



CHERRY CREEK WELLNESS CENTER, INC.

NEWSLETTER

Fall 2010

Need a little maintenance?
Exhausted insurance
benefits?

Visit Denver's Drop-In Clinic
Every Friday, 9:40-10:20 am
Call for details

Have questions or want to take
advantage of special offers?

Stay informed and email us at:
info@cherrycreekwellnesscenter.com

President's Message

Welcome to the first issue of Cherry Creek Wellness Center's quarterly e-mail newsletter. We moved to an electronic format to save paper and mailing costs.

We hope you enjoy the articles, health and fitness tips and news about events at CCWC. The newsletter is intended to

complement your activities in physical therapy, your work in personal training or your massage experience. We welcome your input — tell us what you'd like to see in the newsletter. And tell us, if you like, how we're doing in general. We strive to make our business the best it can be.

R. Dean Hasse, PT, ANMT
President, CCWC

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Proposed Medicare physician-payment cuts will also hit physical therapists

If the government cuts Medicare payments to physicians, as has been threatened for years, CCWC will be affected as well. The legislation would encompass other healthcare providers, including physical therapists.

The move to reduce the federal healthcare program's reimbursement to providers by more than 21% is intended as a cost-saving action, as Medicare hovers on the brink of insolvency and the first wave of 78 million baby boomers reaches eligibility age. Each time the Medicare payment cut has loomed, Congress has postponed its enactment and even allowed providers small increases in their fees. However, the proposed fee schedule issued June 25 by the Centers for Medicare & Medicaid Services contains a 6.1% cut to provider payments.¹

If these cuts take effect, Cherry Creek Wellness Center (CCWC) will not be able to continue to treat Medicare

patients. "The lower reimbursement will not cover our costs of care," says Dean Hasse, PT, MT, president and owner of CCWC. "We simply cannot afford to treat patients at those rates."

CCWC would join a long list of physical therapy providers, physicians, skilled nursing facilities, home health agencies and others that could not accept reduced reimbursement. The Medicare fee cut to providers threatens seniors' access to a wide spectrum of care.

CCWC therapists, along with hundreds of thousands of other U.S. healthcare providers, anxiously await the government's decision on Medicare payment rates.

Source: American Physical Therapy Association. Medicare Updates: June 26, 2010: 2011 Proposed Physician Fee Schedule Rule Contains Proposed Pay Cuts for Outpatient Therapy. http://www.apta.org/AM/Template.cfm?Section=Medicare_Updates1&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=342&ContentID=48513

Are you ready to play in the snow?

Although summer still lingers, winter's on its way. Many of us anticipate the joys of skiing – downhill and cross-country, snowboarding and snowshoeing. Are you in shape for snow sports?

If you stayed active during the warm weather, you may have a base level of fitness. Running, bicycling, swimming, hiking and other high-energy pursuits keep the cardiovascular system primed and muscles strong. However, summer activities often don't prepare you for many components of snow sports. How's your squat? Your balance? Your core strength? Starting winter sports with a strong body, tuned in the right places, can improve your performance, increase your enjoyment and reduce the risk of injury.

The exercises below train your snow-sport muscles for strength, balance and stability.

1 Planks: Strengthen the abdominals and back muscles, essential to making twists and turns as you ski or snowboard.

Front plank:

- Body in push-up position: Horizontal and face down, arms extended directly underneath the shoulders. Weight supported on hands and toes. Keep back straight, head aligned with the spine.
- Hold for 30-60 seconds. Lower yourself to floor and rest. Repeat 5-10 times.
- If you experience lower-back pain in plank position, keep knees and toes on the floor. Keep back straight.

Side plank: Targets the side abdominal muscles (obliques).

- Support the body's weight with the feet and one forearm, with the elbow directly underneath the shoulder.
- Extend other arm along your side. Keep the back straight, head in line with the spine.
- Push the body into a diagonal position and hold for 30-60 seconds. Repeat 5-10 times on both sides.
- If you experience lower-back pain in plank position, keep knees and toes on the floor. Keep back straight.

2 Squats: Strengthen major muscles of the lower body: the gluteus maximi (butt muscles), quadriceps (front thigh muscles) and hamstrings (back leg muscles). These muscles allow you to hold your knees slightly bent as you ski or snowboard down the hill.

- Stand with feet slightly wider than shoulder width. Slowly squat down, leading with the hips rather than the knees. Pretend that you are reaching back to sit in a chair. Think of your weight going down through your heels. Keep feet flat on the floor as you lower down

and then rise back to standing. (Raising the heels predisposes the knees and lower back to injury.)

- Squat down until your thighs are parallel to the ground, you lose form or you're about to reach the point of pain – whichever comes first.
- Hold the "down" position for 30-60 seconds. Repeat.

