

MINOR Matters

The Official Newsletter of MINOR Improvements PT



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Welcome

The MINOR Improvements PT family continues to grow and grow. We are pleased to welcome several new patients for July, and August. MINOR Improvements PT would like to welcome Hillarie, Tyler, Aidan, Matthew, Erin, Kendall, Abby, Sarah, Shelana, Rachel, Nik, Mackenzie, Ryan, and Brianna. AND, Welcome back Ashley, Kadon, Michael, and Samuel. Also we would like to extend a special welcome to our student Elizabeth who will spend 8 weeks at MINOR Improvements learning our philosophy, and everything she ever wanted to know about pediatric physical therapy.



Brianna stretches with Cynthia

MINOR Improvements PT would also like to extend a special welcome to the newest member of our staff, Steve Alberini. Steve recently graduated from Franklin Pierce College in Concord, NH. Sound familiar? He was in

Karen and Shaun's pediatric physical therapy class 2 years ago. He liked them so much that he decided to come all the way to NY just to work with them. Steve brings his experience from varied internships and looks forward to learning from the best at MINOR Improvements PT. Welcome Steve...we are excited to add you to our family.



Steve joins the MIPT staff and shows off his new shirt

Happy Birthday!

Birthday wishes for July go out to: William, Myles, Jennifer, Katy, Emily, Nick, Noah, Aiden, and Ryan. Happy August birthdays to: Caitlin, Lauren, Rebecca, Daniel, Justin, Rachel, Kadon, Madilyn, Tyler, Jess, and Cameron. Happy September Birthdays to: Seth, Caeden, Phil,

Matt, Anisha, Morgan, Taylor, Sarah, Zack, and Ryan.



Daniel and Shaun work in the pool

Back (pack) to School

As your children head back to school, think about their backpacks. The American Physical Therapy Association warns that the backpack should not weigh more than 15% of your child's body weight. So, a child who weighs 80 pounds shouldn't carry more than 12 pounds in their backpack! Some other safety tips:

- Always use both straps
- Straps should be well padded
- Be sure there are reflective strips (daylight is slipping away)
- Clean out the backpack frequently to be sure they're not lugging things they don't need
- Pack a **light** lunch???

MAJOR Accomplishments

Congratulations Cynthia...

Iron-woman of MIPT

Cynthia participated in her very first triathlon on September 11, 2004. She and her husband, Pete competed in the inaugural Saratoga Lake triathlon. The event consisted of a 1500 meter swim, 40K bike, and a 10K run. Cynthia completed the event in an outstanding time of 2 hours 37 minutes and 37 seconds, while her husband Pete finished in an incredible 2 hours, 26 minutes and 58 seconds. Cynthia placed 100th overall and 5th in her age group!!! Pete finished 51st overall and 9th in his age group. Congratulations to both of you. We are so proud.

...and Shaun

Shaun will be competed in an 8K race in NH the same weekend. He finished in a personal best for the 5 mile distance. His time of 27 minutes and 55 seconds was good enough for 10th overall and 3rd in his age groups. In addition September 26th brought Shaun back to NH to compete in the Clarence Demar Marathon in Keene. Unfortunately earlier in the week Shaun had sustained a serious injury to his chin and right shoulder requiring a total of 19 stitches. However, in an amazing turn of events Shaun finished 5 minutes faster than

he had ever finished a marathon before. Even more astonishingly HE WON!!! With a time of 2 hours 44 minutes and 30 seconds, Shaun was the overall winner of the marathon. The time automatically qualifies him for the New York City marathon, which Shaun plans to save for 2005.



Shaun breaks the tape at the Clarence Demar Marathon in Keene

Halloween Safety Tips

Halloween is just around the corner, which means trick-or-treating, jack-o-lanterns, and lots of fun. We also just want to remind you to be safe. Here are a few safety rules to follow this Halloween season:

- Parents should inspect those yummy treats before you eat them
- Mask holes should be large enough to see through easily
- Flashlights should be used to let drivers see you, and so you can see where you are going
- Avoid tripping by preventing costumes

from being too long or loose fitting

- Use reflective bright colors so drivers can see you after dark
- Walk on sidewalks, or as close to the curb as possible if no sidewalks are available
- Observe safety rules when crossing or walking on streets and stay clear of traffic
- **HAVE A HAPPY AND SAFE HALLOWEEN**

MINOR Improvements PT 2nd annual OPEN house and Family Fun Day!

Be sure to mark your calendars for this year's open house and family fun day at MINOR Improvements PT. Stop by on Saturday October 9 for all the festivities. Events will begin at 12 noon and go until 6 pm. The fun is open to all friends, families, neighbors, and doctors. We will have a bouncy bounce, tie dying, games, prizes, entertainment, and lots of food you won't want to miss. We are located on the corner of West Avenue and West Circular Street in Saratoga Springs, NY just north of Saratoga High School. Hope to see you all on Saturday the 9th.

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