



## March 2017 Newsletter



### Welcome to your Center for Employee Health newsletter!

March is here and I can't believe we are just about down to the final 9 weeks of the school year. It has flown by!

The one-year anniversary of the Center is right around the corner. Mark your calendar, for **Wednesday, May 10<sup>th</sup>** as we would love for you and your family to celebrate with us. Additional details to come.

This month we focus on the benefits of Physical Therapy. Having mobility and being pain free are necessary for a good quality of life. If you struggle with either of these issues, I suggest you contact the Center and schedule an appointment with Jason Cirolia, our physical therapist. Let the Center know what your issue is and inquire if you qualify for **Direct Access Physical Therapy**. You will be asked a couple of questions over the phone to see if you are eligible.

Meanwhile, if you get referred to physical therapy by one of your doctors (including specialists), know that we can help you, especially with anything orthopaedic. If your PT referral has a rehab facility name on it (for instance Cora or Ability Rehabilitation) you can still come to the Center for your physical therapy. **If you are on the Cigna plan through the District, as an employee, your PT is at no cost to you.** If you are referred by a doctor, have the referral in hand when you call the Center to schedule.

**Just a reminder to call the Center at 407-483-5757 for all appointments.** Also, please call the Center to cancel any appointment that you are unable to make.

Big news, we are offering **2 different Diabetic classes**, and both are at **no-cost** to employees.

If you're *currently* diabetic, join us for our Diabetic Education Class, in the Center's conference room, on Wednesday, **April 19<sup>th</sup>**, from 3:30 -7:30pm. Debra Sievers, from the Florida Hospital Diabetic Institute will be our speaker and refreshments will be served. Call Helen Jones, our Center's Care Coordinator to register at **407-201-4766**.

If you are *pre*-diabetic, or just want information on this disease, check out the YMCA's Diabetes Prevention Program. It is Saturday, **April 15<sup>th</sup>**, at 10am in the Center's conference room. (The YMCA is coming to us!) Please call **407-204-2320** to enroll.

I want to give a special thank you to Mrs. Devin Watson, US History teacher at Liberty High School, for allowing me to be a part of the job shadowing program. I had the pleasure of spending time with her student Krystal, who is interested in journalism.

Remember, if you have any questions about the Center, you can always reach me at [AskErin@FHosp.org](mailto:AskErin@FHosp.org).

Till next time~

Erin~



[SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net)



#### UPCOMING SITE VISITS

- Mar. 21 - St Cloud ES
- Mar. 23 - Narcoossee ES

#### MAMMO COACH DATES

- Mar. 29 - Narcoossee ES & MS
- Mar. 29 - SDOC Health Center
- Mar. 30 - Kissimmee ES & MS
- Mar. 31 - Partin Settlement ES
- Apr. 6 - Poinciana Academy
- Apr. 8 - SDOC Health Center

#### FOR ADDITIONAL MAMMO DATES VISIT

[SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net)



**FLORIDA  
HOSPITAL**

## Keep it Moving, the Benefits of Physical Therapy (PT)

Written by Jason Cirolia, PT, DPT, OCS

Most people will experience an injury at some point in their lives. It could be due to an accident, sports, or without a specific cause. Pain can dramatically alter your life, and it can keep you from participating in your daily tasks. Many times pain will lead to increased difficulty with Activities of Daily Living (ADLs). Physical Therapists are uniquely trained to address movement dysfunction and functional limitations.

What we know from current research is that pain is more complex than the injury (back and knee) alone, it includes the intricate communication between the mind and body.

In individuals 60 years or older 36% had a herniated disc, 21% had spinal stenosis, and more than 90% had a degenerated or bulging disc and there was no report of pain. We also know that the degree of injury does not correlate to the degree of pain. For example, a papercut is not life threatening but can be an extremely painful experience. Progressive exercise within tolerance, is very effective in reducing pain in most individuals.

Treatment from a Physical Therapist is a highly effective means to address pain, movement dysfunction, and recovery from joint and muscle surgeries. Yes, we can do your PT even after a knee/hip replacement. Moving pain free is critical in one's quality of life, the ability to work/play, and maintaining your independence. Physical Therapists are the healthcare "movement experts" who are specifically trained to identify, diagnose, and treat movement based disorders. Working with a Physical Therapist is collaborative and team-based, where the patient actively participates in their own recovery.

