



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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WHAT IS EVIDENCE BASED PRACTICE AND WHAT DOES IT MEAN TO OUR CLINIC:

At The Physical Therapy Specialty Center, we are proud to provide care that is evidence based! Unfortunately, this can be a very broad idea and topic, with little meaning and understanding to the general population. To help understand what it means to be evidence based, we've written a blog with more information. This month, we are talking more about what it means to be an evidence based practice and how it benefits you as the patient. We strive to provide the best care for each and every patient, giving them unique treatment plans that pertain to their specific needs and goals. As physical, occupational, and speech therapists, we go through a great amount of training to provide the best care for our patients. This includes constantly undergoing new training and continuing education as more research comes out regarding different diagnoses. This can help us have the most up to date treatments to better serve our patients. For more on this topic check out our featured blog.



AROUND THE CLINIC: HAVE YOU MET JUSTICE?

Have you taken notice of some of the amazing students we have had observing over the past few months? Many of them are from the Kinesiology program at Colorado Mesa University. One of the students is named Justice. He started with us in January and is just wrapping up his rotation, with plans to move on to physical therapy school and eventually become a PT. If you see him say "Hi" and ask him about himself and his future plans.

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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: Observations of a physical therapy intern

As many of you know and have seen, we have had some amazing students spending time with us over the past several months. This month we are featuring a blog from one of those such students, Justice, who took the time to write about his experiences and observations from the time he has spent with us during his rotation in our clinic. It is nice to have an outside perspective of what our clinic is like. We truly enjoy having these students shadow us and grow the profession into the next generation of up and coming PTs. Hope you enjoy reading about his observations and experiences. Check it out. It will be posted on June 15th.

Occupational Therapy: Why is the thumb so important?

Humans can move their thumbs in many different positions. Having opposable thumbs helps us to grasp, pick up small objects, and perform fine motor tasks such as hand writing, sewing, dressing and eating. When the thumb becomes weak or loses range of motion, due to conditions such as arthritis, injury, or pain, we have a difficult time doing the simplest task. The function of the thumb can be improved by wearing braces to relieve pain, offer support, and provide a better position during the day and at night. Some of these braces are pictured below. An occupational therapist can assess your thumbs and help you decide which brace would offer the best support in order for you to perform daily activities and enjoy things you like to do. Contact us today and see how we can help.



Speech Therapy: Speech Therapy for Dementia.

Dementia is a heartbreaking diagnosis that affects a variety of cognitive functions, including memory, attention, and word finding. These deficits often lead to disorientation, confusion and impaired judgement. Speech therapists can assess cognition to determine one's current level of cognitive function. Speech therapy is a wonderful way for individuals with dementia to maintain a level of independence for a longer period of time. Speech therapy can stimulate cognitive abilities through activities related to the identified areas of cognitive impairment. Speech therapists train the patient and caregivers in ways to compensate for their deficits, as well as how to modify or adapt their environment for success. Caregivers learn how to manage their loved one's symptoms, as well as optimal ways to communicate with them to enhance quality of life. Please contact your medical provider for a referral to speech therapy at our clinic, if you or your loved one have concerns with dementia.

