



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

October 2022

Volume 2 / Issue 10

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PHYSICAL THERAPY MONTH

October is Physical Therapy Month! As you may guess this is one of our favorite months! Physical Therapy is more than just exercise and “massage” but rather your tool to learn more about how your body functions during any physical activity. It can be as simple as getting in and out of bed or improving your strength for sports specific tasks – yes we could help you jump higher and run faster! Physical Therapists are movement specialists who understand every biomechanical advantage and disadvantage that makes us capable of daily life. Further, Physical Therapists understand pain and how this impacts your life. They can assist with decreasing pain through exercise, adaptive equipment, and/or modalities (tools such as traction or electrical stimulation – check out our blog on Modalities posted a few months ago for more info). So in summary, we encourage you to seek out physical therapy for any and all physical issues! Happy Physical Therapy month! We do have a great blog on why you might choose physical therapy and how it might help you. Check it out and give us a chance to help you get back to feeling and moving better!

AROUND THE CLINIC:

Did you know that our blogs, which we post twice a month, are all written by our amazing staff? It is true. All staff members have contributed to our blog posts and these blogs have been a big hit. This month is no exception. One of our blogs was written by one of our PT techs, Logan Ellis. He graduated from CMU with his bachelor’s in Exercises Science and is looking to move on to PT school! The other blog, which will be posted Mid-October, was written by a PT student we had in our clinic, Tyson Trainor. He is currently in physical therapy school and working towards his degree. We think you will enjoy these great blogs, so please check them out!

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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: ACL Surgery vs. Conservative Management

With health care costs soaring nation-wide, it is important that we maximize treatments and minimize costs where available. One of these opportunities comes at the intersection of ACL injury and conservative vs. surgical approaches to treatment. Education regarding appropriateness for surgery can be key to helping patients avoid unnecessary surgeries and financial burden, while maximizing quality of care and recovery time. Descriptions of conservative and surgical treatments as well as when each approach may be appropriate may be found in our mid-October Blog.

Occupational Therapy: Saturday Night Palsy

Saturday night palsy classically involves an individual whom falls asleep with the arm immobilized in an unnatural position, leading to nerve compression within the axilla (armpit). There are many other mechanisms that can cause compression of the radial nerve including tight clothing or accessories, improper use of crutches, prolonged blood pressure cuff usage, and more. Symptoms include: numbness from the triceps down to the fingers, problems extending the wrist and fingers, muscle weakness, decrease ability to pinch or grasp, and lift the wrist (wrist drop). Treatment involves the use of a dynamic day splint to help with extension of the wrist and fingers and allow active flexion. For night use, a static splint positions the wrist and hand in extension to decrease the over stretching the tendons. Recovery of the nerve is long and can take anywhere from a few months to a year depending on the degree of damage.

Inability to lift wrist or fingers
(extensor weakness AKA Wrist Drop)



An occupational therapist can provide these splints as well as exercises while the nerve is healing.

Speech Therapy: What is Auditory Processing Disorder?

Auditory processing disorder (APD), also known as central auditory processing disorder (CAPD), is a disorder that affects one's ability to internally process and understand speech sounds. Symptoms of the disorder include difficulty understanding speech in noisy settings, following directions given, following along in conversations, and discriminating between various sounds. Although there is no exact known cause of CAPD, it may be linked to head injury, genes, illness and prematurity. Testing is conducted by an audiologist in order to properly diagnose CAPD. Treatment focuses on speech therapy to strengthen speech sound recognition and discrimination, as well as educating clients on compensatory strategies, such as reducing background noise, and other environmental distractions to enhance auditory processing abilities. If you or someone you know has been diagnosed with CAPD, please contact your medical provider for a referral for speech therapy at our clinic.

