



## OUR STAFF

### Clinic Manager:

Kari Mullaney, MSPT

### Our Therapists:

Tara Albright, DPT

Brad Fenter, DPT

Karen Hayter, DPT

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

Michelle Morales, Front Office Coordinator

### Back Office:

Jeremy Allgood, PT Tech

Jessee Tompkins, PT Tech

### **ACHILLES TENDINOPATHY:**

Achilles tendinopathy is one of the most common overuse injuries in the lower extremities. Tendinopathy refers to irritation of the Achilles tendon and may occur at the mid-portion of the tendon or at its insertion on the heel bone. The most common cause is repetitive stress or sudden changes in activity. The best evidence for treatment is with targeted resistance training for the calf muscles. Achilles tendon pain is treatable over time and people should be able to return to their normal activity.

### **AROUND THE CLINIC:**

It is Superbowl time!!! It seems like this time of year the Superbowl is everywhere and on everyone's mind. We thought it would be fun for our staff to weigh in on some Superbowl fun facts about how we all like to celebrate. Here are some questions we asked our staff and their responses:

#### **1. Do you watch the Superbowl for commercials or football?**

Kari – All of it	Karen – All of it	Mariah – All of it	Brad – All of it
Tara – All of it	Chris - Football	Steph – All of it	Laurel –All of it

#### **2. What is your favorite Superbowl snack?**

Kari – little smokies	Karen - Jalapeno poppers	Mariah – Spinach & Artichoke Dip	Brad - Wings
Tara- Fried Pickles	Chris- Elk Chili	Steph - Cheetos	Laurel- Artichoke Dip

#### **3. Who is your Superbowl pick to win this Superbowl?**

Kari - Seahawks	Karen - Seahawks	Mariah – Seahawks	Brad - Seahawks
Tara - Patriots	Chris- Seahawks	Steph - Seahawks	Laurel - Seahawks

#### **4. Who is your favorite overall NFL team?**

Kari –neutral	Karen - Broncos	Mariah- Broncos	Brad - Cowboys
Tara - Broncos	Chris - Broncos	Steph - Broncos	Laurel - Steelers



# Spotlight Diagnosis of the Month

**Diagnosis:** Ankle Sprain

## Overview:

An ankle sprain is one of the most common musculoskeletal injuries to the ankle joint. It occurs when the ligaments that support the ankle are stretched or torn -- typically due to a sudden twist, roll, or turn of the foot. Most often, the lateral (outside) ligaments are affected, especially the anterior talofibular ligament (ATFL).

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

## Common Causes:

- Sports injuries (jumping, cutting, or landing awkwardly)
- Walking or running on uneven surfaces
- Improper footwear or lack of ankle support
- Previous history of ankle sprains (which increases re-injury risk)

## Symptoms:

- Pain, especially when bearing weight
- Swelling and bruising around the ankle
- Limited range of motion
- Instability or a “giving way” feeling
- Tenderness over the injured ligaments



## How Can Physical Therapy Help?

Early and guided physical therapy is essential to fully recover from an ankle sprain and prevent chronic instability. Improper healing or rushed return to activity often leads to repeated injuries, joint laxity, and long-term dysfunction. We tailor each ankle sprain rehabilitation program based on the grade of injury and the individual's activity level. Our goals are to reduce pain and swelling, restore range of motion and strength, and rebuild balance and proprioception to allow the patient to return to their daily activities or normal recreational activities. If you've rolled your ankle, don't just “walk it off.” Let us help guide your recovery and help you regain strength, stability, and confidence in every step.

\*\*\*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.\*\*\*

 (970) 241-5856



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