

Happy Five Year  
Anniversary of Little  
River Physical  
Therapy!

# The Little River Post

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DIVE RIGHT IN!

Disclaimer: This newsletter is not a substitute for medical advice.

## HAPPY BIRTHDAY LITTLE RIVER PT!

By ROXANNE FISHER

Happy Birthday Little River PT! This February was the fifth anniversary of the founding of Little River Physical Therapy. On February 24th we hosted an Open House at the clinic to celebrate five years in business. The Open House was attended by a mix of patients and other members of our broader community. A wide range of ages was represented ranging from people in their twenties to people in their eighties.

## CHAIR YOGA

By ROXANNE FISHER

During the Open House, our guest presenter, Anita Madhava led a chair yoga session. Chair yoga is a gentle variation of yoga done while sitting on a chair. Anita also teaches Sleepytime yoga, a class that you can do from your bed to help get you ready for sleep (and then you fall asleep right at the end of the class!)

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## MY NEW ROLE FOR LITTLE RIVER PT

By ROXANNE FISHER

During the Open House I also announced the change in my role at Little River PT. As many of you know, I won't be in the office regularly. However, I'm excited to announce that I'll still get to be a part of Little River PT in a new capacity! I am managing our new virtual and in-person wellness program Ask Your PT. The program includes three main components: 1) our youtube channel @littleriver-physicaltherapy, 2) this newsletter, and 3) virtual and in-person events. I'll also sometimes be taking the phone calls. So, although I won't be a regular face in the office I will be a regular voice on the phone!

## ASK YOUR PT

By ROXANNE FISHER

During the Open House we also launched our new program, Ask Your PT, a series of virtual and in-person events.

During Ask Your PT, Dr. Fisher led a posture exercise and answered

numerous questions ranging on a variety of topics from shoes to ankle exercises for runners. The context of Dr. Fisher's speech also presented an opportunity for patients to share stories of how much their lives have been impacted by the help of Dr. Fisher. One patient expressed how she had been in physical therapy since 1969 and that Dr. Fisher has helped her more than any other therapist or doctor.

This patient, who had recently had a shoulder replacement, then stood up and demonstrated how her shoulder mobility has already far surpassed what her doctors told her she would be capable of.

## Contact Us!

I'm collecting wellness tips from patients of Little River PT to be featured in The Little River Post. Our next edition will have a special feature on feet! We're also planning an upcoming event for Ask Your PT where you can get live advice on shoes and feet.

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