



OUR STAFF

Clinic Manager:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

Andrew Eastep, PTA

Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Chris Moore, OTR

Laurel Sampson, MPT

Front Office:

Angelica Gallegos, Supervisor

Angel Wolff, Front Office
Coordinator

Cassie Clark, Front Office
Coordinator

Back Office:

Chase Keys, PT Tech

Jeremy Allgood, PT Tech

PHYSICAL THERAPY MONTH – DIRECT ACCESS

October is Physical Therapy Awareness Month, which is right up our alley. Physical therapy is important in all ages and walks of life to help heal injuries, return to work, progress an exercise program, restore mobility and function, and prevent injuries. Did you know that in many states, clients can go to physical therapy without needing a physician referral to do so? It is called direct access. We had an amazing PT student last year, Taylor Jenkins SPT, who spent time in our clinic working closely with one of our PTs, Brad Fenter DPT, as she worked toward her DPT degree. She wrote an awesome blog relating to the topic of direct access and did a remarkable job of explaining what it is, what it means, and where it applies. It is our featured blog for the month relating to all things PT in this glorious PT Awareness Month. Head on over to our website and find out more about direct access and what it means for your rehab needs.

AROUND THE CLINIC:

Who is Taylor Jenkins SPT? Taylor was a student in physical therapy school, in her third and final year before completing PT school and graduating with her DPT (Doctorate of Physical Therapy). She went to Trina University in Indiana and was with us from October to December of 2022. She graduated in May of 2023 with her DPT and was looking forward to working with patients in an outpatient setting. She is also the author of this month's blog.



Spotlight Diagnosis of the Month

Diagnosis: Total Knee Arthroplasty

What is it? A total knee arthroplasty is also known as a total knee replacement and is a surgery often performed to replace an old, worn out, arthritic knee. This is done with new components comprised of a metal portion, made of medical grade titanium or cobalt-chromium, and a plastic “spacer” made of medical grade polyethylene. The metal portion is the replacement portion, which is placed on the end of each leg bone. The upper leg bone is known as the femur, and the lower leg bone is known as the tibia. The plastic “spacer” is used for replacement of the cartilage and meniscus portion of the original knee. These components re-create a functional and stable knee to allow people to return to their favorite activities without pain.

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

Common Symptoms prior to a TKA:

- Persistent or reoccurring knee pain
- The pain prevents you from sleeping
- You have difficulty doing daily activities including walking or climbing stairs
- Your knees are stiff or swollen
- Knee deformity — a bowing in or out of the knee

Common Symptoms following a TKA:

- Weakness, redness, bruising, and swelling in knee and lower leg during the healing process
- Decreased knee range of motion initially
- Pain and a feeling of heaviness in leg
- Some clicking and popping

How Physical Therapy Can Help:

Physical therapy can be helpful before your total knee replacement and following your knee replacement. Physical therapy prior to a knee replacement is sometimes referred to as “pre-hab” and generally only includes 2-4 visits with a focus on instruction in a thorough, home-based strength and flexibility program to maximize recovery following surgery. Post-operatively the focus of physical therapy is similar, but with a lot more time and energy involved. The main focus of physical therapy is to restore normal function of the new knee. In the beginning stages following surgery, the main focus is restoring full range of motion (ROM), which includes ensuring full extension (straightening) as well as complete knee flexion (bending). The secondary function of physical therapy following surgery is to restore strength. As ROM improves, the strengthening intensifies, to restore a person back to their function prior to surgery. In most cases, patients demonstrate improved function following a total knee replacement and are able to return to their normal activities without pain limitations. Rehab can be a long process, but most people have great long-term success and the restored function is well worth it.

Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.

