



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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GET THE MOST OUT OF PT


Did you know that not all PT clinics are the same? Just as with all businesses, there are some clinics that are just better than others. Yes, all PT's and PTA's have to go through the same schooling and become licensed; however, what happens after that is up to the providers. The medical field is always changing based on studies and evidence - keeping up with this information and implementing the most effective treatment based upon research is what makes a provider great. In addition to choosing the right PT for you, other factors to consider are aspects such as insurance they accept and available treatments that can "make or break" your experience. This month's blog highlights some key features as well as some red flags to look out for when choosing a PT.

AROUND THE CLINIC:

We are fortunate to have many students observing and working in our clinic. This month we are highlighting Tyler Cannella and his blog post about Modalities. Tyler summarizes his blog with the following: What is a modality and what are they used for? In physical therapy and occupational therapy modalities are often referred to as "the feel good stuff". These are tools that are used in therapy to decrease inflammation, decrease muscle tightness, and decrease pain. Be sure to check out his blog later this month to learn more about modalities and Tyler (he is now off to PT graduate school)!

NEW PHYSICAL THERAPIST

We are happy to welcome John Kuhn to our team. John recently graduated with his doctorate in physical therapy from Ohio University. He has an interest in orthopedics and dry needling. In his free time you could find John rock climbing at the local gym or out hiking exploring Colorado.

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Therapy Minutes

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

Physical Therapy: Juvenile Idiopathic Arthritis

Did you know that children as young as 6 months old can get arthritis? It is true. There is a common arthritis found in children. Formerly known as Juvenile Rheumatoid Arthritis, juvenile idiopathic arthritis (JIA) is an autoimmune disease that causes an inflammatory process to attack the joint surfaces. This can start in children as young as 6 months old, however, most commonly is found in ages 8-12 years old, with the top age being 16 years old. The most common symptoms associated with JIA are joint pain, stiffness, and swelling with no known cause that persists longer than 6 weeks. The most common joints to be affected are the knees, hands, and feet. Children suffering from JIA can benefit from nutrition counseling, as well as physical therapy, to assist in decreasing swelling and pain and improve strength to support growing joints. If you have questions or currently have a kiddo struggling with JIA give us a call. July is Juvenile Arthritis Awareness Month, so get the word out and get help!

Occupational Therapy: OT in a nutshell

An OT helps individuals of all ages overcome challenges they may face in completing everyday tasks or activities – what we call ‘occupations’. Occupational therapists see beyond diagnoses and limitations to a patient’s hopes and aspirations. Whatever a patient has difficulty in performing, an OT can help by recommending adaptive equipment, modifications, and treating the limitations; including range of motion, weakness, fine motor coordination and offer emotional support as the patient works to improve their independence in daily activities. If you, a family member or friend could benefit from seeing an Occupational Therapist, ask your physician for a referral.

Speech Therapy: Speech Therapy for Dysphonia

Dysphonia is an impairment of the speaking or singing voice which arises from an abnormality of the structures or functions of the voice production system. This disorder can cause difficulty with communication, pain, as well as work related and social handicaps. There are many possible causes of dysphonia that may include occupational voice demands, medications, health problems, physical trauma, environment and lifestyle choices. It is estimated that between 3-7% of the general population suffer from a voice disorder.

Voice therapy is an effective tool for addressing dysphonia. The goal is for optimal long term voice quality and communication function. A speech-language pathologist conducts a voice evaluation to diagnose the problem and then develops a plan of care tailored towards the client’s specific voice needs. Voice therapy generally includes therapeutic vocal exercises, compensatory strategies for enhance voice, as well as client education in a home maintenance program of voice exercises and strategies for carry over. If you or your loved one are experiencing difficulties with voice, please contact your medical provider for a referral to our speech-language pathologist here at PTSC.

