

Get Up And

Volume 1, Issue 1

July 2011



GO

Physical Therapy

Its summertime!

The time to enjoy being outdoors with family and friends, firing up the BBQ, taking a dip in the pool, and of course participating in our favorite summer sports and activities. Please use our 2011 summer health guide within this issue to help you and your family enjoy a fun, stress-free, and a healthy summer.



Greetings!

We are excited to finally release our 2011 Go PT quarterly newsletter! I am pleased and thankful to announce that we now have 3 experienced physical therapists, including myself, as part of the Go PT team now. Please see the biographies for Patty Worden, P.T., and Kristin Morrison, P.T., D.P.T. included within this newsletter. Go Physical Therapy has now been in existence for 5 years! We sincerely thank all of our patients, their family members, and our referral sources for allowing us to remain in service for this period of time. I would also sincerely like to thank my staff members. We have recently added a billing specialist, Lindy Kube and continue to benefit from outstanding PT technicians: Katie Swenson, Kristin Kennedy, Celeste Baumert, Abby Kunkel, and Robyn Beaty. If you have any questions or concerns, please contact me directly at (402)933-8333 or via email at brianbrunken@gophysicaltherapy.net.

Have a great summer!

*Brian Brunken, PT,
OCS*

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2011 Summer Health Guide

We enjoy and appreciate your business here at Go Physical Therapy and hope you and your family have a safe, enjoyable, and healthy summer!

- **GET OUTSIDE!** Decrease stress and take your workout outdoors, go to a ballgame, or simply relax outside with a book. Reduced stress levels are linked to increased levels of sunlight exposure.
- **INCREASE YOUR H₂O INTAKE!** As the temperature rises outdoors, increase the amount of water you drink per day. Water is lost through perspiration which leads to fatigue, exhaustion, and increased levels of stress.
- **SPF TO PROTECT!** Be sure to apply sunscreen *anytime* you plan on being outdoors, not just when at the pool. Not only prevent sunburn, but to reduce your risk of skin cancer. An SPF of 15 or 30 is recommended by dermatologists to protect against 93%-97% of UVB rays.
- **BE ACTIVE!** We all know that exercise is a crucial part of a healthy lifestyle. Summer is the best time to become active, get involved, and start a workout regimen. You're also more likely to adhere to a program begun in the summer. Sooooo....join a volleyball team, go to the pool, jog outdoors, and simply get active!

Heat Exhaustion vs. Heat Stroke

Nearly 700 people die each year due to heat-related illness, according to the U.S. Centers for Disease Control and Prevention. Avoid heat exhaustion by not engaging in strenuous activity in hot, humid environments. And staying hydrated is the key to prevention.

Heat exhaustion: This condition often occurs when people exercise or work in a hot, humid place and body fluids are lost through sweating, causing dehydration and body overheating.

Symptoms may include:

- Pale and cool, moist skin
- Sweating profusely
- Muscle cramps or pain
- Faint or dizzy feeling
- Headache, weakness, thirsty, nauseous
- Core temperature usually more than 100° F
Increased pulse rate

Heat stroke: Heat stroke (a.k.a. heatstroke or sun stroke), is a life-threatening medical condition. The person's cooling system, which is controlled by the brain, stops working and the internal body temperature rises to the point at which brain damage or damage to internal organs may result.

Symptoms may include:

- Unconscious or abnormal mental status (dizziness, confusion, hallucinations, or coma)
- Flushed, hot, and dry skin
- Slightly elevated blood pressure, initially, then falls later
- Hyperventilating
Core temperature of 105° F or more

Our Team



Brian L. Brunken. I am originally from Columbus, Nebraska. I graduated from the University of Nebraska at Omaha (1993) and then completed my Master's Degree in Physical Therapy at Washington University in St. Louis, Missouri (1996). I have treated orthopedic, post-surgical, neurological, orthopedic pediatric, geriatric, and TMJ patients in the Omaha metropolitan area since 1997. I am an Orthopedic Certified Specialist (OCS) since 2008.



Kristin Morrison, PT, DPT, graduated from DePauw University in Greencastle, Indiana, in 1998 with a Bachelor of Arts Degree in Exercise Science. While at DePauw University, Kristin was a four-year letter winner on the Women's soccer team, earning the following honors: team captain, First-team All-Conference member and MVP, and All-Great Lakes Regional Team member. Following graduation, she worked as a physical therapy aide at Quality Living, Inc. in Omaha before working as a high school physical education/health teacher and girls soccer coach at Bellevue West High School. In May of 2008, Kristin graduated with a Doctorate of Physical Therapy Degree from The University of Nebraska Medical Center. She worked as a physical therapist at Nannen & Harte Physical Therapy in Blair, NE for 2 years before joining the GO PT staff in 2010. She has extensive background in athletics, as a multi-sport athlete, coach, and official and is enjoying using her athletic and educational backgrounds in her career as a physical therapist. Kristin's special interests in physical therapy include: neurological deficits, sports-specific training and rehabilitation, sports enhancement programs, and promoting overall health and wellness.



Patty Worden PT, grew up in York, Nebraska. She attended the University of Nebraska-Lincoln in biology education and pre-physical therapy. She graduated with a Master of Physical Therapy from the University of Nebraska Medical Center in 1994. She has worked mainly in orthopedics with some neurological, pediatric, geriatric, wound care and sports medicine therapy. Patty spent almost 9 years working in and around Austin, Texas, where she served on the Texas Physical Therapy Association's review board for continuing education. She has been a member of the American Physical Therapy Association since 1991. Patty's areas of interest include balance training, mechanically induced low back pain and post-surgical rehabilitation.

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