



Next Step Newsletter

Next Step
Physical Therapy
(516) 681- 8070
nextsteppt.com
September, 2009

Giving you information and answers to any physical therapy, health or fitness related questions

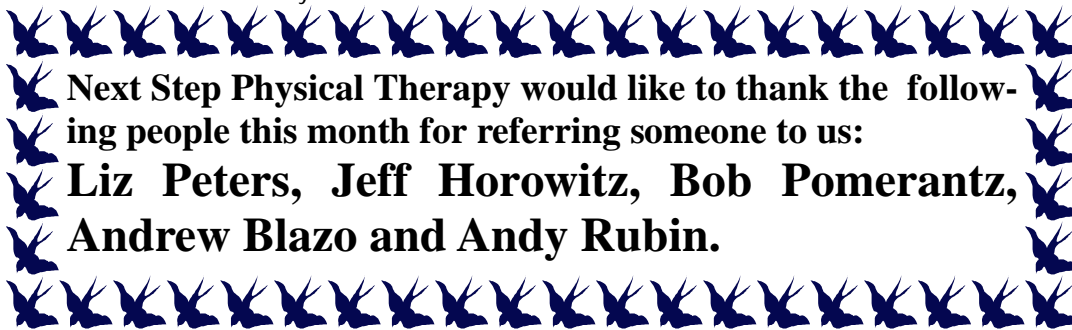
New and Exciting update!!

Where has the time gone?? I know it's been a while since our last newsletter but I do have a good excuse. On January, 22nd I became the proud father of a baby boy. Ryan is now over 7 months old and already standing up (That's what happens when you're the son of a physical therapist). Needless to say I have been a little busy, not to mention sleep deprived.

Now we are back on track and ready to deliver our monthly newsletter once again. In an attempt to be more environmentally conscious, we have decided to save the trees and instead of snail mailing you our newsletter, we are going to email it to you. We have updated our website and you can now look at all of the older newsletters sent to you (in case you forgot something of interest) and you can also access the newest newsletters as soon as they are available. Within the website are pictures of the new construction—stocked with new state of the art equipment. Visit our website at WWW.nextsteppt.com.

In other exciting news: Chrissy, one of our receptionists whom you may already know, has become Next Step Physical Therapy's Patient Ambassador. Her job is to make sure you're completely satisfied with your past and present experience with us. She is very excited about her opportunity to speak with every one of you to make sure your physical therapy experience is second to none. Chrissy will be checking in with you to gather your emails so that we can send you our newsletter. You can also send us your email by emailing us at nextstep@nextsteppt.com.

We'd love to hear from you!



Next Step Physical Therapy would like to thank the following people this month for referring someone to us:

**Liz Peters, Jeff Horowitz, Bob Pomerantz,
Andrew Blazo and Andy Rubin.**

Question of the Month

T.D. asked "What exactly is the rotator cuff and why do so many older friends of mine have a problem with theirs?"

Great Question. The rotator cuff is a group of 4 muscles deep within the shoulder that play a crucial part in the functioning of your arm. The four muscles are the supraspinatus, infraspinatus, subscapularis, and teres minor. They have two major jobs. The first is to rotate the shoulder from side to side. The second job is to pull the arm (humerus) deeper into the shoulder socket and hold it down tight as the other shoulder muscles work to lift the arm up and overhead. It's this second job, when performed poorly due to a fatigued or a weak rotator cuff, that causes shoulder pain. If the humerus isn't held tight in the shoulder socket, it can rub against surrounding bones and ligaments. This rubbing, over time, can irritate whatever tissue is being rubbed on. The rotator cuff or the surrounding bursa are the most likely areas of irritation. Sometimes this takes along time to develop (a literal life time) which is why many of our middle-aged and older folks start to experience shoulder pain without suffering a specific injury. Call us if you think you have rotator cuff or shoulder pain.

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets... .

This month—the first 2 people to email us their email address will win the tickets

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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