

PIR NEWSLETTER

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Yoga: A Great Way to Stay Fit During The Fall



By: [Jill, PTA - Methuen Clinic](#)

As fall begins and we transition away from some of our outdoor activities, it is a good time to consider new exercise options. The practice of yoga may be a good option for the months of inclement weather approaching. Yoga can be defined as a system of exercises for attaining bodily or mental control and well-being. The practice of yoga improves strength, balance and flexibility. Additional benefits include improved function of the respiratory system, digestive system, circulation, and clarity of the mind. There are a variety of yoga techniques that are appropriate for beginners.

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Spotlight Exercise: Yoga Pose to Do Every Day



You've probably done a lunge before, but forget everything you know about assuming this position before trying it the yoga way. Sometimes rethinking a shape you're familiar with is even more challenging than trying a pose you've never seen before. In yoga, we call this the beginner's mind. In the beginner's mind, there are many possibilities. But keep in mind that poses should be done with optimum alignment and attention to detail to cultivate better body awareness and get the maximum benefits. Let this guide you into a new experience of this pose.

Step your right foot forward next to your right hand, coming into a low lunge. You may want to drop your back knee down to the floor at first for a nice stretch in both hips. Keep the back leg straight if you want to begin to work into your hamstrings, which run along the back side of your thighs.

Benefits: Opens the hips and groins; stretches the calves, thighs, and hamstrings.

For more information on proper technique and other Yoga stretches, go to VeryWell.com and read up on the 10 Yoga Poses to Do Every Day.

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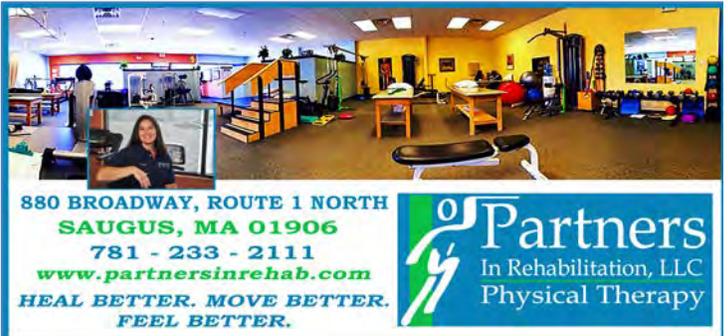
The four I will review have individual benefits.

- 1) **Hatha:** is considered a gentle form of yoga. It is a yoga system of physical exercises and breathing control. Movements are slow with postures maintained for a few breaths.
- 2) **Vinyasa:** is a more dynamic practice that links movement and breath in a dance like way. It is a flowing sequence of poses that is one of the most popular styles of yoga in the United States. Also sometimes called "Vinyasa Flow Yoga," this type of practice involves synchronizing the breath with a continuous flow of postures.
- 3) **Iyengar:** named after and developed by B. K. S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breathe control focuses on more precise body alignment and range of motion. Postures are held. Instructors focus on anatomy, movement and detailed form. Blocks, straps and blankets are often used.
- 4) **Ashtanga:** This method of yoga involves synchronizing the breath with a progressive series of postures – a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. It is a challenging, yet orderly approach to yoga. It involves a series of six specific poses. You flow and breathe through each to build internal heat.

Experiment as you would like and enjoy!

Reference: Google.com & Wikipedia Yoga Search

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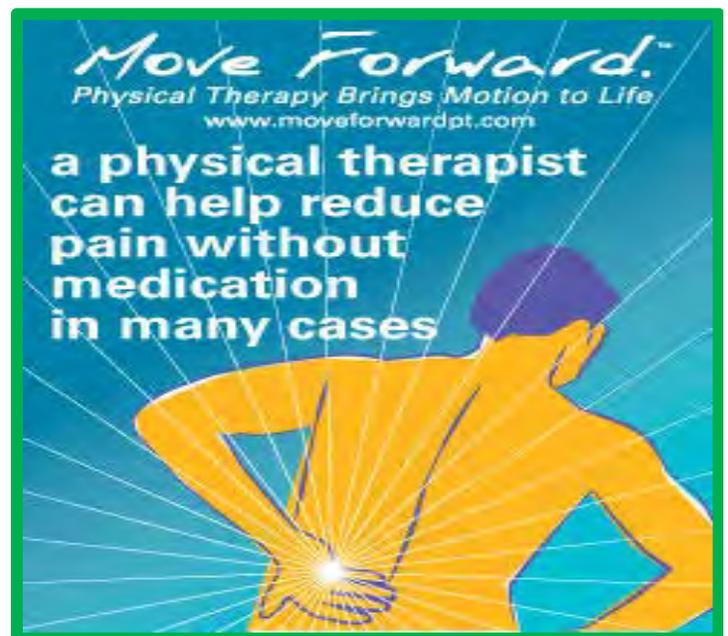
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in many cases

