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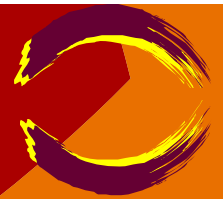
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HAPPY SUMMER FROM MEDCARE!



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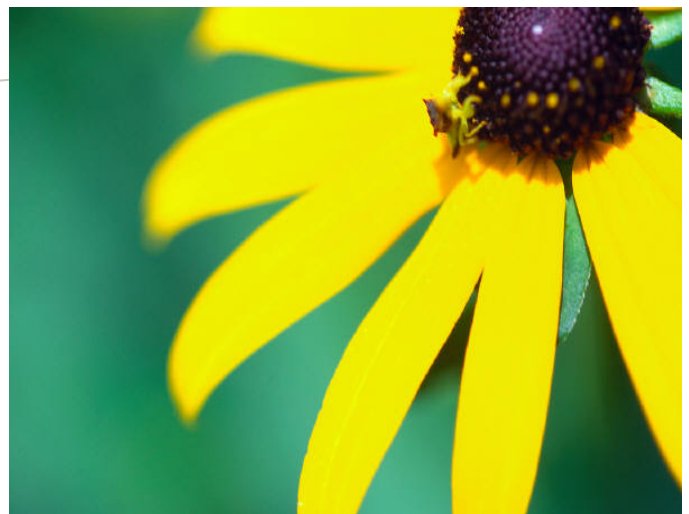
MedCare *Connections*

MEDCARE PHYSICAL MEDICINE AND REHABILITATION SPECIALIZES IN
A VARIETY OF THERAPY FOR ADULTS AND CHILDREN

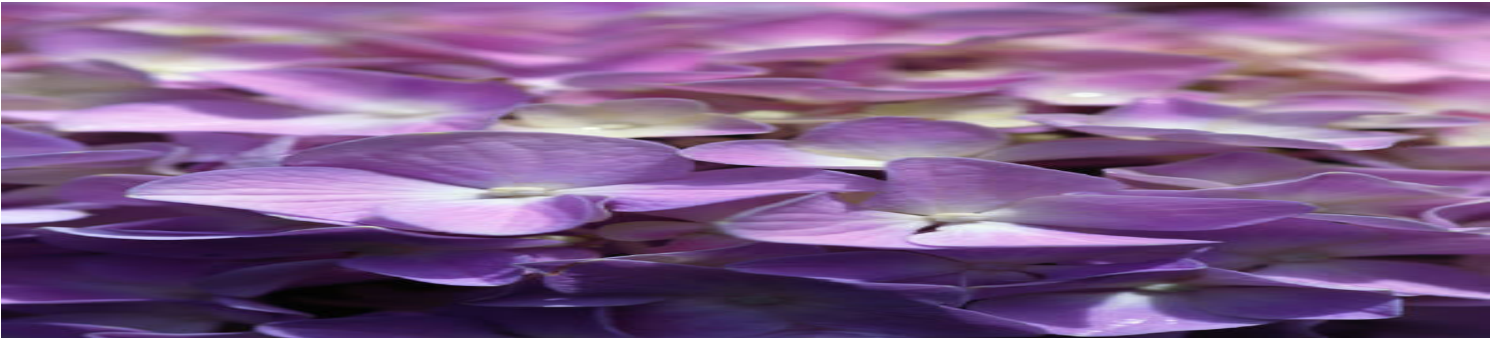
Communication between therapists and their patients is a key component of successful health care and development of trust between both parties.

Improve Verbal Communication: Use words that patients can understand, and ask them specific, clear questions. Help patients prepare for future visits by asking them to write symptoms and questions prior to their next visit.

Improve Non-verbal Communication: Smiling can put patients at ease and create a positive environment from the moment they walk in the door. Being approachable, listening to them and interacting with them lets patients know that you are hearing what they have to say. A handshake or a gentle tap on the shoulder is a friendly and supportive non-verbal message. Maintain eye contact as long as practical; eye contact is probably the most important form of non-verbal communication and lets patients know you are engaged. Throughout the entire visit, it is very important to let patients know you are hearing and understanding them. Allow them to tell their story.



Avoid Hurried Interaction: Avoid appearing to be in a hurry, such as moving to the next item on your agenda (next patient, meeting). Avoid interrupting the patient, passive listening, being anxious or under stress (tapping fingers, feet, pens, or pencils), showing signs of fatigue, or being distracted by matters other than those related to the patient. By incorporating these tips you may find relationships between you or your staff members and your patients will improve.



