



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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GROIN STRAINS – MORE THAN WHAT IT SEEMS

Have you ever experienced a groin pull or needed to learn about how to treat pain in your inner thigh or front of hip region? Read this month's blog to learn more about what it is, how to treat it, and how physical therapy can help to treat this painful condition.

AROUND THE CLINIC:

It is open enrollment time for Medicare plans, and we know this time can be stressful and confusing. It is sometimes difficult to know who to ask for the best advice. Luckily, there is a company designed just for this purpose. It is a free service, and it is just a phone call or online chat away. We know that decisions are much easier when you are given the best information that pertains to your healthcare needs. Chapter is a company designed to give you the best plan options for your unique and specific lifestyle and health. There are two ways to contact Chapter, you can chat online with them by going to <https://askchapter.org>, or you can call them at 1-855-900-CHAP (or 1-855-900-2427). Again, this is a completely free and unbiased resource. They will ask you a few questions regarding your health, and your healthcare needs and they will help you find the plan options that work best for your specific needs. We are not affiliated with this company, but are wanting to provide a resource for our patients who may have questions. Hope you find it helpful.

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Spotlight Diagnosis of the Month

Diagnosis: Hip Impingement Syndrome

What is it?

Hip impingement syndrome is a condition that occurs when the hip joint pinches the internal portion of the joint, known as the acetabulum. This is sometimes referred to as Femoroacetabular Impingement (FAI). This occurs most often when the hip joint does not fit together properly, due to alignment issues or muscle weaknesses. When the surfaces rub together they can pinch the internal supporting structures of the hip. This can be in the acetabulum, which is what makes the hip joint deeper and more stable, or it can be the ligament structures that support the hip internally. This can lead to pain, stiffness, and limitations in activities.

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

Common Symptoms

- **Pain:** Often felt in the groin, front of the hip, or along the thigh.
- **Clicking or popping:** A sensation or sound of clicking or popping in the hip joint during movement.
- **Stiffness:** In the hip or surrounding areas.
- **Limited range of motion:** Difficulty flexing, rotating, or extending the hip.
- **Pain with specific activities:** Squatting, sitting for long periods, climbing stairs, or bending down.

How Physical Therapy Can Help:

Physical therapy is a staple in assisting with recovery from hip impingement. Physical therapy is key in addressing the mechanical causes of the hip impingement, whether it is poor mechanics or muscle imbalance. Restoring the function of the hip joint and diminishing pain are the two key focal points of rehabilitation. The treatment plan focuses on stretching the muscles that are tight and are limiting the hip mobility, strengthening the muscles that are weak and are not stabilizing the joint properly, and improving the mechanics and performance of daily activities. Manual techniques are also utilized to assist in hip mobility restoration. Treatment will also work on gait training, to restore a normal gait pattern as well as some balance and coordination training to assist with restoration of normal function. Treatment plans are tailored to address each patient's individual needs and specific goals.

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.

