



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

July 2026 Volume 6 / Issue 7

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 Bertoch, Front
Office Supervisor

Nina Campos, Front Office
Coordinator

Jasmine Erwin, Front Office
Coordinator

Michelle Morales, Front Office
Coordinator

Back Office:

Kailen Rutkowski, PT Tech

Taylor Syphus, PT Tech

WHAT IS IASTM?

Instrument Assisted Soft Tissue Mobilization (IASTM) is a skilled manual therapy technique used by physical therapists to assess and treat soft tissue dysfunction. By using specialized tools, clinicians can target areas of restriction, improve mobility, and promote healing. Check out this month's blog post, which explores how IASTM works, its key benefits, and important limitations to consider when determining whether it is appropriate for a patient's care plan.



AROUND THE CLINIC:

As many of you are aware, physical therapists and occupational therapists are in short supply and we are very busy keeping up with all our active patients. Often, injuries catch you off guard, but sometimes we can plan ahead in scenarios like planned surgeries. If you know that you are having surgery in a few months, ask your surgeon to send a physical therapy or occupational therapy referral early to us and get on the schedule for your post-op appointments in advance. This makes the whole process much smoother and takes some stress and preparations off your plate prior to the procedure. If you have questions regarding this, feel free to reach out to our office and see how we can help your therapy post-operatively to go smoother.

 (970) 241-5856



www.ptscgj.com



facebook.com/ptsc

Spotlight Diagnosis of the Month

Diagnosis: Tarsal Tunnel Syndrome

What is it?

Tarsal Tunnel syndrome is caused by a nerve entrapment (pinch) in the foot, particularly the medial ankle (or inside of the foot/ankle region) where the nerve courses through a series of ligaments and bones known as the tarsal tunnel. The nerve that is affected is the tibial nerve.

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



Common Causes of Tarsal Tunnel:

- Flat Feet
- High Arches
- Repeated ankle injuries
- Arthritis
- Bone spurs or lipoma growths

Common Symptoms

- **Burning and Tingling:** Frequently felt in the arch and sole of the foot.
- **Pain:** Often felt in the inner ankle, bottom of the foot, or toes.
- **Nerve irritation:** Pain can be sharp, stabbing, or feel like an electric shock.
- **Physical Sensations:** Numbness, or loss of sensation in the feet.
- **Weakness:** Possible weakness in the muscles of the foot, sometimes leading to toe cramps.
- **Worsening Factors:** Symptoms often flare up after exercise, standing for long periods, or in specific shoes.
- **Tinel's Sign:** A common diagnostic sign where tapping on the nerve (posterior tibial nerve) behind the medial ankle bone causes tingling or shooting pain in the foot.

How Physical Therapy Can Help:

The physical therapy treatment for Tarsal Tunnel Syndrome focuses on stretches to improve ankle mobility (like dorsiflexion and plantarflexion), a nerve glide may help to release the nerve from where it is entrapped within the tarsal tunnel, strengthening to help the muscles support the ankle more appropriately, as well as general pain modulation to ease the painful symptoms. As symptoms begin to resolve, treatment will progress to include more balance and coordination exercises, to provide stability with functional activities. As always, the treatment protocol is tailored to address each patient's individual needs and goals, to restore their state of function prior to the injury.

***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.**