POSTURE FOR MOMS

Lifting and carrying a child, picking up toys off of the floor, and pushing a stroller are normal daily tasks for mothers. The American Physical Therapy Association (APTA) offers tips to help moms and other care-givers accomplish these daily feats without aches and pains.

Physical therapists are experts in movement and function, especially when movement involves a change in normal patterns of movement. Physical therapists and physical therapist assistants who are members of the APTA are bound by the Association's Code of Ethics and are committed to providing competent and compassionate care.

There are things

Lifting Your Child from the Floor

When picking your child up off the floor, you should use a half-kneel lift. First, stand close to your child on the floor. While keeping your back straight, place one foot slightly forward of the other foot, and bend your hips and knees to lower yourself onto one knee. Once down on the floor, grasp your child with both arms and hold him or her close to your body.

When holding or carrying your child, you should always hold him or her close to your body and balanced in the center of your body. Avoid holding your child in one arm and balanced on your hip. When using a child carrier, be sure to keep your back straight and your shoulders back to avoid straining your back and neck.

Kendra Harrington, PT, MS, pelvic floor physical therapist at Walter Reed Army Medical Center in Washington, DC, and an APTA member, says mothers can avoid muscular strains to the neck, back, and leg muscles by adjusting the way they go about their daily tasks. "It may be as simple as remembering to do a 'half-kneel lift' when picking up your child or holding him close to your chest when you carry him," says Harrington. "If moms remember these simple tips, they'll be sure to feel the difference, as well as see the changes in their posture."



Census Bureau Releases New Stats on Americans With Disabilities

About 51.2 million (18%) Americans in 2002 said they had a disability, and 32.5 million (12%) had a severe disability, according to a report recently released by the US Census Bureau. Among people with disabilities, more than half of those ages 21-64 had a job, more than 4 in 10 of those ages 15-64 used a computer at home, and a quarter of those ages 25-64 had a college degree.

About 56% of people ages 21-64 who had a disability were employed at some point in the 1-year period prior to the interview. People with a severe disability reported the lowest employment rate (42%). This compared with the employment rates of people with a nonsevere disability (82%) and those with no reported disability (88%).

The report, based on data collected from June through September 2002 in the Survey of Income and Program Participation, defines a person as having a disability if he or she has difficulty performing a specific activity such as seeing, hearing, bathing, or doing light housework, or had a specified condition, such as Alzheimer's disease or autism. People are considered to have a severe disability if they are completely unable to perform one or more of these tasks or activities, need personal assistance, or have one of the severe conditions described in the report.



Save the Date for the 2006 State Government Affairs Forum

The 16th Annual State Government Affairs Forum will be held September 17-19 in Minneapolis. The Forum is the top educational program for PTs, PTAs, students, and lobbyists with an interest in state legislation, politics, and advocacy. Attendees will hear influential state legislators, attend seminars, and participate in workshops focused on physical therapy issues. Registration opens July 10 and closes August 17th.

These workshops take place among several upper echelon managerial staff support systems. Advocacy can be continued towards several public policy forums towards a career in governmental affairs.



Berry Watermelon Lemonade

Prep Time: 20 Minutes

Chill Time: 1 Hour

Ingredients:

6 c Fresh watermelon cubes
(seeds removed)

¼ c Raspberries or Strawberries

1 c water

1/3 c sugar (superfine dissolves faster)

½ c lemon juice

Place watermelon, berries and water in
blender; puree until smooth



Nourish Your Body

If you thought that watermelon was nothing more than a watery sweet treat, think again. Watermelon is both delicious and quite nutritious.

Fat-free and low in calories, a 2-cup serving of watermelon supplies good amounts of vitamins A, B6 and C. The red variety also has a significant amount of lycopene - an antioxidant that numerous studies suggest reduces the risk for prostate and cervical cancers. While tomatoes have long been cited for their high lycopene factor, watermelon actually has more - 2 cups has 18.16 mg compared to one medium-sized tomato with 4 mg.

To find the ripest, juiciest watermelon, look for one that is heavy for its size, is free from cuts or bruises, and has a yellowish spot where it sat on the ground happily ripening in the sun. Store whole watermelons at room temperature for up to a week. Cut watermelon should be wrapped in cellophane and stored in the fridge.

Even though you don't eat the rind, wash the melon before cutting to rinse off debris that could easily wander from fingertips to fruit.

Enjoy watermelon any time of day- breakfast, lunch, dinner, or as a snack. For an exotic treat, toss some seeded watermelon into a blender, whirl into liquid, pour into ice cube trays and freeze. Enjoy the frozen chunks in your favorite lemonade or try the berry lemonade recipe for a refreshing twist on a summer favorite.

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