

LINDY PT TIMES

www.LindyPhysicalTherapy.com ■ 940.372.1072 September 2016

HELLO!



My name is **Sharon Lindy**. Owner of Lindy Physical Therapy – A PT practice focused on you and returning you to a pain active life with Myofascial Release. I have five horses, two cats and a dog named Sam on my 15 acres out in Mountain Springs (north of Lake Ray Roberts). Sam is my rescue dog.

PLEASE WELCOME SAM:

I wasn't planning on getting a new dog (my beautiful Roper Girl passed on Easter). Friends of mine found Sam in the middle of the road almost dead. They nursed him for three weeks while trying to find his owners. When they were unable to do so, they wanted to find him a new home. A mutual friend of ours convinced me I would be helping both the couple and Sam and that I'd be getting my "kind" of dog. His before and after photos really are amazing.

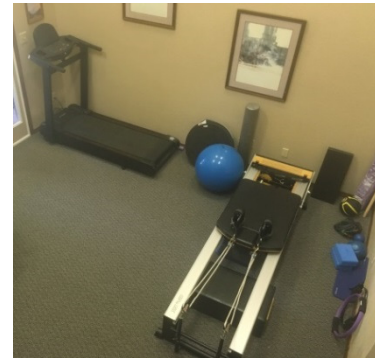


SAM DOES NOT LIKE THUNDER. NOT AT ALL.

I found out the hard way that he will run away during storms and you can't lock him in. He was missing for more than 16 hours before he managed to find his way home. The strength of his back legs regressed several weeks due to the thunder storm incident. So if it is storming in the area – Sam will be at work with me. He convinces me on other days he just doesn't want to be home alone, "take me with you today – Please!" Sam is our resident therapy dog. He continues to grow stronger every day and enjoys any and all the attention you want to give him!

NEW OFFICE LOCATION

The office relocated to 519 S Carroll Blvd, Suite 103, Denton, TX 76201 effective April 1, 2016. It is amazing just how much paperwork and loopholes moving a practice entails. The physical move occurred in three days with the help of several wonderful people. The Kaldawi family and the Mitchell family deserve many thanks. We were almost two months getting internet and phone set up, as April 1st was a day many will remember as not much of a joke with the changing of the guard from Verizon phone/internet to Frontier, but that's all good now too. With the new location comes new staff – office manager Amy Lyons, Kim Mitchell, PT and on call, Barbara Dickerson, PTA. Help me welcome them as we grow the business. I could not have done the transition without AMY!



Like most physical therapists, **Kim Mitchell** knows a lot about a lot of things. She is trained in Stott Pilates and joins me in offering private session Pilates under Prescription or Health and Wellness venue. She is also helping me develop the new weight loss course based on Health Habits education we attended in June. Kim graduated from Texas Tech University, has worked in adult rehab, pediatric rehab, and sports medicine. She has her NDT certification in pediatrics. Kim lives in Argyle. Her daughter just graduated with her Masters from Texas Tech, and her son is a sophomore at the University of Arkansas. Kim also works as Team Manager and PT for US Youth Climbing Team. She enjoys her family, her dogs and traveling.



WHAT IS MYOFASCIAL RELEASE?



John Barnes' MFR (Myofascial Release) has three components: **Structural, Unwinding, and Rebounding**. In this month's issue I will explain a bit about **Structural MFR**.

Fascia is the connective tissue that is a three dimensional web going from the skin down to the cellular level. It supports and protects all the systems of the body.

Deep tissue, strumming, and rolling are examples of treatments used to break up cross links; however, these are aggressive treatments and aggressive treatment itself usually causes a small amount of trauma so these techniques are only used if necessary at Lindy Physical Therapy. We focus more on cross hand release – engaging the barrier at the depth and the length, waiting for the tissue to respond. It takes 90 to 120 seconds just to begin the full engagement and lasting change occurs around the five to seven minute hold time. Interleukin 8 is released at the five to seven minute mark. Leg pulls or arm pulls can reach deeply in the body and cranial work and dural tube releases can have effect on the whole system. Typical sessions last an hour and include elements of all three components. Deep relaxation and pain relief are possible.

Visit www.LindyPhysicalTherapy.com for a list of conditions effectively treated by MFR. Visit John's website to read more about MFR www.MyofascialRelief.com

PATIENT RECOGNITION CORNER!

