

April is National Occupational Therapy Month

Occupational therapists (OTs) and occupational therapist assistants (COTAs) help people improve their ability to perform tasks in their daily living and working environments. They work with individuals who have conditions that are mentally, physically, developmentally, or emotionally disabling. They also help them to develop, recover, or maintain daily living and work skills. OTs and COTAs help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function. Their goal is to help clients have independent, productive, and satisfying lives.

21st Century Rehab is proud to recognize the following OTs and COTAs: Kate Reiter, Nancy Schreier, Cindy Stanberg, Diane DeWall, Lori Kibby, Tara Phares, and Sara Zorn.

The Importance of Exercise!!!

Physical therapists support the US Surgeon General's recommendation that adults 18 and older need a minimum of 30 minutes of moderate physical activity five or more days a week to be healthy. Kids and teens need 60 minutes of physical activity every day.

*Information obtained from The American Physical Therapy Association.

Walking for Your Health

Now that spring has arrived it's a great time to get outside and get moving after being cooped up all winter long. Walking is a great low-impact exercise for developing and maintaining cardiovascular fitness. You can walk anywhere at anytime, and, unlike some fitness regimens, your only expense is comfortable clothing and a good pair of shoes.

Once you start your walking program, you will be taking your first steps toward increasing your fitness level. Walking is associated with a reduced risk of heart attack and regular exercise decreases your risk of developing type 2 diabetes. Other benefits include increased energy, improvement in cardiovascular fitness, increased muscle tone, stress reduction and weight control.



Before You Start

If you answer yes to any of these questions, check with your physical therapist or physician before you begin a walking program.

- ✓ Do you have heart trouble?
- ✓ Do you experience chest pains or pain on your left side (neck, shoulder or arm) or breathlessness when you are physically active?
- ✓ Do you often feel faint or have dizzy spells?
- ✓ Do you have high blood pressure?
- ✓ Do you have bone or joint problems that could worsen with physical activity?
- ✓ Are you over 50 and have not been physically active?

Getting Started

Start slow and easy. If you've been inactive and tire easily, it's best to walk only as far and as fast as you comfortably can. Gradually build up pace and distance.

Make your program work for you. If you can't set aside at least 30 consecutive minutes in your day, split your time up. 10 minutes here and 20 minutes there, it doesn't matter as long as you get 30 minutes each day

Choose a fun and safe place to walk. Consider mall walking groups, or walking groups that walk on designated trails. The best walking surfaces are flat, firm and not too hard, such as grass, wood chip paths, dirt paths, and cinder tracks

Monitoring Your Progress. Knowing your resting heart rate lets you measure your initial fitness level and your improvement over time. Monitor your progress by recording your pulse before you walk. After you complete your walk, check and record again.

*Information obtained from The American Physical Therapy Association.

Walk well.

21st Century Rehab, PC is proud to announce **Walk well**. It is a program designed to get people walking and realize how important it is to be active. The program utilizes a pedometer as a monitoring device.



The modern pedometer appeared in the mid 1960's. Combined with the 1964 Olympics in Japan and its focus on physical activity, the pedometer became a successful motivational tool for millions of Japanese. The term "Manpo-kei", generally attributed to Dr. Yoshiro Hatano, literally translates wanting to increase their physical activity. A clinical study published in the Journal of The American Medical Association Nov. 2007 concluded, "The results suggest that the use of a pedometer is associated with significant increases in physical activity and significant decreases in body mass index and blood pressure.

21st Century Rehab, PC partnered with several area schools this winter to kick off the **Walk well**. program with students in the fifth grade. Their goal is to walk 10,000 steps per day. Kids are able to track their progress on the internet. The program offers several different educational walks, including a walk of the human body.

If you would like to be a part of 21st Century Rehab's **Walk well**. program stop in at any of our locations. The cost is \$15 and that includes your very own pedometer and a **free** musculoskeletal screen and fitness evaluation! You could be eligible for prizes which will be awarded to the top **Walk well**. participants. Stop in today to get started!

If The Shoe Fits!

One of the most important steps you can take is to wear the right shoes. Consider the following:

- ✓ The **insole** should match the arch of your foot.
- ✓ The **sole** should be made from a foam material for cushioning and it should bend at the forefoot rather than the mid-foot.
- ✓ The **heel** should be made from a foam material to provide shock absorption.
- ✓ **Breathable materials** such as leather and cotton canvas are preferable to synthetics or plastic.
- ✓ The **toe box** should provide plenty of wiggle room for the toes in both depth and width.
- ✓ The **heel grip** should hold the heel snugly in place. A padded cuff at the top opening may provide a firmer grip and cause less friction on the skin.

*Information provided by The American Physical



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