



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

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### INTERMITTENT FASTING

A couple months ago, we had a brief introduction into intermittent fasting and highlighted a few benefits that can be gained by introducing intermittent fasting into your daily routine. There were so many details that we could not cover all the content in that brief introduction, and we have been working diligently to put together a more encompassing explanation and description of intermittent fasting. Thankfully, we have a blog to discuss this topic in more depth so that our clients can have a better understanding of this broad topic and see how it may fit into their lifestyle. Check out this month's blog for a detailed look at intermittent fasting and how it may benefit you.

### AROUND THE CLINIC:

It is Back to School Time! I am sure everyone is so excited. If you are wondering if your child's backpack is fitting them properly as they return to school, check out our blog post from a few years ago that will give you all the tips and tricks to help your child return to school and avoid injuries due to improper backpack fit. <https://www.ptscgj.com/post/does-the-backpack-fit>


**TIPS FOR PURCHASING A BACKPACK**

The American Occupational Therapy Association (AOTA) urges parents and caregivers to consider the following when selecting a backpack this school year:

**APPROPRIATE SIZE.** Make sure the height of the backpack extends from approximately 2 inches below the shoulder blades to waist level, or slightly above the waist.

**SHOULDERS.** Backpacks should have well-padded shoulder straps that can be worn on both shoulders so when packed with books, the weight can be evenly balanced by the student.

**HIP BELT.** Backpacks with a hip or chest belt take some strain off sensitive neck and shoulder muscles and improve the student's balance.

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# Spotlight Diagnosis of the Month

**Diagnosis:** Whiplash Associated Disorders (WAD)

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

## What is it?

Whiplash Associated Disorders (WAD) is a term used to describe injuries sustained due to a sudden acceleration-deceleration movement, generally known as whiplash. Whiplash associated disorders are commonly sustained during motor vehicle accidents (MVA), but can also occur as a result of sporting injuries or a fall. Whiplash associated disorders refer to the injury or injuries sustained secondary to undergoing a whiplash event. Most WAD are considered to be minor soft-tissue injuries without the sign of a fracture or structural injury.

## Common Symptoms

- Neck pain
- Worsening neck pain with movements
- Loss of range of motion of the neck
- Muscle spasms
- Non-specific headaches
- Dizziness

## How Physical Therapy Can Help:

Whiplash associated disorders are best treated with the help of a multidisciplinary team, often including physical therapy. Physical therapy generally consists of early mobilization, pain relief options, patient education, and strengthening exercises. Early mobilization is important to help regain any loss of range of motion (ROM) or to decrease stiffness. This is often done with the use of manual therapy techniques that can include soft tissue mobilization and/or stretching. Once pain levels have decreased, strengthening exercises are usually introduced to help normalize function and allow return to normal activities.

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\*\*\*Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.\*\*