This month I would like to recognize **Charley Roden**. She has the distinction of being the “**first patient to be seen at the new location.**”



Charley was referred to me by her daughter who searched for a Myofascial Release therapist first to help her father. Charley saw the progress he was making and when she strained her back – she called on me to assist her as well. Charley has been amazing at spreading the word that MFR works. I've now assisted five of her family members and two of her friends. She has even been known to stop someone at Kroger and give them my card to tell them what amazing changes she has felt from MFR. Charley convinced her daughter, who is a massage therapist in Mississippi, to take MFR courses as well. With Charley – MFR has become a family affair.

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*My best referrals come from word of mouth. So thank you, Charley, for all you do. With that said I am introducing a **new referral recognition program**. Charley is setting the stage. Refer six people who schedule appointments and receive one free treatment.*



BIRTHDAY BONUS:

As many of you know – there is a birthday discount. If for some reason you did not hear from me on your birthday – Call Amy to see that your records are up to date. The birthday discount is \$40 off your next hour or longer treatment in health and wellness services. (If yours got missed just let us know when it was and claim your birthday bonus) If paying on line the promo code you receive should work -let us know if it does not. Or if paying in the office be sure to remind us to apply the code.

PILATES

Having good health isn't an accident. The older we get, the more effort we need to put into it. Good diet, aerobic exercise three to five sessions per week, strength training two to four times per week and a daily stretching program are recommended. Pilates is extremely effective at increasing length and strength making for a longer, leaner you.

At Lindy Physical Therapy Kim and Sharon are both trained in the Stotts Pilates Method. Having a PT for private training can benefit you greatly in that your program can be tailored to address areas of concern or weakness.

Remember, a balance of healthy diet, strength training, stretching and aerobic exercise will keep you healthy!



HEALTHY HABITS WEIGHT LOSS PROGRAM



Our first group class started August 16th. The program consists of 5 weekly group classes and 3 private sessions where participants learn about anti-inflammatory diet choices, understanding calories, motivation and strategies for staying on course of healthy habits with diet, proper exercise selection and progression for weight loss.

Private sessions are individualized for each participant and focus on exercise plan, nutrition, stress management (MFR helps), Pilates instruction, or proper stretching for specific problem area.

If you are interested in joining the next group, please call the office or attend the next weight loss workshop September 20th - 6 pm at the office. Call Amy to schedule. 940-372-1072

PENNE WITH HERBS, TOMATOES, AND PEAS

Ingredients

8 ounces uncooked penne pasta	1/2 teaspoon kosher salt
1 cup frozen green peas, thawed	1/4 teaspoon freshly ground black pepper
3 tablespoons extra-virgin olive oil	1/3 cup thinly sliced fresh basil leaves
6 garlic cloves, thinly sliced	3 tablespoons chopped fresh flat-leaf parsley
3 cups cherry tomatoes, halved	1 ounce fresh Parmesan cheese, shaved (about 1/4 cup)

Preparation

1. Cook pasta according to package directions, omitting salt and fat. Add peas during last 2 minutes of cooking. Drain.
2. Heat a large nonstick skillet over medium-low heat. Add oil; swirl to coat. Add garlic; cook 4 minutes or until garlic begins to brown, stirring occasionally. Increase heat to medium-high. Add tomatoes to pan; cook 1 minute. Add pasta mixture, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally. Stir in basil and parsley. Sprinkle with cheese.

Recipe and photo courtesy of myrecipes.com





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FOR THE PATIENT

MFR SELF-TREATMENT CLASS:

A one-hour workshop on learning the basics of self-treatment. Learn to use the ball, legs up the wall to relax the back, cross hand release, jiggling and self-unwinding. Cost of workshop is \$20. Friday, September 9th from 11am to noon. First 10 to register will receive a free ball.



FOR THE THERAPIST

NORTH TEXAS MFR STUDY GROUP:

The next meeting of the North Texas MFR Study Group will be held at the office Sunday, September 25, from 10-2. To attend you must have taken MFR I.

You can now register for the class on line at our website.

Special Therapist Treatment Day offered Saturday before study group – see web site for details. Private sessions can be scheduled while you are in town – call the office to schedule your treatment.

Upcoming study groups: October 30 and December 4

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