



Winter 2007 Newsletter

President's Address:

Well winter has finally arrived in Vermont!! We are grateful for the cold weather that brings snow to our mountains and gives us a chance to enjoy all that Vermont has to offer. We have now completed our first year of newsletters and hope that you have found them to be informative. We have also settled into our new building and we are preparing for our annual open house to thank all of our customers for their business. We thought that there is no better theme for this cold weather than a Hawaiian Luau to keep the spirits alive. We hope that you can join us on February 22 between 3-7 pm for games, spirits, food and surprises.

I would also like to introduce our new administrative assistant, Bridget Mientka. If you call our office, Bridget will be happy to answer your questions.

Finally, we just found out that once again "The IHMS Body Mechanics" will have a relay team in the Vermont City Marathon. So Erica, Amy and I will begin training so we can improve our time over last year. Any tips to prepare are always welcomed.

IHMS thanks you for partnering with us in 2006. Each company and patient teaches us something that allows us to grow and improve. This work is our passion and we are happy we can share it with you. We are always looking for ways to improve the health and fitness of our staff and yours. Let us know how we can help you!

-Louise Lynch, President

Featured Service

IHMS has built a reputation in Vermont for providing innovative injury prevention and health promotion services. However, we find that many people don't realize that we also provide top notch physical and occupational therapy as well.

Each therapist specializes in orthopedic and manual therapy. Our focus is to regain joint/muscle mobility prior to strengthening. We also focus on the need to strengthen the core, including the diaphragm, as the stability for the extremities starts with stability of the trunk. This allows for not only a quicker recovery, but also a recovery that is complete in order to avoid re-injury. We treat the whole person and work with them

on their goals. We have the philosophy that we guide your body to heal itself.

In this day and age of cost cutting, it is very important for a person who is injured to play an active role. Therapy can be very expensive, so don't waste your time in a clinic where you only spend 15 minutes with a qualified therapist and the rest of the time exercising with support staff. We spend 45 minutes to an hour and the treatments are focused to address the functional limitation observed in an extensive evaluation. The treatment is function based depending on an individual's goal. You have a right in Vermont to see the provider of your choice. So next time you, a family member or a friend needs PT/OT, remember, IHMS is more than just preventative therapy. Tell your doctor about us, we will help you help yourself.

Open House Luau



Join us for our annual Open House!
Beat the winter blues at the IHMS Luau!
Date: 02/22/2007
Time: 3:00-7:00 pm
Call for more information 802-655-7575

Featured Company



The leader in preventative therapy

Burton Snowboard and IHMS have a long history. Louise started working onsite at Burton Snowboard in 1997. Sue Trainor and Mary Beth Morrisseau (both eventually worked for IHMS) challenged Louise to prove that she could help their workers who were injured. Louise started working with one injured worker who had a severe carpal tunnel injury. The woman had worked with Burton since its early days. With Louise's help, the worker was able to return to full duty and avoid surgery.

Then came onsite physical therapy. The injured workers were treated onsite at Burton so that they did not have to leave the company. This shortened time away from work and Louise was able to work with the supervisors to get people back to their regular duty much quicker. Based on the PT finding, Louise suggested a

stretching program. It was a hard sell to the employees, but they eventually caught on. Then came strengthening programs, job evaluations, ergonomic assessments and post offer screening.

It was not uncommon for non-injured workers to stop in with their discomforts for advice. One day a worker saw Louise for a sore shoulder. After the 10 minute quick advice and treatment she said, "This is great - you are like the body mechanic" "I know that if I get an ache I can come and see you and it will go away". This one statement started the ball rolling to start my own business in prevention of injuries. That's why we are "The Body Mechanics".

Burton was able to reduce their injuries by such a significant number that by 2001 they had gone a whole year without a loss time injury. This was a huge success. With continuation of the program and a pro-active approach, Burton has maintained their success in the prevention of injuries.



"IHMS has been extremely helpful in setting up and maintaining a healthy work environment at Burton Manufacturing Center. From working with management and employees on proper body mechanics to setting up programs like Preventative Body Maintenance, criteria for Post Offer Pre Employment Screens, and analyzing jobs continuously to assure that our employees are staying safe and healthy."

-Laurie Brunet, Plant Manager, BMC

Nutrition Corner

Rebecca Flewelling is a nutritional consultant who rents space from IHMS. Rebecca is now offering nutrition classes onsite at companies. She has worked with Vermont Teddy Bear, Green Mountain Power and Velco. She helps lead "The biggest loser" Contest at Velco. If you would like to have Rebecca come to your workplace, call us at IHMS to set it up. We will offer our top 20 companies, one free nutrition class with Rebecca to get a "flavor" of her motivating classes.

Health Promotion Tips

- Diet - Maintain blood sugar to avoid fatigue and muscle discomfort. Eat a breakfast with complex carbohydrates (fruit, bagels, etc.)
- Water - Drink 6-8 (8) ounce glasses of water per day. This will help maintain hydration of the joints, muscles and tendons and rid the body of waste products.

- Exercise - Computer work is considered static and maintains most joints in a limited position. This reduces nutrition into the muscles and joints that can lead to discomfort. Stretching and cardiovascular exercise after work (at least 3x/week) can reduce the effects of static work.
- Stress Reduction - Stress increases muscle tension. Deep breathing, visualization and coping strategies help to reduce tension. Communication skills and team problem solving can also be helpful.

The New Training Center at IHMS

Stress Prevention & Management: The goal of this class is to learn to identify the *stressors* in your workplace and provides a format for addressing the risk factors related to the stressors. In combination, we look at the individual and their coping strategies to aid in the prevention and management of stressors. Take home stress video and workbook provided.

IHMS is offering workshops in health, ergonomics, stress management, and personal wellness in the upcoming months. Please visit our website at WWW.IHMSPT.COM for details and to sign up.

1st Annual Food Drive

We are proud to announce that our 1st Annual Food Drive, to benefit the Chittenden Emergency Food Shelf was a huge success. We collected a total of 210 pounds of food to donate.

We would like to thank the following companies for contributing: Twincraft, Engelberth Construction, Vermont Teddy Bear, and The City of Burlington's Department of Public Works. Thanks for making this such a great success!

Summer can be a difficult season for food donations so we are planning our 2007 food drive for June.

In Conclusion

If you enjoyed this newsletter why not share it with someone you know? To be added to our newsletter mailing list or to receive an electronic version in a word format, please call Bridget at 655-7575 or e-mail her at Bridget@IHMSPT.com The next newsletter will be out this spring. Until then, have a warm and healthy winter.

Best regards,
Kim Fuller, PT
Mary Beth Morrisseau
Charles Alexander, OTR/L
Penny Bolton

Louise Lynch
Erica Galipeau, PT
Amy Benson, PT
Martha Burroughs
Bridget Mientka