



# In Touch with La Plata Physical Therapy & Wellness

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Wellness: 103 Centennial St. Suite A 301.392.5054

**Most Insurance Accepted**

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## What can you do for your body?

Ask not what your body can do for you, but what you can do for your body.

It is a true reality that health professionals, government officials, the Center for Disease Control, the National Institute of Health, the U.S. Surgeon General and the American College of Sports Medicine all agree that some activity is better than no activity, and more activity, up to a point, is even healthier. Your health and quality of life are greatly influenced by how active you remain throughout your lifespan.

Continued activity on most days of the week over your lifespan positively increases improved health and decreases vulnerability to disease & death. There are many positive reasons for changing your lifestyle from sedentary to active or remaining active for the rest of your life. Some of the most common risk factors that can be prevented, well managed

or even reversed to normal state by performing exercise are: Anxiety, Depression, Cholesterol, Blood Pressure, Resting Heart Rate, Type 2 Diabetes, Respiratory Function, Cardiovascular Disease and Coronary Artery Disease. By increasing your activity level you are allowing your body to increase endorphins, blood circulation, good cholesterol (HDL), lower blood viscosity, sugar processing, heart strength, lung capacity, oxygen levels overall (including the brain), muscular endurance, muscular strength, balance, and flexibility to name a few.

Often, the most difficult challenge to overcome is committing to exercise. Your health and wellness is predetermined by how you feel mentally, physically, and socially. There is significant evidence showing that supervised exercise is not only the safest way to improve physically,

but one of the greatest ways to improve your mental and social state of wellness. If you have any physical pain, beginning exercise in physical therapy is a very smart way to begin your exercise journey. Remember, being referred to physical therapy starts with a prescription from your physician and ends with you choosing what facility you would like to attend for your physical therapy care. You can pay for these services out of pocket or by using your designated health insurance. If you are feeling very functional with your daily activities and experience little or no physical pain, you would be a great candidate for supervised exercise in a wellness facility. Exercise physiologists, kinesiologists, physical therapy assistants or physical therapists are the ideal professionals to help guide you through the exercise journey.

## Farewell to Martin Ostapinski, Welcome to Rosa Hernandez!

We have enjoyed working with Marcin Ostapinski, DPT who has been with us almost 10 years. He has moved to NC. We wish him the best in his professional future.

We would like to welcome our new Physical Therapist:

Rosa M. Hernandez

Rosa graduated from the University of Puerto Rico, where she earned a Bachelor's of Science degree in Physical Therapy. Rosa is bilingual; she is fluent in Spanish. Rosa's husband is Ed Hernandez, Mechanical Engineer at NSWC in Indian Head. Rosa's

son, Alex, a graduate of St. Mary's College of MD in 2010, is currently pursuing a nursing degree at the University of MD, Baltimore. Rosa's daughter, Christina, is attending Marymount University in her second year of nursing. Rosa has two dogs, Toby and Chloe. Her hobbies are going to the beach, camping, music, reading and spending time with family and friends. Rosa is a long standing member of the American Physical Therapy Association, Functional Capacity Evaluation certified, CPR certified, and student clinical instructor. Her

philosophy is: "I believe that every person should be treated as an individual and given the highest quality of care. Education, home programs and hands-on treatment should focus on the individual progressing toward their goals and recovery." Rosa's area of interest is Orthopedics and Sports Medicine. She also enjoys amputee rehabilitation and musculoskeletal disorders. Her best health advice is to keep active, whether exercising, walking or engaging in frequent outdoor activities.



Photos from the farewell party:



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