



Rugotzke Family Vacation

By John Rugotzke PT, DPT, OCS, FAFS

2018 marked our first trip as a “complete” family of four. We discussed our travel options at length and decided that we wanted to travel somewhere new to us and keep the driving time under 12 hours. In the end, we opted to travel to Huntsville, Alabama at the end of June. Why go to Alabama and its heat and humidity in the summertime? A quick background is needed to understand that.

Since 2012, I have been involved in collecting, restoring, buying, selling, and trading antique Coleman and other brand lanterns, stoves and lamps. Commonly referred to in the hobby as Gas Pressurized Appliances (or “GPA”). The Coleman company dates back to 1900 and unlike other companies that streamlined their product line over the years, they maintained a diverse lineup of products made in their Wichita and Toronto factories and of course are still in business today. There is even a club for such people, the International Coleman Collectors Club. Every June there is a convention that rotates around the country and is hosted by club members who desire to do so. Other members bring items to display, with ribbons awarded for the top three displays, seminars on various topics such as rare models or restorations, as well as lots of selling and trading going on. There are always old friendships rekindled and new ones made. It really is a great group of people in the hobby. For 2018, the couple hosting the convention lived in Huntsville.

You may not be aware that there were a number of companies right here in Wisconsin that produced GPA products throughout the years, primarily before World War II. Six companies are known and were located in Milwaukee, Wisconsin Rapids, Edgerton, and Colby. This year, we decided to put together a display table of these products and we were able to represent items from all six brands as well as some other Wisconsin-esque items and even supply cheese curds to the crowd.



brands as well as some other Wisconsin-esque items and even supply cheese curds to the crowd.

Our trip this year included touring the Abraham Lincoln museum at Lincoln College in Lincoln, Illinois, visiting Lincoln’s tomb in Springfield, Illinois, touring a distillery in Kentucky, staying in a cabin at Monte Sano State Park in Huntsville, and touring the U.S. Space and Rocket Museum also located in Huntsville. We normally enjoy very active vacation trips with hiking involved, though the addition of our son Zac (1 year old in July, 2018) limited our options on this. Our older son, Jeremiah (almost 4 years old) LOVED the Space and Rocket Museum and all of its interactive displays. The cabin at the state park was a great headquarters for us, as it gave the boys a place to play and crawl around, had a screened in porch, a kitchenette, and most importantly it had air-conditioning.



continued on page 2

Inside This Issue

Safe Lifting Techniques

Broccoli Salad Recipe

Winter Safety

2019 Movie Releases

ENTER TO WIN

Find the word “Broccoli” inside this issue and Call (608) 742-9356 for your chance to win a FREE exercise TheraBand®!

Drawing will be held on Monday, January 21st, 2018.

Lifting Techniques Refresher

By Jordan Hove PT, DPT

(continued from page 1)

At the convention, there were 20+ tables on display and with items for sale. The attendance was somewhere around 150 individuals, plus the curious hotel-goers who had to peek into the conference room to see what was going on with all these people toting lanterns around. There was a light-up of lanterns made specifically for the military that we did at a war memorial in town as well as the main group light-up in the shape of an Alabama "A" that included 89 devices lit at once. We did not place in the table judging, but we had fun putting it on and got numerous compliments on the display and the cheese curds. And of course, John came home with some new devices to put into his display at home.



All-in-all it was a successful trip despite some rental car trouble on the way home. We look forward to many years to come of family vacations and are thrilled to be able to show our boys around this great country of ours.



John enjoys serving in the Westfield community as well as industrial care. He is an Orthopedic Clinical Specialist and a Fellow of Applied Functional Science, with training in Manual Therapy including Trigger Point Dry Needling.

Putting away boxes of holiday decorations, hauling packages to and from the car, reaching items on the higher shelves at the back of your closet ... post-Holiday Season certainly requires its fair share of bending, lifting and reaching. This, coupled with the cooler weather, makes January the ideal time for a refresher on sound lifting methods.

