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November 2010

November 2010 News

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Nurse Practitioners May Now Prescribe PT

Physical Therapists May Accept Referrals from Nurse Practitioners

As of August 28, 2010 physical therapists may accept prescriptions from nurse practitioners (advanced practice registered nurses). During the 2010 legislative session Representative Sue Allen sponsored legislation that was signed by Governor Nixon allowing physical therapists to accept prescriptions from advanced practice registered nurses. With this amendment to the statute, physical therapists may now accept prescriptions from physicians, chiropractors, dentists, podiatrists, physician assistants and advanced practice registered nurses.

We want to thank the Missouri Physical Therapy Association for their hard work in getting this amendment passed, allowing greater access to those in need of physical therapy!



Exercise of the Month: Walking Speed



Exercise of the Month: Speed Walking-- Walking faster can improve your overall health, but how do you practice?

Its really very easy: Get a good pair of walking shoes, then go out for a walk. Using a stopwatch, walk your normal pace for 2-5 minutes. Then walk as fast as you can (safely) for 1 minute, then back to your normal pace for 1 minute. If you can, walk 20 minutes like this, alternating fast and normal paces every other minute. This is known as interval training. Walk your normal pace for the last 3-5 minutes. As you progress over the weeks, challenge yourself more by walking faster for longer periods.

What if I can't walk 30 minutes?

If you can't walk 30 minutes, use the interval training technique, but adjust it to your ability. If you can only walk 3 minutes, walk your normal pace 1 minute, then speed up for 30 seconds, then normal pace for 30 seconds, and so on. The important part is that you are practicing, and doing what you can do!

Walking Speed--Test yourself

Test Your Walking Speed

As described in our last several newsletters, University of Missouri researcher Carmen Abbott PT, PhD has identified several areas which are affected by the aging process and can contribute to fall risk. How fast (or slow) you walk, has been studied extensively. Slow walking speeds have been shown to predict mortality, hospitalization, discharge setting, fall risk, homebound status, and adverse health events in older adults. Abbott's study is unique because its participants were from various age groups starting at age 20. **This information is relevant for those of all ages.**

Test your walking speed to see how you measure up...no matter what your age!

Measuring walking speed is easy...one way is to measure the amount of time it takes you to walk 10 feet at a comfortable speed. Use a stop watch. Make sure to give yourself a couple of feet to get started and a couple of feet to slow down--so you'll need 14 feet of open space.

Averages by Age

20's 2 seconds
30's 2.1 seconds
40's 2.2 seconds
50's 2.26 seconds
60's 2.3 seconds
70's 2.6 seconds

As you can see, there isn't a lot of change in normal gait speed between ages 20 and 70: **The normal amount of speed decline is only about 25% after 50 years!**

Mobile Physical Therapy Information

Mobile Physical Therapy provides physical therapy services to seniors and others in their homes.

[Click here for a referral form, or call us at 314-558-1385.](#)

Help Wanted



Position Open

Mobile Physical Therapy is looking for help! We are looking for a physical therapist on an as needed or part-time basis to see patients in their homes.

If you are interested in providing excellent and compassionate home care services, and having a flexible schedule, contact us at 314-558-1385.

Mobile Physical Therapy • 935 Morrison Avenue • Saint Louis • MO • 63104

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