



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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ORTHOTICS, WHAT ELSE YOU NEED TO KNOW (2.0)

Orthotics are commonly worn for a variety of reasons and they come in many configurations and materials. Orthotics help to offer structural support and alter the sensation and neurosensory feedback the feet are giving the brain which should induce a change in one's presentation. Two common types are; custom vs prefabricated, and the latter are usually sufficient for the vast majority of people's needs. A good price for these is around \$40-\$60, and arch conformity is the most important when checking for fit. For further information on orthotics, check out our featured blog this month!

AROUND THE CLINIC:

July is a month where we celebrate this great country that we live in. July 4th, 1776 our great continental congress unanimously adopted the Declaration of Independence, and the rest we say is history. Many people are wondering, "What does that have to do with physical therapy?" Well, a lot actually. Those initial steps of freedom, has slowly paved the way for other freedoms. In the state of Colorado we are known as a direct access state. This means that you can decide which therapist or therapy center you want to be seen at, and you can also suggest therapy to your physician as a treatment option when dealing with pain and injury. Many insurances still require a referral from your physician, but this is fairly easy to obtain for most people. Often this can be achieved by just a phone call to your doctor or even a portal message to your physician, thanks to the advances in technology. As a patient, you always have a choice as to where you would like your therapy done, regardless of the referring doctor. Such as following surgery, you are allowed to choose the place where you would like to receive therapy, just ask for your referral to be sent to the office of your choice. Happy July and celebrate your freedoms!



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Spotlight Diagnosis of the Month

Diagnosis: Osteoporosis

What is it?

Osteoporosis is a skeletal condition that results in a decrease in bone mass.

Ultimately the rate of bone production (from osteoblasts) is less than the rate of bone breakdown (by osteoclasts). These two processes occur together but should be in balance so there is not a net loss of bone mass. With osteoporosis they are no longer in balance and there is an increased risk for fracture due to the bones being weaker and more brittle. Most often this will impact the hips, wrists, and spine. It can impact other areas too including the jaw. Generally, this will impact people after age 50 and is more common in women.

Osteoporosis is associated with genetics, sedentary lifestyle, side effects of certain medications, smoking, excessive alcohol intake, malnutrition especially calcium and vitamin D, and high inflammation levels. Inflammation can be associated with anything from hyperthyroidism to rheumatoid arthritis to hormone changes such as menopause for women. Men can be affected as well.

Common Symptoms

- stooped posture
- pain from fractures
- hip fracture after a fall
- repeated vertebral fractures
- delayed healing from fractures
- loss of height

How Therapy Can Help:

Physical therapy (PT) for osteoporosis can include exercises, postural correction, body mechanics education, and balance training for fall prevention. PT can also include nutrition education specifically about calcium and vitamin D. Exercises for osteoporosis should include weight bearing and strengthening exercises. The weight bearing and resistance exercises put stress on the bone through gravity and resisting an external force which stimulates the osteoblasts to produce more bone mass. Walking, stairs, and standing exercises are weight bearing for the lower body and spine. Strength training can include weights, resistance bands, and body weight activities. Balance training to decrease a person's fall risk along with body mechanics training to specifically avoid loading with trunk rotation all help decrease the risk of injury or fracture. These exercises along with the balance training and body mechanics awareness are important to continue long term.

Occupational Therapy can help people with osteoporosis by making home modification recommendations to decrease people's fall risk. They can educate people about assistive devices to be able to complete activities of daily living with less risk of falls or injury.

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

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.



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