

# Healthful Hints

Winter 2008 Volume 1, Issue 2

The Quarterly Newsletter of

## Eastern Iowa Physical Therapy



A Rural Clinic with Global Ideas

### Everyone Welcome!

#### EIPT is offering a FREE WALKING and RUNNING SEMINAR in February.

Bring along your tennies or walking shoes to make sure they are the 'right fit' for you!

E-mail us at [eipt@netwtc.net](mailto:eipt@netwtc.net) or call 563-732-4317, the Wilton Clinic ask for Jill, to reserve a seat. We will be taking reservations through January. Invitations with time and place will be sent to anyone who signs up.



### Punch Card Program



We are excited to offer the punch card program to all our former patients. You can visit any of our clinics and use the equipment for one dollar using the punch card. Stop by any of our clinics today for complete information.

### Our Locations

Extended Hours to Accommodate Your Busy Schedule

#### Wilton

400 Ovesen Drive

563-732-4317

Hours

M & W 7am - 7pm

T, Th & F 7am - 5pm

Sat 9am - Noon

Opened under ownership of Beth Dessner in May 2004.

#### Durant

Heinsite Fitness Center

107 W. 5th Street

563-785-6578

Hours

T & Th 7am - 5pm

F 1pm - 5pm

Clinic has been open since 2004. Moved into Heinsite Fitness Center in 2006.

#### Blue Grass

413 S. Mississippi

563-381-8793

Hours

M, W & F 8am - 6pm

Opened in January 2007 under the direction of Physical Therapist, Rachael Martin, PT, ATC, CSCS.

## Never Too Old for Exercise

How can older adults add to their years of independent living? KEEP EXERCISING! Seniors who exercise are healthier, suffer fewer falls and fractures, and -most importantly- live more independent lives. Being active means moving your butt for at least 30 minutes per day, at least five days per week. OR you can do more vigorous exercise for at least 20 minutes a day, at least three days a week.

Strength training is one component of exercise that can benefit even 90- to 100- year old persons. These are the benefits of strength building exercises:

- Better balance.
- Strength training can help improve balance - a key issue for the elderly who are at risk for falls. Particularly hip muscle strength reduces the risk of a fall. If you can't rise out of a chair without using your hands, you need to strengthen your hip muscles.
- Faster responses. Exercise can increase the ability of muscles to respond quickly and efficiently, which may also

play a role in preventing falls.

- Reduced risk of osteoporosis. Weight-bearing exercises help build and maintain bone mass, reducing the likelihood of osteoporosis.

- Improved quality of life and mental alertness. Studies show that people who exercise regularly enjoy a higher quality of life and increased mental alertness.

Not sure which exercises are best? Start off with an easy routine! The goal is to increase physical activity.

Walk around the block, or taking longer walks at the local shopping mall, is a good start. Swimming is also an excellent choice as part of an exercise program.

Exercise with hand held weights or training machines at

a local gym. Common household items (like small canned goods) can be used instead of hand weights.

Ask your doctor or call one of our physical therapists to assist in prescribing and exercise program that matches your abilities.



## Meet the EIPT Staff Erik Niggemeyer, MPT



Erik is the Clinic Director and Physical Therapist in the Durant clinic located in the Heinsite Fitness Building on 5th Street. Erik can also be seen treating patients in EIPT's Blue Grass and Wilton clinics.

Erik enjoys working with athletes providing sports therapy and covering events primarily with the Durant High School. He lives with his wife, Sarah, a nurse practitioner with Genesis clinics.

Erik is a graduate of University of Iowa with a Master's in Physical Therapy and a Bachelor's of Science in Exercise Science. He enjoys volunteer coaching for cross country, basketball, and track teams.

## Check Out What's New at EIPT

Eastern Iowa Physical Therapy is currently offering a Sports Performance Program for local athletes which is top notch. The program focuses on sports specific exercises tailored for the athlete. Emphasis is on improving power, agility and quickness while increasing functional strength and improving overall athletic performance.

Helping area athletes attain their *personal best* is Coaching, Strength and Conditioning Expert, Kevin Welch. Kevin has had more than 15 years of experience as a collegiate player and coach, including eight years of coaching experience at the NCAA Division 1 level. He has been involved in the strength and conditioning components of preparing



NCAA athletes, both during the season and the off-season. He has been a temporary training specialist for EIPT and heads up the Sports Performance Program. On March 24th Kevin is headed to Florida to work

within the Houston Astros Organization, and is assigned the Salem Avalanche (Salem, VA). The Avalanche are a High A team within the Astros organization and, compete in the Carolina League. The Avalanche will open the season April 4th and play into the first week of September. Kevin will work as a part time Strength and Conditioning Coach for

Salem. We look forward to his return in September when he plans to continue his work with our local athletes. Good luck, Kevin!

## Mission

Eastern Iowa Physical Therapy (EIPT) is a practice that is focused on helping people live their lives to the fullest. We are guided by our Mission to provide Quality and Individualized physical therapy, occupational therapy, speech therapy and athletic training services to the clients that we serve.

400 Ovesen Drive  
Wilton, IA 52778

