

THE PHYSICAL THERAPY SPECIALTY CENTER NEWSLETTER



The Physical Therapy
Specialty Center
a division of Primary Care Partners

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EXERCISE PRINCIPLES AND RETURNING TO THE GYM

With the New Year comes a chance for a renewed perspective on what is important in our lives. We at the Physical Therapy Specialty Center reflect back on a year full of gratitude for our community, our staff, and our patients. We appreciate all gestures, big and small, that remind us why we strive to provide the most exceptional physical therapy services possible to our community. As we collectively look forward to the New Year, our focus here at PTSC shifts towards the need to discuss the elephant in the room - no, not the ugly Christmas sweater. We want to talk about exercise! Specifically, we want to talk about helping you fill the gaps in your understanding of how exercise works. Why use a dumbbell instead of a barbell? What is the best way to design my workouts? What does "recovery" even mean?

In our latest multi-part blog series found on our website, we take time to expand on the basics of exercise and weave through topics ranging from beginner to advanced domains of study. Whether you are looking to start your first exercise program in your life or just want to polish your understanding of some key ideas relating to exercise, you'll be interested to check this out. Scan the QR code at the bottom of this page or just google us and you will be able to find our blog with ease. Happy Holidays and stay safe, happy, and healthy!

AROUND THE CLINIC:

COVID19 continues to be a concern not only in our community but worldwide. PTSC continues to have a 5 star rating from Mesa County and we continue to strive to keep you safe. Every employee wears a mask, assists with social distancing, and is screened for COVID19 regularly. Furthermore, common surfaces are cleaned consistently and each treatment table along with pillow cases are cleaned after use. We can assure you that we are doing everything possible to keep both our patients and employees safe.

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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:

Physical Therapists (PT) are movement experts who improve quality of life through prescribed exercise and movement, hands-on care, and patient education. They develop a treatment plan to improve patients' ability to move, reduce or manage pain, manage chronic conditions,



restore function, prevent future injury or chronic disease, and recover from an injury. Examples of commonly treated conditions include but are not limited to: ankle pain (sprains, achilles tendonitis), foot pain (plantar fasciitis), knee pain (replacements), back pain (disc degeneration/bulge, strain, fusion/surgery), hip pain (ITB syndrome, replacement), neck pain, shoulder pain (rotator cuff tears, labrum, impingement), fractures, balance deficits, vestibular conditions (vertigo).

Our clinic also has a Physical Therapist Assistant (PTA). PTA's are educated and licensed clinicians who provide care under the direct supervision of a PT. PTs and PTAs work collaboratively with each other to ensure patients receive the best care.

Occupational Therapy:

An Occupational Therapist (OT) helps patients regain their ability to perform daily living and work activities. While there is a large spectrum of what an OT can do, often they treat injuries related to the elbow, wrist, hand, and fingers. This can be due to a one time injury or an injury that develops over time (repetitive). Examples of these injuries are carpal tunnel, DeQuervain's, medial/lateral epicondylitis, tendonitis, fractures, arthritis, stroke, and more. OT's can assist in all these conditions to improve range of motion, decrease pain, and improve daily use and function. They are also able to design splints and braces to assist the patient in daily tasks with less pain while protecting the injury.



OT's can also assist in activities of daily living to improve independence with bathing, dressing, feeding, grooming, and toileting. They can provide suggestions for adaptive equipment for your home to improve mobility, safety, function, and maintain independent living. They can assist with training of family and caregivers.

Speech Therapy:

Speech-Language Pathologists (SLP) provide services to prevent, diagnose, evaluate and treat individuals with a variety of communication, speech and swallowing disorders. Examples of types of disorders SLP's treat include: aphasia (reduced ability to communicate and/or understand language usually due to stroke or brain injury), apraxia of speech (a disruption in the signal from the brain to the muscles to coordinate movements of the lips, tongue, jaw, and facial muscles), dysarthria (a muscular disorder that makes it difficult to understand a person's speech- common in people with Parkinson's disease), cognitive communication impairments (difficulty with thought processes and language related to memory, attention, organization and problem solving), and dysphagia (difficulty with any aspect of swallowing food and/or liquids). SLP's also help children with speech and language delay and articulation of speech.