In Memoriam: Steve, PT Georgetown Clinic



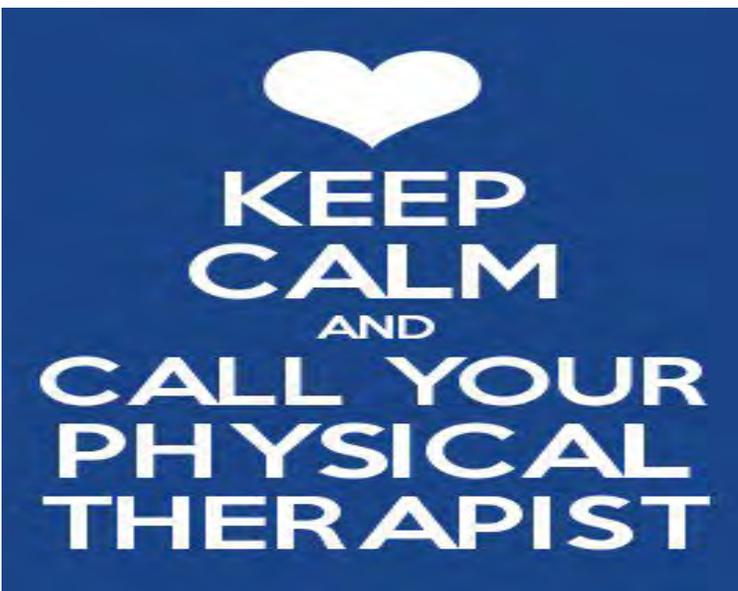
Dear Friends, Colleagues, and Patients:

It is with great sadness and heavy hearts that we inform you of the tragic loss of our colleague & friend Stephen Nazzaro, PT. Steve has been an employee of Partners In Rehabilitation for over 13 years and played an important part in opening our Georgetown, MA facility. Prior to his time at Partners In Rehabilitation, Steve began his career at Lahey Clinic in Burlington. Steve graduated from Northeastern University's Physical Therapy program & dedicated his life to helping patients regain strength, mobility, & confidence.

As an active member in the Georgetown community, Steve volunteered as a coach for his children's soccer teams and a member of the Georgetown Soccer Board. He leaves behind the love of his life Jillian (D'Entremont) Nazzaro, his son Cooper Stephen (13), Reese Avery (11), and their dog Penny (3) who love and miss him dearly.

This has been a very difficult time for his family, friends, the staff and patients of Partners In Rehabilitation, and the entire Georgetown Community. We will continue to struggle with this grief and shock for quite a while, but ask that you keep his family and loved ones in your thoughts and in your prayers. Steve will truly be missed by all of those he met and we will forever remember his great personality, love for his family & friends, dedication to his work and community.

In lieu of flowers, the family requests that donations be made to the [Stephen Nazzaro Memorial Education Fund](#). For more information on the services, please go to the [Mackey Funeral Home](#) website for details.





PIR 2017 Patient Testimonials

At Partners In Rehab, PT we value our patients feedback and appreciate hearing how they feel about the services they received after they have completed treatment at one of our facilities. Over the past year we have received some of the best patient testimonials, praising the services they received here at PIR, so we wanted to share a few of them with you:

"PIR has allowed me to gain hope, faith, & strength in knowing my arm will get better. PIR has changed how I deal with my injury. I am very grateful to the PIR team. Jill, Lisa & Marianne are phenomenal PT's." – **Kim S. – Methuen Clinic**

"I've been here 3 times over the past few years and every time I leave here feeling so much better. The staff is terrific! They are informed, knowledgeable, personable, and they take the time to get to know you individually. Before I came here, I went around to research and view other places that offer Physical Therapy. Partners In Rehab, PT won me over and still does to this day." – **Suzanne B. – Georgetown Clinic**

"I'm so glad that I picked Partners In Rehab, PT for my outpatient therapy. The staff geared the program based on my condition & added other exercises to assist my specific needs. I'm grateful for all of their efforts on my behalf and a special thanks to Krista for developing my specific needs program." – **Fred D. – Saugus Clinic**

If you have been a patient of Partners In Rehab, PT and would like to share your thoughts about the treatment you received or regarding your overall experience then please visit our website at www.partnersinrehab.com and click on the **Patient Survey** tab on the home page. At Partners In Rehab, PT we are dedicated to helping our patients **HEAL BETTER. MOVE BETTER. FEEL BETTER.** & by sharing your feedback we can guarantee to continue doing so for many more years. - *Thank You*



American Physical Therapy Association

PT Day of Service has brought together nearly 8,000 volunteers from 42 countries in just two years. Join us this year on October 14, 2017!

Making a difference in the lives of patients and clients is what physical therapy is all about. Yet, transforming lives does not stop at the clinic; we reach out to our communities and look for ways to give back. Join PTs, PTAs, students, and physical therapy staff from across the world Saturday, October 14, 2017, to participate in a day of service that gives back to the community.

As part of APTA's National Physical Therapy Month (NPTM) celebration, staff is hosting events at its headquarters community. We are inviting local members, their staff, and families to participate in these activities. We also encourage members of the physical therapy profession, their staff, and families, globally to do the same in their communities.

Treating at a pro bono clinic, working in a soup kitchen, or even cleaning up a park. No matter where or how, we have the ability to positively impact change. Whether we call ourselves 'Physical Therapists' or 'Physiotherapists,' service embodies who we are, what we do, and how we act. Become a part of PT Day of Service as we join together to better the world!

For more information on how you can be a part of this great day of service follow the links below:

APTA.org & [Global PT Day of Service](#)