

OCCUPATIONAL & PHYSICAL THERAPY GRAND OPENING EVENT

Thursday, May 22 from 10 am to 4:30 pm



Located across from the Lake Delton Wal-Mart

Mile Bluff's Delton Family Medical Center has expanded its physical and occupational therapy services!

- Check out our new gym
- View our state-of-the-art equipment
- Meet the staff
- Enjoy refreshments
- Receive FREE give-aways
- Win door prizes

Call for more information
608-254-5888

Physical therapy can ease your back pain

by Lori Webster-Dahl, PT, MS,
Certified MDT

At one time or another almost everyone will experience low back pain. The National Center for Health Statistics states that back pain is the most common reason people miss work and the most frequent complaint brought to medical attention. Back pain afflicts the young and middle aged as well as the old. It attacks men and women in all walks of life. It even attacks the young, vigorous and physically fit athlete.

Why?

The cause of the majority of low back ailments is mechanical. Mechanical problems arise when there is improper postural alignment. This is due to weakness of certain muscles while other muscles and ligaments are in a tightened or shortened state. How does this happen? We develop poor posture habits in our daily life when standing, working, sitting or even sleeping. Other causes are lack of exercise, being overweight, and physical and mental stresses such as tension, fatigue, anxiety and depression.

Acute and chronic back problems require the assistance of a licensed

Physical Therapist who, following a thorough back evaluation, can assist in relieving annoying and often debilitating back pain. The Physical Therapist teaches posture training, proper lifting techniques, strengthening and flexibility exercises. The Physical Therapist also has available a number of modalities to help clients relieve their pain, and thus regain normal function. This includes soft tissue mobilization, joint mobilization and manipulation, ultrasound (deep heat), electrical stimulation and traction.

Back pain is not always due to mechanical problems. For this reason, Physical Therapists work closely with physicians, physician assistants and nurse practitioners so that fractures, tumors and other medical problems can be ruled out as causes of pain.

Physician referrals are required. Find out how a physical therapist can help you and your back!

*Services available in
two locations!*

608-847-1422 (Mauston)
608-254-5888 (Lake Delton)

Learn to dine better with diabetes

Mile Bluff is proud to announce that free diabetes presentations will be offered in the beautiful community room of its Delton Family Medical Center location. The next meeting will be held Monday, June 16 at 2 pm.

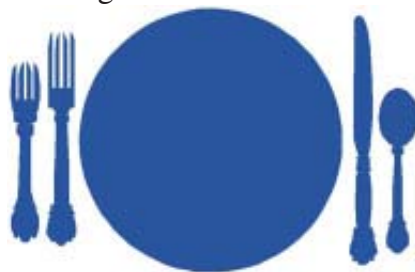
This month's presentation will focus on helping you make healthy decisions when dining out. Having a better understanding of how you can dine wisely will help to make those meal decisions better for you and your diabetes.

This group is offered as a part of Mile Bluff's nationally certified diabetes management education program, and is open to anyone who wants to learn more about living well with diabetes. Please join us for this free presentation.

Mile Bluff's Delton Family Medical Center is conveniently located

across the parking lot from the Lake Delton Wal-Mart, Kohl's and Home Depot stores, so attending the meeting is a great opportunity for you to do something for your health and to get your shopping done all in one trip.

Future meetings of this group will discuss carbohydrates, long-term control, insulin and more. Call 847-6161 x4786 for information on any of the upcoming meetings, or to make an appointment with Mile Bluff's Certified Diabetes Educator. There is no registration necessary to attend the meetings.



In April, the staff of Mile Bluff's Delton Family Medical Center provided the employees of Scott Construction with some great health and wellness information at a special training day held in Wisconsin Dells. Primary healthcare providers Jean Stransky and Kim Sabey talked about nutrition, and the rehabilitation staff members discussed proper posture, stretching and reducing injury by using proper body mechanics with the group. Occupational therapist Tracy Anderson is pictured above explaining the importance of proper bending techniques to help protect the spine. Certified audiologists were also on-hand to provide hearing screenings.

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