



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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PIRIFORMIS SYNDROME – A PAIN IN THE BUTT

Piriformis syndrome is a painful condition of the musculoskeletal system. Patients with piriformis syndrome often present with sharp or dull pain in the buttock, hip, or back of the thigh that make walking and other functional tasks difficult. Piriformis syndrome is often triggered by a combination of factors like muscle tightness, injury, muscular strength, and leg length imbalances or discrepancies, as well as repetitive activities that irritate the piriformis muscle and sciatic nerve. Physical therapy can help manage symptoms by addressing these underlying causes, including improving flexibility, strengthening supporting muscles, and reducing nerve irritation.

AROUND THE CLINIC:

It is back to school time! Excited or not, it is here. We have written several helpful blog posts in the past that highlight back to school tips to help your favorite small humans stay healthy and safe. Check them out before the kids head off to school.

Back to School Safety:

<https://www.ptscgj.com/post/back-to-school-safety>

Backpack Fit:

<https://www.ptscgj.com/post/does-the-backpack-fit>

Good posture:

<https://www.ptscgj.com/post/good-posture-can-make-you-happier-it-s-true>

Hope you enjoy them and feel confident and strong as you and your kids head back into the school year!



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Spotlight Diagnosis of the Month

Diagnosis: Patellar Tendinopathy

What is it?

Patellar tendinopathy is dysfunction of the patellar tendon. The patellar tendon attaches the thigh muscles (quadriceps) to the front of the shin bone (tibia). It helps straighten the knee joint. Dysfunction of tendons usually happen when repeated movements (jumping, running, etc.) cause micro trauma to the tendon. This will gradually weaken the tendon overtime. Repeated wear and tear can cause injury to the tendon and the tendon has poor healing due to continued stress. This will cause pain, reduced function, and exercise intolerance.

Common Symptoms

- Low, dull ache that is commonly felt underneath the kneecap
- Stiffness that makes it hard to bend or straighten the knee
- Tenderness to touch below the kneecap
- Pain with kneeling, stairs, squatting, running, jumping

How Physical Therapy Can Help:

Patellar tendinopathy can take time to heal and it's important to manage with load modification. Your physical therapist will ensure this by gradually progressing exercises as appropriate to avoid overuse or re-injury. Physical therapists will help you gradually improve flexibility and strengthen the muscles around the knee joint to help your knee joint be able to tolerate loaded activities better. Please call to schedule an appointment if you've been dealing with pain along the front of your knee.

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.

