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NATIONAL DIABETIC AWARENESS MONTH – SURVIVING THE HOLIDAYS AND MAKING HEALTHY CHOICES

November is National Diabetes Awareness Month. For many people, this time of year is difficult and provides obstacles for sticking to diet and exercise regimens, but it isn't all bad news. There are a lot of little changes you can make around this time of year to make a big impact on your life. Whether you struggle with diabetes or just have a big holiday sweet tooth, we have tips for everyone to stay active and make healthy choices during this holiday season. Check out our blog and get some fresh ideas that will help your body to feel good and keep you on the healthy track as you head into the holidays.



AROUND THE CLINIC:

Fall is here! We know there is often a lot of yard work to do before the snow flies, but be sure you are taking care of yourselves as well as your yard. Take frequent rest breaks, try to maintain good posture and body mechanics, perform stretches before and after activities, and most of all LISTEN TO YOUR BODY! If something is hurting, don't ignore it and hope for the best. Call us today and see how we can help.



Therapy Minutes

This section is to keep you up to date and provide education regarding PT, OT, and Speech Therapy

Physical Therapy: Avoiding the pain in the neck of the Holidays!

The Holiday season is upon us and many people are gearing up for a feast for the masses. Whether you are getting ready to cook a big feast for the upcoming holidays or just cooking a little feast for one or two, it is important to make certain adjustments to avoid the “Holiday pain in the neck”. Check out our featured blog this month (posting November 15th) about how to cook and clean without causing harm to your body!

Occupational Therapy: Want to have more fun in the kitchen?

Autumn is a season when our thoughts turn to soups, stews, and of course Thanksgiving with lots of great warm and delicious food. This time of year, we spend more time in the kitchen and our hands are very busy preparing scrumptious meals. We too want to enjoy spending time with family and friends, so it's important to pace our activities and use energy conservation techniques. Some ways we can do this is mixing our day with light work, heavier tasks, taking mini breaks, and asking for help when necessary. Some recipes can be prepared ahead of time and kept in the freezer until needed. There are also many items of adaptive equipment that can be helpful with meal preparation and taking the stress off the small joints of the wrists and hands. These include tab openers, non-slip pads to hold bowls and dishes, foam tubing to enlarge handles, bottle openers, grabbers to reach high and low, and many other assistive devices to make your life easier. There are also ways to lift and carry things that are safer and easier on the arms and hands. If you are interested in knowing more about joint protection, modifications, and how this year can be fun again, ask your physician for a referral to Occupational Therapy.

Speech Therapy: What is a phonological processing disorder?

A phonological processing disorder affects how a child organizes sounds and comprehends the speech rules of language. For example, a common process is called “final consonant deletion”. This is when a child drops off the ending syllable or consonant sound at the end of a word. They may say “wa” for “water”. When a child is exhibiting this pattern after 3 years of age, it is considered disordered. Phonological processing disorders are often misdiagnosed as an articulation impairment. Research indicates that children with phonological processing disorders often also have delays in their expressive or receptive language skills. Key characteristics of phonological processing disorders include common patterns of speech sound errors, unusual articulation errors, and significantly decreased speech intelligibility. Speech therapy is necessary to remediate a phonological process disorder. The goal of intervention is to improve the child's speech intelligibility. Through treatment, the child learns to organize sounds in the correct pattern and how to say the sounds correctly. If you suspect your child may have this issue, please contact your medical provider for a referral to the speech therapist at our clinic.

