



In Motion!

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Issue No. 1

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Did you know?

Physical therapy can reduce athletes' risk of injury by 41%*

*American Journal of Sports Medicine, August 2008

Jennifer's Recipe Box



My wife Jennifer is a wonderful cook. So much so, that when I tell people about something she makes, they ask for the recipe. In this edition of *In Motion!*, Jen share's a drink recipe in honor of this issue's ailment: Tennis Elbow. And no, it doesn't cure it. You should still come in for therapy if your home remedies haven't worked!

Tennis Elbow Cocktail

Ingredients

- 4 cups chilled pineapple juice
- 3 cups chilled apricot nectar
- 2 cups chilled grapefruit juice
- 1 1/3 cups gin
- 1 cup chilled tonic water
- Ice cubes
- Pineapple spears

Preparation

Stir first three ingredients in a large pitcher to blend. (Can be prepared one day ahead. Cover and refrigerate.) Add gin and tonic water to fruit juices and stir to blend. Fill eight tall glasses with ice. Pour drink over. Garnish pineapple spears and serve.

Welcome to the first edition of North Point Physical Therapy's newsletter, *In Motion!* Our newsletter supports our mission to help Atlantans live to their fullest physical potential. *In Motion!* provides you with news, tips and information you can use to help you prevent injury and maintain wellness so you can live the life you enjoy.

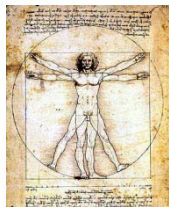
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I hope you enjoy our newsletter. Stay happy, stay healthy, stay *In Motion!*

Sincerely,

Joel Eaby, PT, DPT, ATC
President and Owner, North Point Physical Therapy

What Can Physical Therapy Do for You?



When you think of physical therapy (PT), what comes to your mind? Rehabilitation after injury? Therapy after surgery? Most people think of PT as rehabilitative, but the reality is that PT offers so much more.

What most people don't know is that physical therapists (PTs) can help you improve your mobility and quality of life without surgery or prescription drugs. PT is not only a non-intrusive treatment option, but one that can save you in recovery time, lost time at work or enjoying hobbies, and money spent on healthcare.

When it comes to your physical mobility, PTs have the most specialized education to help you restore motion. In fact, many physical therapists, myself included, are doctors of physical therapy -- trusted health care professionals with extensive education in diagnosing and treating conditions that limit the body's ability to move and function in daily life. As your family physical therapist, I can teach you how to prevent or manage a condition so that you will achieve long-term health benefits.

One more thing: in most states, including Georgia, you can make an appointment with a physical therapist directly, without a physician referral. Call me today for an appointment if you're experiencing pain or limited range of motion.

About Us

At North Point Physical Therapy, our goal is to treat the whole person and return them to their prior level of function so that they can get back to the lifestyle they enjoy. Whether your condition is neurological or orthopedic, new or old, we use a combination of manual, traditional and sports medicine techniques to help heal your injury and improve your fitness level so you can avoid future injuries.

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I can help you with:

- Arthritis
- Back Pain
- Knee Pain
- Osteoporosis
- Overuse Injuries
- Shoulder Pain
- Stroke
- Sprains, strains and fractures
- Much more

Don't Let Tennis Elbow Cause a Racket In Your Life



In Atlanta, tennis is the sport to play and it's played year-round; I frequently treat patients suffering from tennis elbow. Whether you're a tennis player or not, tennis elbow can affect your game, your range of motion and your physical well-being.

Here are a few things you should know about tennis elbow.

What is Tennis Elbow and What Causes It?

Tennis elbow is the degeneration of the tendon fibers attached to the bony part of the elbow. Because these tendons are responsible for anchoring the muscles that extend or lift the wrist and hand, people suffering from tennis elbow experience severe, burning pain on the outside part of the elbow. For most, the pain starts in a mild and slow fashion, such as pain and stiffness in the morning, but gradually worsens over time. Lifting even very light objects can lead to significant discomfort and anything that involves gripping can exacerbate tennis elbow. In more severe cases, pain can occur with simple motion of the elbow joint and can radiate to the forearm. Many people who never play tennis have tennis elbow; any type of repetitive motion involving the arm can cause it.

What You Need to Know

- Tennis elbow may resolve on its own, but can take anywhere from two months to two years to fully resolve; if you have tennis elbow, be patient and seek treatment sooner rather than later.
- Can I keep playing tennis (or whatever activity caused tennis elbow)? Yes and No. Taking some time off from tennis (your activity) will improve your chances of resolving symptoms quickly. But, if you are like most tennis players in Atlanta and have figured out a way to have a match seven days a week, depending on the severity of your symptoms, we may be able to just decrease the amount you play, but still allow you to play competitively.
- What about tennis elbow braces? In my experience, they do help some people. Most braces are inexpensive, so it's worth trying. If you do try a brace, make sure you wear it for three to four days during waking hours to give it enough time to see if it helps. Ask me if you have any questions and I can help you pick the right brace and show you how to properly position it on your arm.

- Have a tennis professional review your technique to see if you're using the proper motion. Sometimes just a simple modification in your swing or grip can do a lot to resolve pain.
- Be very careful if you are working out with weights at home or at your local gym; it's important to know what exercises you should or shouldn't do. Since tennis elbow is exacerbated by gripping, you may inadvertently do exercises that you don't think are bad for your elbow while, in reality, they could be adding to the problem.
- If you recently began experiencing symptoms, start by icing the elbow, resting it and taking an anti-inflammatory, such as ibuprofen, to see if this helps resolve the pain. If symptoms don't subside in one or two weeks, make an appointment for an evaluation with your physical therapist.
- Research shows that treatment involving physical therapy provides the longest term of relief than other treatment.

If you're experiencing tennis elbow or any other ailment, and you're unsure whether or not you need treatment, call me to set up a consultation.

Free Physical Therapy Consultation

Present this coupon for a complimentary physical therapy consultation. If we determine that you need physical therapy, we will request a referral from your doctor and begin treatment.

Call (678) 400-0300 TODAY to schedule your initial visit.

Offer Expires: March 31, 2009

North Point Physical Therapy | 2500 Old Alabama Rd. | Suite 23 | Roswell | GA | 30076