



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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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

Hannah Pacheco, Receptionist

Nikki Frick, Supervisor

Back Office:

Tyler Cannella, PT tech, CNA

Ally Jones, PT Tech

Gustavo Orona, PT Tech

ERGONOMICS:

This month our blog is an introduction into ergonomic concepts. Ergonomics is the study of people's efficiency in their work environment. The purpose of ergonomics is to prevent musculoskeletal disorders and to protect employees from accidents as well as repetitive motion impairments. Musculoskeletal disorders can include anything from carpal tunnel syndrome to low back muscle strains. Again, this is an introduction to some basic concepts related to office ergonomics and prevention of postural or alignment issues. A referral to physical therapy may be appropriate to assess and create a plan to correct the issues. Listed below are some additional resources including YouTube videos about ergonomics. There are a couple links more related to physical activity including lifting and body mechanics which is very important but not the primary focus of this blog.

Additional Resources:

Youtube videos: (lasting 1-3 minutes each)

Office Ergonomics 101: <https://youtu.be/TxCPOz1fcYU>


Lift safely <https://youtu.be/SvcFIEJjJNg>

Correct set up at your desk https://youtu.be/F8_ME4VwTiw

Body mechanics <https://youtu.be/Zq97LFOSbVI>

AROUND THE CLINIC: PTSC WELCOMES STUDENTS

You may notice some new faces around the clinic this spring. As part of being an ever improving clinic, we like to welcome various students to both teach and learn from. We find this as another way of improving our patient care by staying up to date and progressing our knowledge through students. As always patients have the right to deny student participation but thank you in advance for helping us and the future of physical therapy.

 (970) 241-5856



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Therapy Minutes

This section is to keep you up to date and provide education regarding PT, OT, and Speech Therapy

Physical Therapy: Kinesiotape

With the world of medicine rapidly evolving, it's hard to keep up with new treatments or tools. Many of you have probably heard or seen Kinesiotape and wondered "what is that stuff?" Kinesiotape has been around a lot longer than you might expect but has recently become more popular as sports have adopted this tool. Sport figures such as Michael Phelps, James Harden, or even Tom Brady have been seen wearing the tape on the biggest stages. If they are wearing it, there must be some good behind it. Our latest blog discusses some of the most important features, types, and purposes of Kinesiotape to assure that you are informed and even able to use it yourself. Check it out at ptscgj.com/blog

Occupational Therapy: OT and Ergonomics

The word ergonomics is usually associated with the workplace. The setup, tools, and flow of a working environment are important to a person's safety, comfort, and optimal efficiency. This is not limited to sitting in an office (at home or in a building), it includes any job or activity you perform during the day. Your occupation can include, house work, attending school, volunteering, yardwork, or taking care of yourself and family. We often become complacent and continue doing tasks the same way year after year without realizing that there may be a better and more productive way of doing the job. If the task requires repetitive motion, holding items for a long time, exposure to vibration, or varying degrees of temperatures, it may be beneficial to have an evaluation of your work to determine if some changes would help. If this sounds like something you could use, ask your physician for a referral to Occupational Therapy. OTs are trained in evaluating daily activities and providing information that will improve both your physical and emotional health.

Speech Therapy: Cognitive Impairments

Mild cognitive impairment (MCI) and dementia are general terminology used to indicate a decline in cognitive function. Mild cognitive impairment means the decline in cognition is not generally impacting the person's ability to carry out tasks of daily living such as cooking or driving. However, the term dementia indicates cognitive difficulty which is interfering with one's ability to complete everyday tasks. Some common causes of both MCI and dementia include Alzheimer's disease, vascular disease and frontotemporal degeneration of the brain. There are a variety of signs and symptoms of cognitive decline to monitor for. Some examples are as follows:

- Repetitive questioning
- Getting lost in familiar places
- Forgetting recent events
- Frequent falls or loss of balance
- Personality changes
- Changes in hygiene
- Changes in language abilities including increased word finding deficits, as well as difficulty with comprehension of spoken language
- Odd or inappropriate behaviors
- Difficulty with planning and organizing

Research indicates that there are a variety of activities that can assist with maintaining your brain. A combination of good nutrition, as well as regular mental, social and physical activity may promote healthy brain function.

If you have any concerns regarding your cognitive function, please consult your healthcare provider. You may benefit from further consultation with a speech-language pathologist at our clinic to assist with your cognitive concerns.

