



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

January 2023

## NEWSLETTER

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### OUR STAFF

#### Clinic Manager:

Kari Mullaney, MSPT

#### Our Therapists:

Tara Albright, DPT

Dorian Campisi, DPT

Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Chris Moore, OTR

Laurel Sampson, MPT

Mariana York, CCC-SLP

#### Front Office:

Angelica Gallegos, Supervisor

Robin Barvir, Patient  
Coordinator

Angel Wolff, Receptionist

#### Back Office:

Logan Ellis, PT Tech

Blake Poole, PT Tech


Teal Skoe, PT Tech

### MEETING YOUR NEW YEAR GOALS

Welcome to 2023 and all the fun goals and resolutions you may be setting! Whether you love them or hate them, everyone seems to set new goals at the beginning of a new year (we like to refer to them as goals rather than resolutions 😊). One main theme of goals seems to include getting healthier; which may mean eating healthier, starting a new workout, joining the gym, actually using your membership you already have at the gym, getting more sleep, etc. Whatever your goals may be, it is important to set attainable ones and start little changes which you can build upon throughout the year. Check out our blog on how to set and meet your goals and have a successful and healthy year!

### AROUND THE CLINIC:

We have some new faces to greet you when you arrive to our office. We all wish Hannah the best of luck on her new adventure- she will be missed! Our new front office supervisor is Angelica Gallegos, she worked in our clinic years ago in the front office and has returned to join us as our delightful front office supervisor. Another new face is Angel Wolff. She is our new front office receptionist and will be glad to help you check in for your appointments and all your scheduling needs. Robin continues to be a part of our front office team and will be transitioning into a new position over the coming months as the patient coordinator. This new position will help our office to dedicate time in assisting with patient insurances, authorizations, etc. These ladies are so helpful and wonderful and they are eager to assist you with whatever you need. They will be the cheerful voices you hear on the other end of the line when you call our office. Give them a warm welcome and an "atta-boy" for keeping our clinic running smoothly.

 (970) 241-5856



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# Spotlight Diagnosis of the Month

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**Diagnosis:** Lumbar Strain

**What is it:** A lumbar strain occurs when muscle and tendons in the lower back are injured or stressed beyond what they can tolerate. This injury can occur during various tasks such as lifting, pushing, or pulling.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

## **Common Symptoms:**

- Pain in the lower back
- Muscle spasms in the lower back musculature
- Lower back is sore or tender to the touch
- Stiffness in the morning in the lower back

**How PT can help:** Physical therapy treatment for a lumbar strain will first work on pain control to alleviate symptoms with various modalities as well as manual stretching and manual tissue release techniques for the involved muscles and other muscles that may be contributing to the strain. As the pain decreases, the physical therapists will focus on strengthening the weakened muscles and stretching anything that may be restricting motion or function. Finally, physical therapy will address returning to normal function and tailor the plan of care to address any occupational requirements or physical demands that need to be attained to return to your normal life. Each therapist will discuss their plan with the patients to make sure all needs are met before discharge.

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## **Appointment reminders:**

We have transitioned to electronic appointment reminders. A text message will be sent to the cell phone number we have on file. You will also receive an email for your appointment reminder to the email we have on file. Please ensure you review the date and time for these appointments especially if you have multiple appointments with our clinic. Please confirm your appointments with your response (text/email). If you need to reschedule, please contact our office so we may assist you.

If you are not receiving these reminders, please stop by the front desk to ensure we have all of your up to date contact information.

