



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

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### OUR STAFF

#### Clinic Manager:

Kari Mullaney, MSPT

#### Our Therapists:

Tara Albright, DPT

Dorian Campisi, DPT

Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Laurel Sampson, MPT

Andrew Eastep, PTA

Chris Moore, OTR

#### Front Office:

Angelica Gallegos, Supervisor

Robin Barvir, Patient  
Coordinator

Angel Wolff, Receptionist

#### Back Office:

Chase Keys, PT Tech

Jeremy Allgood, PT Tech

Logan Ellis, PT Tech

### CARPAL TUNNEL SYNDROME


This month is Occupational Therapy (OT) Month. We have an amazing staff OT, Chris Moore. Occupational therapists are masters of all things related to function. They tend to be hand specialists, but also assist patients in all things related to their daily activities and functional tasks.

Occupational Therapists see an array of diagnoses and one of the most common is carpal tunnel syndrome. This is a well-known injury, which is often thought that all roads lead to surgery, however, that is not always the case. There are numerous treatment options and interventions an OT can perform to help with carpal tunnel that can be effective. Check out this month's featured blog regarding carpal tunnel and all the things OT can do to help.

### AROUND THE CLINIC:

Fun Facts About OT:

- OTs are occupation specialists. This can refer to your job occupation in an employment realm, yet also can refer to everyday life function and tasks that people need to perform in their daily activities, functions, and capacities.
- OTs excel at activity evaluation and are experts at identifying strengths, as well as coming up with ways to overcome barriers to activity performance.
- OTs see patients from birth–100+ years old and can see those patients in all types of settings from schools, to outpatient clinics, to hospitals, to home health, and more.
- OTs work with many diagnoses including developmental delays, post-operative treatments, repetitive injuries, brain injury treatment, Alzheimer's, and too many more to list.
- OTs made the 2019 best jobs list and was even placed in the #4 spot on that list

 (970) 241-5856



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# Spotlight of the Month

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## OCCUPATIONAL THERAPY SERVICES – What is OT?

Our lives are made up of occupations – i.e. meaningful daily activities. These occupations include many roles such as parent, clerk, cashier, truck driver, student, and athlete. We generally don't think about our daily occupations until we are unable to perform them. If a person is recovering from an accident, injury or illness, their life and occupations may be disrupted. Occupational therapy incorporates your occupations into the rehabilitation process.

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

Imagine if a condition made it difficult for you to participate in your daily activities. A wrist or hand injury can mean getting dressed, grooming, cooking, eating, and performing other daily tasks increases pain and frustration. A neurological change may affect memory, decision-making, organizational skills, and safety.

Occupational therapy can assist patients in many areas, focusing on activities of daily living (ADLs). These may include although are not limited to; bathing, dressing, grooming, eating, and cooking. Independent activities of daily living (IADLs) may include, driving, shopping, medication/ money management, using cell phones, and computers. Therapy often includes selection, education, and instruction in the use of adaptive equipment.

Some diagnoses often seen by OT's are elbow, wrist, and hand conditions. These may arise from an injury, need for therapy after surgery, arthritis or overuse of the tendons and muscles. There may also be the need for a brace or splint.

By collaborating with the patient, occupational therapists assist the patient in reaching their goals and regain independence.

An occupational therapist can help an individual live life to the fullest by reaching their maximum potential.

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### Appointment reminders:

We now provide electronic appointment reminders. A text message will be sent to the cell phone number we have on file. You will also receive an email for your appointment reminder to the email we have on file. If you are not receiving these reminders or have questions, please stop by the front desk to ensure we have all of your up to date contact information.

