simply call the agency and give them basic information. They will do the rest, calling the physician and setting up a free home evaluation! Having professionals in the home caring for you or your loved ones while being a direct contact to your physician, gives you peace of mind, and confidence in your ability to care for yourself or your loved one...at home!

***Kathy Smith***

Administrator

## Physical Therapy *continued from pg. 1*

### What can I expect from therapy?

A therapist will develop an individualized program designed to address your specific circumstances and monitor your treatment along the way. Here are some things that you should expect from therapy:

- 1. Evaluation:** On your first visit, the therapist will perform an evaluation that will encompass your medical history and a physical examination. This information is used to create an individualized treatment program geared to your specific needs.
- 2. Treatment:** You will usually perform some therapeutic exercise and/or functional training. Depending on your plan of care, your therapist may perform range of motion, mobilize a joint or massage a muscle to promote normal movement and function. Physical therapists may also use ultrasound, electrotherapy, hot packs, traction, ice packs or another modality depending on the injury.
- 3. Education:** Education is a major component of physical therapy. Your therapist will take the time to explain your injury or dysfunction, how it occurred and what course of action will be taken to help correct it and prevent recurrences.
- 4. Home exercise program:** Your therapist will also develop an individualized home exercise program for you to practice to help speed up your recovery process.

### The bottom line:

Physical therapy is an evidence based practice that is dedicated to healing, educating and promoting fitness and health. What does that mean? It means that physical therapy has been tested to verify it works and research is continuously being done to improve treatments. It also means that the goal of the physical therapist is to get you better and make sure you know what you need to know, so that you can stay healthy and not have to come back due to a recurrence of the injury. So, the next time you are having pain and are unable to do your normal activities, it may be time to get a referral to a local physical therapist.

**Why suffer needlessly?**

**Get help and get healthy!**

*Source: [www.beinghealthy.tv](http://www.beinghealthy.tv).*



Toll Free:

1.877.227.3150

Phone: 765.289.7531

Fax: 765.289.7533

Recover At Home With Us

We love hearing from you! Please contact us with your questions, comments, or feedback!

Please email any home healthcare questions to:

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Or visit us online at:

[www.careonehomecare.com](http://www.careonehomecare.com)

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## WORD SEARCH

ABILITIES

EDUCATION

MAINTAIN

PROGRAM

APPRECIATION

EVALUATION

MASSAGE

RESTORE

BODY

EXERCISE

OCTOBER

THERAPY

DEVELOP

IMPROVE

PRACTICE

TREATMENT

Y	D	G	E	R	B	P	I	U	D	E	V	E	L	O	P	U	S	W
F	Y	S	N	L	W	G	H	E	I	G	N	C	U	E	O	G	F	M
A	M	A	P	G	B	M	Z	H	D	T	Y	H	P	E	M	H	C	K
V	A	T	M	E	L	A	M	E	X	E	R	C	I	S	E	Q	J	P
D	I	H	T	M	C	B	O	C	T	O	B	E	R	Y	U	B	M	R
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L	A	A	R	V	G	I	X	B	I	R	H	Y	X	G	M	K	O	R
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G	N	Y	P	I	R	I	F	C	M	I	E	Z	V	N	E	L	N	M
P	P	B	L	R	P	E	J	I	T	I	L	N	F	X	Q	P	A	T
A	G	O	B	J	E	S	W	T	I	Q	F	F	B	I	R	P	U	O
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O	Q	D	X	E	D	U	C	A	T	I	O	N	R	H	J	Z	Z	D
F	X	D	Y	C	P	R	A	C	T	I	C	E	R	K	K	U	K	S
O	F	S	S	O	V	S	G	Z	T	I	V	H	Z	I	J	M	F	F
Y	H	T	D	Q	L	A	T	H	T	Q	O	T	C	J	E	H	W	K
F	M	B	Y	Y	J	N	A	F	S	K	R	N	T	M	T	E	Z	K