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DEADLIFTS VS SQUATS

Have you ever wondered what the difference between squats and deadlifts are and which one may be better to use and for what purpose? This blog is for you. Exercise is utilized a lot in physical therapy and the exercise programs are designed to help you get back proper function without pain. The differences between these two exercises is not often clearly communicated, so this blog will help you understand the difference between these two exercises and help you determine which may be better for strengthening a certain muscle group. If you would like to find out more on this topic head over to our website and check out the full details on this month's featured blog!

AROUND THE CLINIC:

Holidays are on the horizon, as is the illness season. We used to wonder why everyone got sick around the holidays or hypothesize that we all got sick because we were spending more time indoors and around each other. Some of that does contribute, but the main reason is often our diets around this holiday season get a little top heavy with sugar and complex carbs, and we stop eating as many vegetables. These diet changes, however subtle, can cause some changes in the functions of our gut and mainly the balance of the good bacteria in the gut. If this system gets out of balance it can open the door for infection to take root. Aside from being mindful of these subtle changes, it may be important to "beef up" your immune system and good gut flora with addition of probiotics and pre-biotics. Probiotics can be found in yogurt, sauerkraut, and kimchi. Kombucha and prebiotics can be found in garlic, dandelion root, onions, leeks, asparagus, apples, and bananas. There are also supplements that can help. Little changes can make a big difference! Enjoy your holidays and stay healthy!



Spotlight Diagnosis of the Month

Diagnosis: Knee Osteoarthritis

What is it? Knee osteoarthritis, otherwise known as knee degenerative changes or age-related changes, happens with wear and tear as the body ages. This is not a disease that can spread to other areas of the body, but is localized to a joint or joints that are going through age-related changes. This process happens when the cartilage in the knee joint starts to break down and wear away, which causes pain. This can also lead to changes in the shape of the bony joint surfaces, so that the joint surfaces do not fit together as well as they used to. This can lead to a loss in knee range of motion. This pain and range of motion loss can lead to decreased knee strength, as the knee tends to be favored due to the pain and stiffness. This can lead to issues with performing daily tasks such as walking, squatting, and going up and down stairs or inclines.

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

Common Symptoms:

- Knee pain
- Loss of knee range of motion when bending or straightening the knee
- Joint noise such as clicking, popping, or creaking

How Physical Therapy Can Help:

When someone's knee hurts and they get imaging that shows degenerative changes in the joint, the person may be thinking that he or she needs a knee replacement. However, there are more conservative options such as physical therapy that can help improve the pain and stiffness in the knee, prolonging or potentially avoiding surgery. A physical therapist can help you decrease pain, improve motion, and improve overall function and use of the knee. A physical therapy regimen will typically include exercises to help with functional tasks such as walking, squatting, and stair climbing that may be limited by the condition. Joint mobilizations may also be included by the physical therapist to help improve the range of motion available in the knee joint. Even though physical therapy will not change the bony structure and age-related changes of the knee joint, it can help loosen the ligaments that form the joint capsule which allows for more movement. It can also decrease pain and improve function with a step-wise approach to get a person back to daily activities that he or she needs to do.

When considering knee replacement surgery, a trial of physical therapy can be helpful beforehand to improve the outcomes of surgery or to avoid it altogether. While knee replacement surgery may be necessary in some cases, physical therapy can help with the symptoms of knee osteoarthritis!

Please assist our office and 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.

