



OUR STAFF

Clinic Manager:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

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Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Laurel Sampson, MPT

Andrew Eastep, PTA

Chris Moore, OTR

Front Office:

Angelica Gallegos, Supervisor

Robin Barvir, Patient
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Back Office:

Chase Keys, PT Tech

Jeremy Allgood, PT Tech

Logan Ellis, PT Tech

TRIGGER POINTS – SMALL BUT MIGHTY

This month we will be looking into what are trigger points and how to treat them. Trigger points are essentially stuck muscle fibers (knots) that can cause intense symptoms and consequences. Trigger points can contribute to chronic pain in any area of the body or diagnoses such as frozen shoulder, sciatic pain, and headaches. Trigger points can be caused by injuries or overuse. They can impair range of motion which can limit your functional mobility. A PT can assess if trigger points are contributing to your pain symptoms and treat any patterns or muscle imbalances that may be perpetuating the symptoms with stretching, strengthening and posture changes.

Ask your PT if trigger points are contributing to your pain.

AROUND THE CLINIC:

March is National Nutrition Month and quite often nutrition can have a big impact on how our body heals. Many of our staff therapists have training in nutrition and can provide suggestions regarding which food choices may assist in tissue healing. We have two therapist, Tara and Laurel, who are certified in functional nutrition to field more complex questions that you may have.

Here is a general list of helpful supplements with their suggested intake as well as what they are used for:

- Turmeric/Curcumin- 1000 mg – used to decrease inflammation
- Omega 3 (EPA and DHA) – 2000-3000 mg – used for joint pain and inflammation
- Liposomal Glutathione – 200 mg – used to fight against free radicals which increase tissue damage and inflammation
- Magnesium – 500-1000 mg – used to decrease muscle pain

If you have questions about supplements or dietary guidelines to improve tissue healing and decrease pain, let your provider know. They may be able to answer your questions and guide you in nutrition choices for optimal healing.



Spotlight Diagnosis of the Month

Diagnosis: Sacroiliac Joint Dysfunction

What is it: The sacral Iliac (SI) joints join the lower part of the spine (sacrum) to the pelvis (iliac bones). There are two sacroiliac joints, one on each side, with ligaments in each joint that hold the bones together. The main function of the joints is to bear the weight of the skeleton (shock absorbers) and transfer it to the hip bones.

Dysfunctions in the SI joint can cause pain and impact function. It is most commonly felt in the low back and buttock but can also be referred down the back of the leg(s). Rarely do dysfunctions of the SI joint cause numbness, tingling or weakness.

There are many possible causes of sacroiliac pain including arthritis of the joint, traumatic injury (fall onto buttock), pregnancy, spinal scoliosis, leg length discrepancy, and previous lumbar spine fusion due to loss of motion in the joints above the SI joints.

Common Symptoms:

- Pain that occurs in the buttocks and/or lower back (sharp, stabbing or dull)
- Pain that radiates to the legs, groin and even the feet
- Often the pain is improved with motion
- Activities that can make the pain worse:
 - Sleeping or sitting for a long time, moving from sitting to standing
 - Standing a long time and having more weight on one leg than the other
 - Stair climbing, Running, Taking large steps when walking

How PT can help: Physical Therapy (PT) treatment for SI pain includes a full assessment of posture, leg length equality, pelvic alignment, overall spine mobility, and a review of activities that aggravate your pain. Treatment often includes manual techniques for corrections for alignment dysfunctions, core strengthening and stretching exercises, posture and ergonomic changes, heel lifts if a leg length discrepancy is found, SI belts for stability especially in pregnancy, and/or modalities such as ultrasound and/or Estim/TENS for pain.

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

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

