

THE PHYSICAL THERAPY SPECIALTY CENTER NEWSLETTER



The Physical Therapy
Specialty Center
a division of Primary Care Partners

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OUR STAFF

Clinic Supervisor:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

Dorian Campisi, DPT

Brad Fenter, DPT

Karen Hayter, DPT

Jake Miller, PTA

Chris Moore, OTR

Laurel Sampson, MPT

Mariana York, CCC-SL

Front Office:

Robin Barvir, Receptionist

Nicole Frick, Supervisor

Ashlun Huff-Mullin, Receptionist

Back Office:

Nathan Fahrnbach, PT Tech

Ally Jones, PT Tech

Tyler Cannella, PT tech, CNA

YEAR IN REVIEW

December marks 12 issues of our inaugural newsletter. We find this newsletter to be a simple yet informative way to share valuable information to new, prior, and current patients. We wanted to take this newsletter to recap the previous year and to say thank you for subscribing! We have covered a variety of subjects from prevention of skiing injuries to Parkinson's disease, exercise principles, total knee replacements, and chronic pain to name a few. Maybe you subscribed late, or maybe missed a month, but the good news is all of this information is still available on our blog (over 25 blog posts this year) at ptscgj.com/blog. Further, the month of December will have more blogs to recap the year in greater detail if you wish to have more of a summary. As always we encourage you to share this information with friends and family members as well as to inquire with questions whenever you meet with your PT. We look forward to next year's newsletter and continuing to provide content that matters to you.

Happy holidays to all! – PTSC staff.

Around the clinic: What is your PT's favorite holiday treat?

Jake – Pumpkin Pie

Dorian – Dutch Apple Pie & Icecream

Robin – Mince Tarts

Nathan – Snickerdoodle Cookies

Tara – Pumpkin Pie

Nikki – Homemade Baklava

Laurel – Sugar Cookies

Tyler – Peppermint Bark

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Physical Therapy: Returning To Exercise

It is that time of year when we all tend to eat more than we should or lose some of our good diet habits resulting in a few extra pounds. We're all guilty of noticing this and deciding "I should work out more to help with this situation". Exercise is beneficial in so many ways (reference our multiple part blog last January for significant details) but often people get "burnt out" before they notice all of the benefits. Some good advice for exercise follows: start slow and gentle, set REASONABLE goals, form a routine, make exercise fun (it doesn't have to be going to the gym), and find something that motivates you (smart watch, friends). We find that the people who do these things are often more successful in the long term to meet their goals. Exercise can be friendly and fun, and we hope that you find this true with the tips above.

Occupational Therapy: Holiday Hand Help

When the holidays arrive, we spend a lot of time shopping, cleaning, baking, cooking and decorating. This usually requires our hands to be extra busy which can bring on joint pain, stiffness and fatigue. If we have osteo or rheumatoid arthritis, muscle weakness, Raynaud's, or limited use due to an injury, trying to complete these projects can be frustrating. There are many adaptive tools that can help you accomplish your tasks and decrease the stress on your hands. Foam tubing can be placed on knives, forks, spoons, cooking utensils, toothbrushes and crochet hooks. For larger handles used pipe insulation works well on cleaning or yard tools. This modification increases the circumference of the item and offers the hand a softer and larger grip. There are scissors that decrease the pressure on the thumb. These include loop and snipping scissors. Some helpful items for the kitchen include tab openers and electric can openers which remove the lid rather than cutting the top. There are items for any activity that will make it easier and more fun. An occupational therapist would be able to help choose which equipment is best to meet your needs.



Speech Therapy: Holiday communication with hard of hearing loved ones.

Communicating successfully requires the effort of everyone involved in the conversation. This is particularly true when the person is hearing impaired, even if that person has hearing aids. As we gather with family and friends over the holidays, it is important for us to use good communication strategies that will assist hearing impaired loved ones in the communication process. Listed below are tips for optimal communication with people with hearing loss.

- Be sure to face the hearing impaired person directly, on the same level, at close distance and with adequate lighting when possible.
- If the person has hearing aids, be sure the batteries are working and have extras on hand at all times.
- Avoid talking from another room! Not being able to see the speaker's face when they are talking or being too far away are common reasons for communication breakdowns.
- Say the person's name to alert them before initiating a conversation. This allows the listener an opportunity to focus their attention on you and avoid missing words.
- Keep your hands away from your face while talking. Also, avoid eating, chewing, drinking, smoking, etc. while you are speaking as your speech will likely be more difficult to understand.
- If you know the hearing impaired person has a better ear for listening, try to position yourself on that side.
- Consider using a clear shield COVID19 mask, as necessary, to allow the listener to fully view your face and mouth during speaking in mask mandated environments.
- Try to minimize background noise, when possible. In a public restaurant, for instance, request a quiet table for better listening with less auditory distraction.
- Avoid sudden changes of topic.
- Speak slowly and avoid rapid rate of speech.
- If there is a communication breakdown, try finding a different way of saying the same thing rather than repeating

