



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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OUR STAFF

Clinic Supervisor:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

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Jake Miller, PTA

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Front Office:

Robin Barvir, Receptionist

Nicole Frick, Supervisor

Hannah Pacheco, Receptionist

Back Office:

Tyler Cannella, PT tech, CNA

Ally Jones, PT Tech

EXERCISE AND LIFE AFTER COVID

At the beginning of every year most people have a main goal or “resolution” to be healthier. This can often feel like a daunting task or make it difficult to get started. Well, we are here to help with that. Our blog is focused on tips and tricks to start a workout program and keep with it for the long haul! On top of that, February is heart health awareness month and having some form of physical activity in your daily/weekly routine is key

to warding off many diseases such as heart disease, decrease depression, and even fight off some cancers. What more motivation do you need than that? Check it out and find ways to add a little activity to your daily routine and see how much better you feel!



AROUND THE CLINIC: WHAT’S YOUR FAVORITE THING TO DO FOR EXERCISE (OUTSIDE OF THE GYM)?

Jake – Mountaineering

Laurel – Hiking

Tyler – Hiking

Nikki – Nature walks


Dorian – Basketball/skiing

Tara – Playing outside with her kids and puppy

Karen – Mountain biking

Kari – Running and hiking

Brad - Hiking

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Therapy Minutes

Physical Therapy: Covid-19 Recovery and PT

The country is still struggling with Covid-19 and its' effects on our nation as a whole. Many people continue to have lingering symptoms long after their COVID infection is gone. Some of these symptoms are frustrating, odd, and even debilitating. People struggling with these continued symptoms are considered to be "Covid Long-haulers", but there is some good news. Physical therapy, occupational therapy, and speech therapy have been shown to be helpful in treating these lingering symptoms and have be instrumental in assisting people back to their normal function and livelihood. Check out our blog, which will be posted in the middle of this month, to find out more information and see how we can help your loved ones still struggling with Covid-19 recovery.

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

Occupational Therapy: OT and COVID-19

As we continue to deal with daily challenges from COVID-19, many people who have contracted the virus, are experiencing lingering symptoms. These individuals are referred to as "COVID long haulers". These effects can include decreased taste/smell, weakness and shortness of breath. If you are unable to smell, this can prove dangerous if there is smoke, a fire or a noxious chemical. If it's taste, you might not realize the food is spoiled, not fully cooked, or too spicy, which can cause stomach issues. It's important to utilize all your senses and be aware of your surroundings. If you are unsure, ask for assistance. Occupational therapists instruct patients in safety and pacing techniques to conserve energy and improve their ability to complete daily activities. This in turn enhances their quality of life and may be beneficial if you are a COVID long hauler.

Speech Therapy: Speech Therapy for COVID-19 Long Haulers

Although most people with COVID-19 recover completely, some individuals, referred to as "COVID long-haulers", can experience lingering side effects. It is estimated that between 10 to 30% of COVID-19 survivors experience long-haul symptoms. These perplexing side effects may include brain fog, word finding issues, difficulty with attention, voice and swallowing difficulties. Many people are not aware of how a speech-language pathologist can help with these issues. Speech-language pathologists specialize in the evaluation and treatment of individuals experiencing cognitive, swallowing, and/or communication difficulties to assist them in regaining their function and quality of life. If you or a loved one are experiencing any of these challenges, consider working with our speech-language pathologist!

