



## **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 Bertoich, 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

## **QUADRICEP STRAIN AND THE QUEST FOR RECOVERY**

A quadriceps (quad) strain is characterized by a stretch or a tear in the quadriceps muscle group, located in the front of the thigh. This can feel like an agonizing pain that intensifies with each step. This injury is common especially in athletes due to the mechanical nature of the injury. This kind of injury typically occurs when the quadriceps are overstretched or are forced to contract too quickly (like in sprinting). In this blog, we will review the quadriceps anatomy, what a muscle strain is, common symptoms of a quad strain, recovery, and different preventative measures you can take to hopefully avoid this injury in the future. Check it out, and if you are currently struggling to recover from pain or injury, give us a call and see how we can help.

## **AROUND THE CLINIC:**

The New Year is here and often comes with new insurance plans or changes in your previous insurance coverage. Please be patient with the front office as they verify everyone's new or existing coverage. They will likely need a new copy of your insurance card, even if your plan has remained the same. Your insurance will provide this to you if they have not already sent it to you. If you are aware that you have a new plan or change in your coverage please let our front office know as soon as possible, and get them the new card so that we can continue to see you without an interruptions in your care. Continue to arrive 10 minutes early for your appointment, in case there are any new forms to sign or any changes that need to be addressed. Our front office is working tirelessly to make this transition to the new year as smooth as possible, but please bear with all of our staff as we stride into 2026 with enthusiasm and organization.



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# Spotlight Diagnosis of the Month

**Diagnosis:** Chronic Pain

## What is it?

Chronic pain is any pain that lingers more than 3-6 months. When an injury happens, all structures including a fractured bone will be healed within that 3-6 month time frame. So if the pain continues beyond the known time frame of the tissue healing, symptoms are considered to be chronic. Chronic pain can be related to the nervous system remaining in a heightened protective response after the healing of an acute injury. Chronic pain can also be associated with chronic systemic illnesses such as autoimmune diseases where the protective response is related to inflammation or other imbalances within the body itself.

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

## Symptoms:

- Pain, restricted range of motion and movement, fatigue, decreased activity tolerance
- Fear and avoidance of movements associated with pain
- Over time chronic pain contributes to decreased sleep quality along with overall decrease in quality of life and health status.

## How can therapy help:

**Physical Therapy** can help with chronic pain with education on how pain works, movement based upon your specific needs and tolerance, different techniques and approaches to promote regulation and calming of the nervous system. Movement, while it can feel uncomfortable and someone with chronic pain can be fearful of movement, is a significant component of the healing process. But the intensity, duration, frequency and progression are very unique to each person. Exercise progression will typically be at a slower pace than traditional PT for acute injuries or return to sports.

**Occupational Therapy** treatment will focus on maximizing a person's ability to complete and tolerate functional activities and activities of daily living (dressing, meal prep, shopping) with use of adaptive equipment, mobility training, nerve mobilization, range of motion and strengthening exercises. OT will also focus on energy conservation and pacing concepts.

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

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