

THE PHYSICAL THERAPY SPECIALTY CENTER NEWSLETTER



The Physical Therapy
Specialty Center
a division of Primary Care Partners

January 2022 Volume 2 / Issue 1

OUR STAFF

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Tara Albright, DPT

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Tyler Cannella, PT tech, CNA

Nathan Fahrnbach, PT Tech

Ally Jones, PT Tech

A COMMON DIAGNOSIS: LOW BACK PAIN

Lower back pain is a common diagnosis treated in outpatient physical therapy. Lower back pain can present with severe symptoms at times, but lower back pain is not due to a serious problem and can be managed conservatively with targeted exercises. The reason why physical therapists are often most appropriate is because they are movement specialists who can provide an individualized and comprehensive treatment plan to help improve quality of life and help patients reach their goals. Back pain can be a tricky thing to treat, to learn more, please read our blog about lower back pain.



AROUND THE CLINIC: STAFF NEW YEAR'S RESOLUTIONS

Tara – Spend more time with husband and kiddos

Nikki – Journal Weekly

Laurel – More outdoor adventures


Jake – Spend more time with family

Robin – Call Dad more often

Ally – Save more money

Dorian – Read one book a month

Tyler – Reduce screen time and live in the moment

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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: What is the SI Joint?

The sacral Iliac (SI) joints join the lower part of the spine (sacrum) to the pelvis (iliac bones). The main function of the joints is to bear the weight of the skeleton and transfer it to the hip bones. Dysfunctions in the SI joint can cause pain and impact function. It is most commonly felt in the low back and buttock but can also be referred into the thigh or down the back of the leg. A Physical Therapist can provide exercises for improvement in range of motion, flexibility/stretching and strengthening to the core muscles to assist in a reduction/elimination of the pain.

Occupational Therapy: OT Adaptive Equipment for Lower back pain

Pain can interfere in everything we do during the day and even sometimes at night. Back pain is one of the most difficult issues to deal with, especially if it hurts to bend or twist. The symptoms either limit or stop us from doing personal care, house hold tasks, getting in and out of bed, or enjoying our leisure activities. Whether this condition is from arthritis, weakness, an injury, or post-surgery, there is a variety of adaptive equipment that can be used to maintain our independence in our activities of daily living.

Pictured below are dressing and bathing aids, grabbers to help reach items above or below.



In addition to using equipment, raising a chair or sofa to 20" from the floor is easier for transfers. An Occupational therapist can assist you in determining which pieces of equipment would be best for your needs and instruct you in its use.

Speech Therapy: Baby Sign Language to promote language development

Research indicates there are many benefits to using baby sign language with your infant. Teaching infants and toddlers baby signs allows them a simple way to communicate what they want. It also minimizes the frustration and tantrums that can occur when babies are not able to communicate constructively. When you and your baby are able to communicate effectively, this creates a closer bond. Studies indicate that parents and children that sign report the babies have fewer moments of distress. Additionally, early exposure to signing helps babies develop their language and reasoning abilities. While other babies may cry or yell to make their needs known, signing infants are learning how to communicate with words and simple phrases. Research shows many long term benefits of signing with your baby including stronger expressive language skills, earlier reading and even an increase in overall cognitive abilities. Incorporating simple signs such as "more", "milk", and "all done" with your baby will promote their language and cognitive development. Start modeling simple signs with your baby and see the benefits for yourself!