Back pain and injury can put a real damper on life during any season, it's one of the most common conditions we treat as medical professionals. Fortunately, it's also a condition that's easy to reduce the risk of occurring, and one of the ways to keep the spine healthy is learning – and practicing – ways to lift with help from the hips and legs, not just the back.

Around 80 percent of all Americans will experience back pain at some point in their lives, making it one of the top causes of disability in the U.S. And while preventing back pain is of key concern when one does a lot of bending and lifting, it's not the only concern.

When we talk about sound lifting techniques, we're looking at ways to minimize strain on just one area of the body and be efficient in our movement using the body as a team. The goal is to put yourself in a position that allows the body's musculoskeletal system to work as one cohesive unit, without putting too much strain on one area, such as the lower-back or shoulders.

So without further ado, I offer the following tips for proper lifting:

Warm Up: Don't ever assume your body's ready to lift heavy objects without first being thoroughly warmed up. Take the time to stretch you lower back as well as your legs and hips. Also, do a few jumping jacks to get the blood flowing to the muscles in your body. There are many ways to warm up. Pick a movement that looks like what you want to do and gradually move into and out of these positions to warm up joints and muscles.

Get Close: Avoid reaching for a heavy or moderate-sized load. Get up nice and close to the box or object to minimize the force (in the arms, shoulders and back) needed to lift, and always hold it close to your body.

Bend & Lift with Your Entire Body: For small loads, it's fine to bend and lift with the back. When lifting heavier loads that you may not commonly encounter, help the back by bending through your hips and knees along with the back so all areas are helping out versus just one area performing the entire task. Our biggest, strongest muscles in our body are in our hips, so learn how to use them!

Get a Grip: This seems to go without saying, but if you can't get a strong, comfortable grip on the object in front of you – even if you know you can carry the weight – don't try to be a hero. Find someone to help you or an alternative way of getting the object from A to B, such as a hand cart or dolly.

Reverse the Steps: When you get to where you're going, set the item down just as you picked it up – but in reverse. Keep the load close to your body, bend with not just the back but the hips and knees as well, and go down in a controlled manner, especially if dealing with heavy loads.

During the process of lifting, limit twisting or reaching while carrying a load. And when you do twist and reach, use the hips to help perform this as they are designed to twist better than the lower back. Don't rush through the process of lifting, and if you're tired, take a break and come back to it later. Finally, the best way to reduce risk of injuring the back, or any area of the body for that matter, is proper training and progressive loading to that area. Start with loads you can handle and slowly increase as you become stronger over time.

And if you do feel pain during or after lifting, or if you have an injury or condition you feel is holding you back from moving properly, visit a physical therapist for a full assessment prior to trying any sort of heavy or awkward lifting.

TIPS FOR WINTER SAFETY

If you drive rural roads in winter, here are some tips to stay prepared for winter weather and emergency situations. These are a few things you may want to keep in your car during the winter months:

- ❄ Blanket
- ❄ Flashlight
- ❄ Jumper cables
- ❄ Cellphone charger that works in your car's outlets
- ❄ Hand and foot warmers
- ❄ Bottled water
- ❄ Energy bars
- ❄ Kitty litter is also a good item to keep in your trunk for pouring under your tires in case you get stuck in the snow. It will provide some traction and put a little extra weight on your tires. Your floor mats may also be helpful when placed under the tires to help you get out of a situation where you are stuck in the snow.

MOVIES TO BE RELEASED IN 2019

Glass, January

The Lego Movie 2, February

Captain Marvel, March

Dumbo (Live Action), March

How To Train Your Dragon 3, March

Avengers 4, April

Aladdin (Live Action), May

John Wick: Chapter 3, May

Toy Story 4, June

Lion King (Live Action), July

Spider-man Far From Home, July

IT: Chapter 2, September

Frozen 2, November

Wonder Woman 2, November

Star Wars Episode IX, December

Clinic Happenings:

WE WISH YOU A

**HAPPY AND HEALTHY
NEW YEAR**

FULL OF ALL THE ACTIVITIES
YOU ENJOY DOING!



