

THE PHYSICAL THERAPY SPECIALTY CENTER NEWSLETTER



The Physical Therapy
Specialty Center
a division of Primary Care Partners

June 2021

Volume 1 / Issue 6

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APHASIA AWARENESS

June is Aphasia Awareness Month. Aphasia is a language disorder that results from an injury to the brain. Aphasia can affect many people in many ways but often impacts their means of communicating including speaking, reading, and writing.

There is an estimated 180,000 new cases of aphasia every year. Aphasia is most common following a stroke, but can also be caused by traumatic brain injuries, brain tumor, brain infections, and progressive neurologic diseases.

Speech and Language Pathologists (SLPs) are trained to assess, diagnose, and treat patients who are suffering from aphasia. Treatments are unique to each patient and involve addressing the person's specific deficits and impairments in order to restore their communication. There are various tools that SLPs can use to address these impairments. To find out more information regarding what aphasia is and more specifics on treatment methods check out our featured blog this month. If you or a family member are currently suffering from aphasia give us a call today and see how we can help!

Around the clinic:

June brings warmer temperatures and the first day of summer! Over the summer we will be having a few interns around our clinic assisting with daily therapy tasks and learning more about the world of PT/OT/ST. If you see them in the clinic, feel free to say hello and share stories about how therapy is helping with your injury/recovery!



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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: Men's Health

June is Men's health month (shout out to all the amazing men everywhere, this is for you). It is a common misconception that the male and female bodies are the same. Recent research has shown that genetics affects far more than just our sexual differences, but also may affect our drug metabolism, disease processes, and even our behaviors. Bottom line is men and women have their own genetic makeup, which influences how their bodies deal with emotions, physical challenges, and yes even injury healing. There are certain disease process and injuries that react differently in men than in women, and it is important to note these difference and be aware that they exist, in order to better understand the management of such diseases and injuries. For example, accident injuries are more common in men, due to the nature of many male dominated occupations. For further information on this topic and other information pertaining to men's health, check out our featured blog on June 15th!

Occupational Therapy: Men live to work and play!

Men give 100% both at work and play. They live life to the fullest. One part of the body that is easily overused are the hands. They spend a lot of time in the weather, experience vibration from motors and power tools, and perform heavy gripping/pounding. Sometimes they are treated with lotion or covered with gloves although most of the time, they have to deal with the elements. There are ways to decrease hand pain, joint stiffness and increase strength and flexibility. An Occupational Therapist is a professional who can provide information and education on joint protection, adaptive equipment, braces, and provide an exercise program to increase strength. If you are interested in improving the health of your hands, contact your physician and request a referral to occupational therapy.

Speech Therapy: Do Women really talk more than Men?

It is often thought that women in general talk more than men. I have heard often quoted "women use 20,000 words a day and men only 7,000", but is this really true? There have been many studies looking at the difference in communication between men and women. Here is what the research has found:

- In general, girls tend to talk sooner and use more words starting between 12 and 18 months, but those differences seem to balance out by age 5
- Women tend to talk more in friendship and in close relationship type settings, and also discuss deeper topics with their friends than men
- Men seem to excel in public speaking and are actually shown to talk more in formal business setting, such as meetings and presentations
- When actually looked at closely, the differences in use of language between men and women is fairly negligible and can vary from person to person and is often dependent on the setting

