



Welcome to our September newsletter! I hope you had a great summer and are ready for the more moderate temperatures of the fall!

Our goal for our newsletters is to keep you informed - about how we can help with your health and fitness needs and how you can take care of yourself better.

If you would like to sign up for a regular email version of this newsletter delivered to your email inbox, sign up on our website (<http://physicalsolutionsnc.com>) or contact our office and we'd be happy to add you to the list.

Cathy Busby

ATM2 (ACTIVE THERAPEUTIC MOVEMENT)

As described in the March 2006 issue of Golf Weekly



One of the advanced tools we offer our clients is the Active Therapeutic Movement device. The ATM2 is the first in a new class of exercise/rehab and performance enhancement equipment that treats chronic back and leg pain in a pain-free exercise position for you. Physical Solutions was the first physical therapy clinic in North Carolina, and the only one currently in the Raleigh area, to utilize this cutting edge technology. We've already had some great success stories with the technology.

In essence, the ATM2 enables the client to do something no previous exercise device could. It provides stabilization in a standing position. This creates the ideal situation to reprogram the nervous system and break up old, incorrect movement patterns. By stabilizing and aligning the spine to find an

exercise position that is pain-free, the ATM2 can offer many benefits for both rehab as well as for enhancing athletic movements:

- Relieve back, shoulder, neck and hip pain
- Increase range of motion
- Improve function
- Accelerates the healing process
- Immediate and long lasting results!

This can improve some long-term pain that clients have been dealing with. There are many reasons that musculoskeletal problems persist including incorrect movement patterns which have been present for a long time, muscle weakness or an imbalance in the flexibility of spinal levels. If there is an imbalance, repeated movement of weak, overly

AROUND THE OFFICE (AND BEYOND!)

I've been taking advantage of the summer races and triathlons this summer.

On June 6, I ran in Komen, NC at the Triangle Race for a Cure. A month later was the Anchor's Aweigh 5K at NCSU in Raleigh where I came in 1st in my age group. And in August was the Ramblin' Rose Triathlon in Winston Salem where I came in 4th in my age group.





flexible joints causes inflammation, pain and irritation, making typical exercise approaches less effective because they don't address the underlying imbalance.

Just as important as stabilizing the overused, and often too mobile area, is the fact that the patient is in the standing position for treatment and exercise, which brings immediate carryover to the patient's life.

You can find out more about the ATM2 at: www.backproject.com or give us a call today!

We are constantly helping our patients become pain free and move and function better - even those who have had a painful problem for years.

QUICK LINKS...

One of our favorite websites is called [Active.com](http://www.active.com). It has lots of great information about many different activities but what we really like are its calculators. For example:

- Calculating nutritional needs
 - http://www.active.com/calculators/nutritionalneeds_calc.cfm
- Calculating your ideal weight based on height
 - http://www.active.com/calculators/idealweight_calc.cfm
- Calculating your body fat based on various measurements
 - http://www.active.com/calculators/bodyfat_calc.cfm
- Calculating calories needed for your size and activity
 - http://www.active.com/calculators/calories_calc.cfm
- Calculating heart rate based on age
 - http://www.active.com/calculators/hearttrate_calc.cfm

FREE CONSULTATION AT PHYSICAL SOLUTIONS, AN \$80 VALUE

Is physical therapy right for you?

Decide for yourself during a free, personalized visit with one of our licensed physical therapists. Learn during this initial consultation whether you might benefit from physical therapy.

Just print out this page, call to make an appointment, and bring in this page when you come.

ABOUT PHYSICAL SOLUTIONS

Physical Solutions was founded by Cathy Busby to provide effective, efficient solutions to relieve pain and to return individuals to the highest level of function possible. Cathy's experience as an athlete, teacher, coach, and physical therapist gives her a unique perspective to help you work toward peak physical performance, whether you're an athlete or if you just want to be able to do daily activities without pain.

Cathy's unique ability to biomechanically analyze movement and her manual therapy skills leads to effective correction of each individual's problem. Working with her team at Physical Solutions, clients can move seamlessly to a fitness/training program in a safe environment to get you in the best physical condition and health ever.

Questions? Give us a call today!