



We take pride in providing the highest quality of patient care and superior customer service

We are dedicated in helping our patients return to the quality of life they desire  
Be Healthy - Stay Well

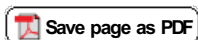
Earl & Geoff

~ Optimizing Human Movement for the Purpose of Healing and Health ~



Monday, 03 January 2011

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RMS Physical Therapy

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[Wellness / Training Programs @ RMS Physical Therapy](#)

[AlterG Anti-Gravity Treadmill](#)

[Preventative Exercise Programs](#)

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## Introducing the AlterG Anti-Gravity Treadmill @ RMS Physical Therapy

RMS Physical Therapy is excited to introduce the AlterG Anti-Gravity Treadmill.

### What is the AlterG Anti-Gravity Treadmill?

The AlterG Anti-Gravity Treadmill, in most aspects, looks and works like a regular treadmill. It was developed with NASA technology to make you feel light on your feet and simulate the feeling of weightless walking or running. The AlterG allows you to reduce your weight by 20, 30, 50 percent, more or less depending on your need, which will then reduce the impact on your joints.

### How Does it Work?

The AlterG Anti-Gravity Treadmill creates a lifting force that allows for ultra-low impact. Once you are fit on the machine, the belt starts moving and you're free to adjust the speed and incline, as on a regular treadmill. Only now, you can also control how much of your weight you want to feel. You can reduce your weight to about 20 percent, roughly the same sensation astronauts experience on the moon. With less gravity to fight, exercise becomes pain free. The strain on your knees, hips and lower back disappears, making it easy to maintain mobility and range of motion.

For Rehabilitation:

- Lower body injury & surgery rehabilitation
- Rehab after total joint replacement
- Neurologic retraining
- Gait training in neurologic patients
- Strengthening & conditioning in older patients
- Aerobic conditioning
- Weight control & reduction
- Sport specific conditioning programs
- Stress related injury
- For Athletes
- For Trainers
- For Performance Enhancement

Experience the AlterG difference for yourself. Please contact us for more information.

## 15 Tips For A Healthy 2011

It's the New Year, and it's also time for a flurry of resolutions. You're probably thinking about how you can become healthier, be more pain-free, and move better than you do right now.

Great thought! To help you along, here are 15 tips to get you healthy in 2011:

1. A gradual, personalized exercise program that takes into account your anatomy and physiology is important. Your physical therapist can conduct an evaluation and assist with this.
2. Make yourself accountable to someone other than yourself. Log your exercises (either at home or at the gym) in a journal and inform your physical therapist about your progress.
3. Self confidence is critical. Believe in yourself and your ability to become stronger, healthier and more functional. If you think you can, then you CAN!
4. Visualize yourself as being stronger, with increase energy, as if you already achieved your goals. Positive expectations of health, vitality and energy are helpful to improve your health and well being.
5. Drink plenty of water. Hydration is important for your blood, kidney, and joints.
6. Always seek qualified help. Expert supervision provided by a physical therapist is important, especially if you are recovering from injuries or medical conditions.
7. Be aware of what you eat. Fat has twice the caloric density of carbohydrates and protein. So



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## Self-Pay Rates Available

## Most Major Insurances Accepted

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## Download our Free E-Book

10 Best Health Tips

limit your fat intake and consume a balanced diet containing lean protein, whole grains, fruits and vegetables.

8. Get into the habit of reading nutrition labels at the grocery store. Not all foods are created equal. Make a conscious decision to shop for natural foods and increase the variety of foods you consume. Most individuals have the same food habits. Deviate from your 'regular diet' and experience a world of fruits, vegetables, herbs and lean protein.
9. Never skip meals, especially breakfast. It is the most important meal of the day, so start your day right - with a healthy breakfast. It will get your metabolism going, and keep your appetite and blood sugar in check as the day progresses.
10. Find an exercise partner to help you stay consistent with your exercise regime.
11. Consistency is key - exercise at least 3-4 times a week.
12. Challenge yourself each week - gradual progression the only way to improve. Stay within the limits of pain. When in doubt, ask your physical therapist.
13. Make sure a 5-10 minute warm-up and a 5-10 minute cool-down are part of your home exercise routine. Don't forget to include stretching in the warm-up and cool-down to reduce the risk of injury.
14. Set specific goals for yourself (consult your physical therapist) and resolve to meet them.
15. Reward yourself for small victories, they are important milestones towards your 'larger goal'. Positive reinforcement is the best way to stay on track and reach your health and wellness goals.

## New Year Resolution Mistakes To Avoid



Most individuals make some health-related New Year Resolutions (I will start exercising, lose weight, quit smoking, reduce alcohol intake, etc). Most people also face the same roadblocks. The good news is that all of these can be easily remedied.

As your physical therapists and experts in exercise, we look forward to the opportunity to serve you this year. There are three main reasons for failed New Year Resolutions and this is something we can help you with:

1. Absence of a structured plan of action (a firm, focused routine will help overcome this)
2. Low self confidence (we help you by setting small, progressive goals and encouraging you with positive reinforcement and accountability)
3. Poor time management (we empower you to make the best use of your time, with a program personalized for your health and fitness needs)

## Most Resolutions Fail Unless...

Did you know that a majority of New Year Resolutions end in failure? Manage your expectations. Remember that the road to health is a marathon, not a sprint to the finish line. Be patient and take progressive, sustainable steps towards your goal. Some examples for you to consider:

1. If you are planning to run a marathon, make sure you set a short term goal - walking/running 3-4 times a week.
2. If your resolution was to lose 15 lbs, a good first step is to avoid the morning bagel, cream cheese and coffee and opt for fruit and green tea instead.
3. Instead of depriving yourself from your favorite foods, resolve to eat a healthy combination of fruits, vegetables and lean meats, allowing yourself to indulge in your favorite foods once every other week.
4. Instead of "going to the gym to exercise", call health professionals like us and ask for an evaluation, so and a structured exercise program under the supervision of a physical therapist.



If one of your resolutions is to improve your health and wellness this year, then **we look forward to serving you as your trusted physical therapists**. We will set reasonable goals, hold you accountable and empower you with confidence by designing a structured, personalized exercise program. Such a program is engineered to improve your muscle strength, flexibility and endurance. We look forward to working with you this year and will do everything we can to improve your health and well-being in 2011.

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