Avoiding use of pain medication (opioids) has been an increasingly bigger push from The Centers for Disease Control and Prevention (CDC). Physical Therapy is a much safer and effective alternative in the fight against chronic pain. Lastly, before making the decision to undergo expensive and invasive surgery, try physical therapy. For many conditions such as meniscal tears, knee osteoarthritis, rotator cuff tears, and degenerative disk disease, treatment from a Physical Therapist has been clinically proven to be as effective as surgery *without* the risks.

Additionally, in Florida, we have the benefit of **Direct Access Physical Therapy**, which means you can get physical therapy for up to 30 days *without* a doctor's order. This is a very popular option with the District family, and positive results are being seen! Whether you are in transportation and your shoulder hurts or you are standing all day in the classroom and your back is giving you trouble, Direct Access PT could be your answer. Please note that direct access is not available with workers' comp injuries, where a provider must be seen first.

**Call the Center at 407-483-5757 to see if you qualify for Direct Access PT.**

Just a reminder, if you are on the Cigna plan through the District, all your physical therapy at the Center will be at no-cost for employees.



BRITTANY'S  
HEALTHY  
BITES

### Lime Cilantro Cauliflower "Rice"

#### *Ingredients:*

- 1 head cauliflower, cut into florets
- 1 tablespoon water
- 1 lime, juiced and zested
- 1/2 cup chopped cilantro
- 2 tablespoons butter spread, example: smart balance (optional)

#### *Directions:*

Grate cauliflower florets or pulse in a food processor until it resembles rice. Place grated cauliflower and water in a microwave-safe covered dish. Cook cauliflower in microwave on high until tender, about 7 minutes. Stir lime zest, lime juice, cilantro, and butter into cooked cauliflower until well blended.

Recipe from Allrecipes.com





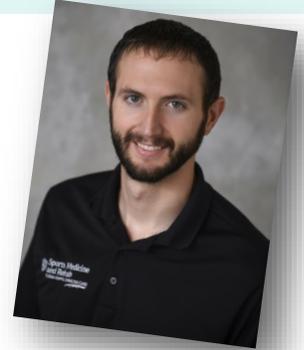
## Healthy You Review Tip

Obesity can affect your knees and hips. Every pound of excess weight exerts about 4 pounds of pressure on the knees. A person who is 10 pounds overweight, has 40 pounds of extra pressure on their knees.

\*Rheumatology Division/Mayo Clinic

## Meet Your Physical Therapist, Jason Cirolia

Written by Erin Lysik



Have you ever heard the term, “a man with a plan”? Well, Jason Cirolia, our talented Physical Therapist at the Center for Employee Health, is *definitely* a man with a plan. Jason’s physical therapy (PT) sessions are uniquely designed for each individual patient and their particular needs.

No two people are alike, and neither are their injuries and surgeries. A *personalized plan* is imperative for maximum results when it comes to physical therapy.

Jason brings a lot of experience, which includes serving as a physical therapist in the military. Both of Jason’s parents served in the Army, so it was natural for him to join. He joined at the age of 28, where he ultimately became an Army Captain.

Not only is Jason a seasoned physical therapist, he is also certified as an Orthopaedic Clinical Specialist. Which means, he has *advanced* proficiency with it comes to your Orthopaedic needs. Orthopaedic means anything to do with your bones; including shoulders, back, knees, hips etc. *Less than 10%* of physical therapists in the United States have this advanced training, and historically, they have improved outcomes over a shorter period of time. This means a faster recovery for you!

Jason treats a lot of Orthopaedic issues within the District family. For instance, with the Transportation team he frequently sees overuse injuries of the upper body and neck. This includes lower back, neck, elbow and shoulder.

For those District members who stand most of the day (teachers, nutrition services, custodial, etc.) common ailments are the lower back, hips, knees, and ankles. These parts of your body are considered to be “load bearing” and there can be an increased risk of pain in these areas.

If you injure yourself by accident, (i.e. pull your shoulder during exercising, hurt your back by sleeping wrong) definitely call the Center to see if you are a candidate for Direct Access PT, which is seeing a Physical Therapist without a prescription. Jason has been able to produce incredible results through Direct Access PT, with 80% of these patients feeling significant improvement over a shorter period of time.

When he’s not at the Center, Jason enjoys mountain biking and spending time with his family; including his two dogs, Chipper and Kirby.

Along with his family, he has a great love of Oreo cookies! So much so, that an Oreo Truffle was named after him. Hmm... I wonder if it was regular or double stuffed?

831 Simpson Road, Kissimmee, FL 34744 (Next to TECO Campus)

Monday—Friday 7 am—7 pm, Saturday 8 am—Noon (Urgent Care Only)

Phone (407) 483-5757 Fax (407) 483-5756