Drawing Winner:
Patricia won our drawing last month for a pair of New Life PT socks for herself and a friend. Congratulations Patricia, stay warm!



December marked Physical Therapist and Co-Owner, Bryan Cummings' 11th year with New Life! Bryan has treated patients primarily out of our Baraboo clinic, and now oversees our Industrial Solve Global Solutions and is enhancing the lives of employees at the Brakebush Onsite Health Center for Excellence. Thank you, Bryan, for your years of excellent service to our communities!

Success Helping People Get Their "ING" On

Cynthia came to New Life Physical Therapy when attending on one our Free Workshops. She says, "The experience here at New Life Physical Therapy has been very positive. My neck and shoulders were very tight due to shoulder problems. I came to the workshop and realized I needed PT. I worked with Sydney, Kyle and Kris for my appointments. I am very satisfied with the exercises and stretches they taught me and am 90% better. I will continue to do the exercises as I do not want this problem of tightness to reoccur. I do recommend PT for any physical challenges. My body is also noticeably stronger and balance is better. Thank you Sydney, Kyle, and Kris, plus the ladies working at the desk. Coming here has been a positive experience and a blessing."



Joe chose New Life PT again after his first experience with us. "I was familiar with New Life from recovery treatment of quadriceps repairs 6 and 8 years ago and had very good experiences here, so I chose New Life for my PT following right knee replacement this past summer. At the beginning of treatment this time, I was going through the pain, swelling, and limitations on strength and movement that were to be expected following such surgery. In addition, I had significant fracture blisters from the surgery and other skin problems associated with eczema since childhood. My therapists here were quite helpful in responding to those concerns with guidance and reassurance. They used massage on several occasions which was very helpful. It seemed to me that the stretching, strengthening, and balance exercises they chose were perfect for my recovery. I recommend New Life to a number of clients I meet in my work, always emphasizing the distinguished skills you folks possess." - Joe



2639 New Pinery Road, Suite 2
 Portage, WI 53901
 Phone: 608-742-9356



*Enter our drawing for a
 FREE exercise TheraBand®!
 Information inside.*

Your "ING"

We want you to be able to do your *working, playing, walking, resting, parenting, exercising*, all of your *living* PAIN FREE.
 We'll help you get your "ing" on!

With healthcare costs now, it is important to spend your money where it will benefit you.

We understand and do our best to empower you in mind, body, and spirit to do the important things that make your life worth *living*.
 Try Physical Therapy First.

Strickland Broccoli Salad

From the kitchen of Mary Rose Strickland

My mother-in-law has a great recipe for broccoli salad, however it calls for a few ingredients that we don't often have (like mayo!) so we have substituted a few things to make it our own.

- 2 large or 5-6 smaller bunches of broccoli (enough to fill a serving bowl – I recommend one with a lid)
- 12 slices of bacon crumbled up
- 1 cup of sunflower seeds
- 1/2 cup of craisins (or raisins)
- 1 cup of ranch dressing*

*Don't have Ranch? No problem! Substitute for 1 cup of mayonnaise, 1/3 cup of sugar, and 1 tablespoon of vinegar.

Directions: Wash and cut up broccoli. Leave raw in the serving bowl. Mix all remaining ingredients together. Pour over broccoli. Stir well or put lid on and shake, shake, shake! This is a great make-ahead recipe for the night before or morning of, just give it another shake or stir before serving!

NEW YEAR RESOLUTION

movement matters...
FOR THE SOUL

Research shows that those who exercise regularly tend to be happier and more social than those who live a sedentary lifestyle. Also, those who move well have fewer barriers in seeking out new experiences.



2639 New Pinery Road, Suite 2
 Portage, WI 53901
 Phone: 608-742-9356



211 N. Pioneer Park Rd.
 Westfield, WI 53964
 Phone: 608-296-2225



840 State Road 136, Suite 3
 Baraboo, WI 53913
 Phone: 608-356-2334