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TREKKING POLES AND THEIR USEFULNESS IN LATE FALL AND EARLY WINTER

If you enjoy hiking as much as we do at PTSC, you've likely seen folks out on the trail using trekking poles a time or two. If you have not, perhaps a walking stick or sturdy branch has made its way into your hands at some point in your hiking career? What may be less familiar, however, is what the purpose of these might be and how to optimally use them. This month, our blog will be discussing those very topics – what are trekking poles, why are they used and how to choose/fit them to your needs. These handy tools can benefit anyone from those who wish to offload their joints, improve balance and stability, or to increase speed and help complete a hike in record time. If you've ever considered picking up a pair of poles, this month's post will help to inform you if they would be a good fit!

AROUND THE CLINIC:

As winter approaches we are all thinking about SNOW! Whether you are excited or not, it is coming. We have written some helpful blogs in the past that may be beneficial as the snow approaches. Here are a few that may interest you!

Snow Shoveling: <https://www.ptscgj.com/post/snow-shoveling>

Preparing for Ski Season:

<https://www.ptscgj.com/post/preparing-for-ski-and-snowboard-season>

Ski and Snowboard fit: <https://www.ptscgj.com/post/preparing-for-ski-and-snowboard-season>

Winter injury Prevention: <https://www.ptscgj.com/post/winter-injury-prevention>



Therapy Minutes

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

Physical Therapy: Year in Review Part 1

As many of you may know, we here at PTSC strive to be a wealth of information and knowledge to pass along to our patients. One of the ways we do this is by posting blogs on a monthly basis. Our focus is to post 2 blogs a month, covering many topics that we see on a regular basis, current research or changes in treatments, and just highlighting areas of treatment you may not be aware of. If you have not checked these out, we are providing a recap of the blogs posted in 2022 to entice you and possibly direct you to information that may be of interest. We strive to provide the best treatments for our patients and knowledge is power when recovering from an injury. Check December's part 1 blog out and see what you may have missed!

Occupational Therapy: Creating habits to make your life easier

Habits, routines and rituals can be supportive during the holidays and other stressful times by helping us feel organized and calm, and help to normalize our day. The more disorganized and stressed we feel, the more we tend to rely on external structures to help us feel at peace. The holidays are no exception with the amount of things we try to accomplish; including buying and wrapping presents, cooking, baking, cleaning, or packing for travel. These are times when pacing our activities and using routines help us feel like we have some control over our "to do" list.

Take for example, making coffee or tea every morning. This is a habit that becomes a routine. Our alertness is usually low in the morning and we may forget a step or drop something. One way to combat anything going wrong is to set up the coffee pot, along with our favorite cup, the night before. This will ensure a successful outcome. We can also set up other tasks ahead of schedule to avoid rushing, making mistakes, or forgetting some steps. By preparing in **advance**, we can accomplish much more and with greater satisfaction.

If you are interested in finding more ways to help de-stress your life and daily activities, ask your physician for a referral to Occupational Therapy. The therapist can help you with organizational skills, energy conservation and pacing techniques to decrease feeling overwhelmed. This will help make our holidays more enjoyable and rewarding.

Speech Therapy: What is Dysphagia?

As you gather to feast with family and friends this holiday season, notice if you or your family are experiencing any signs or symptoms of swallowing difficulty. Dysphagia is the medical term used to describe any type of swallowing difficulty. Signs and symptoms of dysphagia may include coughing, throat clearing, excessive nasal drainage, watery eyes, wet vocal quality, and in the worst case scenario, even choking. Other signs of a possible swallowing disorder include the sensation of material sticking in the throat, chronic respiratory illness, unintended weight loss, and avoiding certain foods and liquids due to difficulty managing them. Possible causes of swallowing difficulties can include Parkinson's disease, multiple sclerosis, stroke, muscle disorders, esophageal disorders, and scarring from acid reflux. If you or your loved one are experiencing any signs or symptoms of dysphagia, please contact your medical provider for a referral to our speech-language pathologist who will evaluate and treat any identified swallowing impairments.

