THE PHYSICAL THERAPY SPECIALTY CENTER
a division of Primary Care Partners

NEWSLETTER

October 2026 Volume 6 / Issue 10

OUR STAFF

Clinic Manager:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

Brad Fenter, DPT

Karen Hayter, DPT

Claire Kuhn, PTA

Chris Moore, OTR

Laurel Sampson, MPT

Mariah Sis, PTA

Front Office:

Stephanie Bertroch, Front Office Supervisor

Nina Campos, Front Office Coordinator

Jasmine Erwin, Front Office Coordinator

Tammy Kellerby, Front Office Coordinator

Back Office:

Taylor Syphus, PT Tech

PHYSICAL THERAPY VS. CHIROPRACTIC CARE

So, you hurt your neck and/or back and now what? Do you go see a chiropractor or a physical therapist? What is the difference between these two options, and which one is the best choice for you? These are great questions and are the focus of our blog this month. Head over to our website and check it out to find out the similarities and differences in these two paths of healthcare and find out which one will meet your needs. Both may also be worthy. If you are currently struggling with an injury, give our office a call today and see how we can help you get back to your activities without pain.

AROUND THE CLINIC:

October is National Physical Therapy Month! The theme this year is **PT for Future Me.** This theme highlights the many ways physical therapy can assist people throughout their life span in improving overall health and function. Physical therapy is making an impact in so many areas; here are some statistics that demonstrate that impact:

- 79% Pain Reduction: Studies highlight that 79% of patients report significant pain reduction after brief physical therapy interventions.
- 63% Fewer Doctor Visits: Patients who use physical therapy experience up to 63% fewer follow-up doctor visits for identical conditions compared to medication-only approaches.
- 3x Faster Recovery: Post-surgical recovery rates can be up to three times faster with structured physical therapy.
- 38% Injury Risk Reduction: Consistent physical therapy and guided movement lower the likelihood of recurring injuries by 38%.

Thank you for trusting us with your care. Whether you are rehabbing from an injury, dealing with pain, recovering from surgery, or just needing to maintain or improve your function, we are happy to assist you in meeting your goals and improving the future you!

Spotlight Diagnosis of the Month

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

Diagnosis: General Deconditioning

What is it?

General deconditioning refers to a decline in physical function and endurance resulting from inactivity, illness, surgery, hospitalization, chronic disease, or prolonged sedentary behavior. Patients often present with decreased strength, reduced cardiovascular endurance, impaired balance, limited mobility, and difficulty performing daily activities safely and independently.

Common Symptoms

- Fatigue with minimal activity
- Muscle weakness
- Shortness of breath during exertion
- Difficulty walking or climbing stairs
- Reduced balance and increased fall risk
- Decreased tolerance for functional tasks



How Physical Therapy Can Help:

Physical therapy plays a critical role in restoring function and improving overall conditioning through individualized treatment programs focused on:

- Strengthening exercises
- Endurance and cardiovascular training
- Balance and fall prevention interventions
- Functional mobility training
- Gait training
- Patient education and energy conservation strategies



Our goal is to help patients safely regain strength, improve activity tolerance, restore independence, and return to meaningful daily activities with greater confidence and quality of life. Skilled physical therapy intervention can significantly improve functional outcomes while reducing the risk of further decline, falls, and hospital readmission.

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.