3 Lunges: Focus on the gluteus maximi, quadriceps and hamstrings, all vital as you maneuver your skis or snowboard down the hill.

- Step forward with one leg and lower your upper body, bending your back leg down toward the floor. Keep your feet apart about 24-30 inches.
- Don't allow your front knee to extend past your toes as you come down, and keep your front shin perpendicular to the ground.
- Hold for 30-60 seconds. Repeat 5-10 times.
- Push up and back to standing.
- Repeat lunge with the other leg, or do all the reps with one leg, then switch.

4 Toe/heel raises: These exercises build up the ankle muscles, helping you shift your body over your skis or snowboard.

- Stand with feet together (skiers) or feet slightly wider than hip width (boarders) and flex knees to 30-45 degrees.
- Lift the heels as high as possible without rolling the ankles in or out.
- Hold for 30-60 seconds. Repeat 5-10 times.
- Relax for a minute or two and repeat the exercise, but this time lift your toes as high as possible without rolling the ankles in or out. Typically you have much less available motion at the ankles compared with heel raises.

Click and learn: Reliable health and medical websites

The internet bulges with health and medical information, but not all sites offer accurate, reliable and unbiased content. Here are a few online destinations that provide current, trustworthy information.

Healthfinder.gov

Sponsored by the U.S. Department of Health and Human Services. Easy-to-use site offers information on more than 1,600 health topics, healthcare services nationwide, the latest health news and personal health information. Also in Spanish.

Mayoclinic.com

From the world-renowned Mayo Clinic, based in Rochester, Minn. User-friendly site to look up comprehensive information on diseases and health conditions, symptoms, tests and procedures, drugs and supplements, and healthy living tips.

WebMD.com

Comprehensive health and medical information, discussion forums, articles, health news, healthy living advice – even pet health. Offers free newsletters.

Healthline.com

Health topics A-Z, symptom check, drugs and treatments, physician look-up, health blogs, videos, risk assessments and other tools.

Healthcentral.com

Features sites on 39 diseases and conditions, each with information on symptoms, treatments, management advice, news, quizzes, e-mail forums, downloadable guides and videos.

Drop-in clinics for quick, low-cost consultations

Did you know that you can drop in to Cherry Creek Wellness Center for a quick, same-day physical therapy consultation? We offer same-day visits at all of our metro-Denver locations. A 15-min. consultation with a therapist costs only \$30. Call to check for an opening and then stop by if:

- You need a refresher on your prescribed rehabilitation exercises.
- Want advice from a professional physical therapist.
- Have exhausted your PT insurance benefits.

Call 303-333-3493, and specify the clinic you want to visit: Denver, Wheat Ridge, Stapleton or Lone Tree.

Pilates mat classes at CCWC Denver & Wheat Ridge locations

Pilates targets the core stabilizer muscles, challenges balance and improves posture and body awareness. Call 303-333-3493 for information about dates and times.

Welcome new CCWC staff!

Denver

Ed Foresman, DPT
Lauren Binder, DPT
Sara Coffman, Office Manager
Connie Brown, front office

Stapleton

Nicole Webb, MSPT
Amie Nangle, DPT

Wheat Ridge

Nicole Dority, DPT
Misty Kicklighter, front office

Lone Tree

Megan Tessmer, front office

*Enjoy the
Benefits*

\$20^{OFF}

Save \$20 on a one-hour massage, Pilates mat package, personal training package or gift certificate. Call 303.333.3493 or stop in today

Offer Expires: January 31, 2011

C H E R R Y C R E E K W E L L N E S S C E N T E R

Wheat Ridge

7821 West 38th Avenue, Suite 101
Wheat Ridge, CO 80033

Denver

425 S. Cherry St., Suite 640
Denver, CO 80246

Stapleton

3401 Quebec St., Suite 3100
Denver, CO 80207

Lone Tree

9777 S. Yosemite St., Suite 130
Lone Tree, CO 80124

Phone: 303-333-3493

www.cherrycreekwellnesscenter.com

Recommended Recipe

Roasted Pear-Butternut Soup with Crumbled Stilton

From EatingWell.com

Ingredients

2 ripe pears, peeled, quartered and cored
2 pounds butternut squash, peeled, seeded and cut into 2-inch chunks
2 medium tomatoes, cored and quartered
1 large leek, pale green and white parts only, halved lengthwise, sliced and washed thoroughly
2 cloves garlic, crushed
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt, divided
Freshly ground pepper to taste
4 cups vegetable broth or reduced-sodium chicken broth, divided
2/3 cup crumbled Stilton or other blue-veined cheese
1 tablespoon thinly sliced fresh chives or scallion greens

Directions

Preheat oven to 400°F.

Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.

Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.

Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives (or scallion greens).

6 servings, 1 1/3 cups each