

# SPORT & SPINE SPECTACULAR

VOLUME 4, ISSUE 10

OCTOBER 2007



## OCTOBER IS PHYSICAL THERAPY MONTH

October is National Physical Therapy Month. Physical Therapy not only helps you recover from injury, but it also treats chronic pain such as back pain, joint pain, and headaches. If you've been having pain and are wondering whether or not to come in and get it looked at, let October be the month you visit one of Sport & Spine's expert Physical Therapists:

**Vern Myers** has been a physical therapist for 18 years. A graduate of the University of Wisconsin – La Crosse, he specializes in patient education and creating exercise programs to restore normal function and decrease pain in the extremities and spine. He and his wife Beth have just bought a 5-acre hobby farm near Rushford, where they are both originally from. They love country living and spending time with their five children.

**Jessica King** received her BS in Exercise and Sport Science in 2000 and her Master's in Physical Therapy in 2003, both from the University of Wisconsin – La Crosse. She has worked at Sport & Spine Physical Therapy since October 2004. She is also a certified Athletic Trainer and certified strength and conditioning specialist and enjoys treating patients with spine-related problems and other musculoskeletal injuries. She enjoys pilates, volleyball, and travel. Originally from Central Wisconsin, she lives in La Crosse with her husband Steve and their Yorkshire Terrier Guinness.

**Erin Alexander** is our newest Physical Therapist. Most recently from Ramsey, MN, Erin is originally from Tomahawk, WI. Erin and her husband Joe, originally

from Winona, have two dogs, Solomon and Tora.

**Dennis McEntaffer** is co-owner and co-founder of Sport & Spine Physical Therapy. Originally from Pierre, SD, he earned his BS in Athletic Training from South Dakota State University and his Master's of Science in Physical Therapy degree from the University of South Dakota. He and his wife Carmon have two children, Nathaniel and Allison. Dennis's specialty is orthopedics, especially back and neck pain.

No one should have to live with pain. Call 507-474-6900 and let us help you get back to your life.

## TIPS FOR RAKING

October is here and the leaves are falling. Just like shoveling, raking is a chore that makes it easy for you to injure yourself. Here are a few tips to keep yourself safe as you clean up after your trees.

- **Wear layers** - It might be cool outside when you first begin, but you'll warm up soon enough. Wearing layers will keep you from becoming overheated.
- **Warm up** - Raking is like any other exercise: you have to get ready for it. A few quick stretches will loosen you up and help prevent injury.

- **Keep good posture** - Hold the rake close to your body and keep one hand near the top for better support. Use your arms and legs and keep your back straight.
- **Pace yourself** - Raking is an aerobic activity, so take frequent breaks and drink a lot of water to keep from getting dehydrated.
- When bagging leaves, **lift manageable loads**, even if it means more bags. Don't overstuff your bags, especially if the leaves are wet.
- Don't forget to **cool down** after your workout!

## WHAT'S GOING ON?

### WELCOME KRISTIN!

Sport & Spine is happy to welcome our newest Rehab Tech, Kristin Reece. Kristin has just moved to Winona after finishing school at Colorado University with a degree in Exercise Science.

Welcome Kristin!

### REMODELING



During the month of September and continuing into October, Sport & Spine is remodeling! Stop in and see how we're changing!

## FROM OUTDOORS TO INSIDE

The weather is turning cooler and soon, (sooner than we'd like,) the snow will be flying. You've been exercising outside every day, taking advantage of the sun and the fresh air while you keep healthy, but you know you can't keep running around the lake every morning in a parka and snow boots. So how do you take your outdoor exercise routine inside?

The first thing to consider is the aspect or aspects of your exercise routine you enjoy the most. Do you like the action of running, or biking? Do you enjoy the places you go or the things you see along your exercise route? Once you've determined what you like about your routine, it's easy to find ways to enjoy that aspect during the winter months.

The most popular styles of outdoor exercise are running and biking, both of which can be brought indoors at home or at a gym. Stationary exercise bikes, treadmills, elliptical machines, and other exercise machines will replicate your style of motion when you exercise and keep your program feeling familiar.

If you enjoy the changing scene when you exercise outdoors, try alternating your usual routine with a brisk walk along your usual outdoor path. This will keep your route familiar and you'll enjoy seeing it during a different season.

However you decide to exercise, remember that the most important thing is that

you *are* exercising. Your body doesn't care if you are inside or outside: it just wants to move, exercise, and be healthy.

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## E-NEWSLETTER

Sport & Spine Spectacular is now available online at [www.sportspine.com/ewsletter\\_signup/index.php](http://www.sportspine.com/ewsletter_signup/index.php) (Requires Adobe Reader)

E-mail

[abarrett@sportspine.com](mailto:abarrett@sportspine.com) to receive our newsletter in your inbox!

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## JEANS FOR CAUSE

Every Friday at Sport & Spine is Jeans for Cause Day! Employees of Sport & Spine will pay \$3 to wear jeans or other casual wear to work on Fridays. At the end of the month, all the money we have collected will be contributed to a cause. If you know of a cause or a fundraiser taking place in 2008, let us know! Call **474-6900** or e-mail [abarrett@sportspine.com](mailto:abarrett@sportspine.com)

September 2007: Ready Set School!

October 2007: Toys for Tots

November 2007: Sponsoring a family for Christmas

December 2007: Goodfellows

In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

### Human Right #11:

#### INNOCENT UNTIL PROVEN GUILTY

*Nobody should be blamed for doing something until it is proven. When people say we did a bad thing we have the right to show it is not true.*

### Human Right #21

#### THE RIGHT TO DEMOCRACY

*We all have the right to take part in the government of our country. Every adult should be allowed to choose their own leaders.*

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