

PROGRESS REPORT

SUMMER 2010

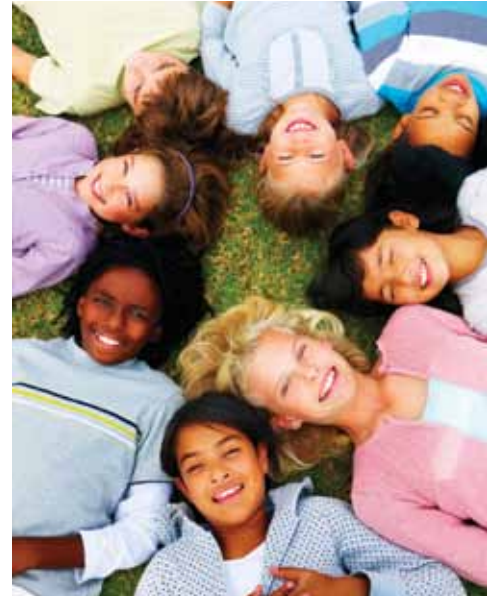
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FROM THE LEADERSHIP TEAM

OUR GROUP HAS A LOT TO SHARE since our last issue of *The Progress Report* was sent to you. We are pleased to let you know about a new path that PT Northwest is taking. Our vision is to be the foremost progressive and comprehensive physical rehabilitation group in the Pacific Northwest. We have thought about the word comprehensive lately. According to Merriam-Webster, the word means “to cover completely or broadly.” In many areas, PT Northwest lives out this part of our vision statement. The breadth of our group has expanded to cover specialty areas such as sport rehabilitation, women’s health, balance, vestibular, and fall prevention just to name a few areas. Even though PT Northwest has a pediatrics program, we felt that this program was not as complete or as broad as it should be.



It is with tremendous pride that PT Northwest introduces our latest outpatient clinic. **PT NORTHWEST PEDIATRICS will be an outpatient clinic that focuses almost exclusively on kids and adolescents.** This clinic will be located at 2478 13th Ave. SE Suite 290 in Salem. PT Northwest Pediatrics will provide physical, speech, and occupational therapy. One of PT Northwest’s long time directors, Matt VanCampen, MSPT CSCS, will oversee this new location. Matt is passionate about providing care for kids and adolescents. He is also passionate about stemming the tide of childhood obesity in our state. PT Northwest Pediatrics is scheduled to open in September. Stay tuned for more details.

Besides announcing our newest outpatient clinic, this edition of *The Progress Report* will let you know about two more therapists who received advanced certifications. *The Progress Report* will also cover some developments in our sports performance training program, as well as introduce a new section Did You Know? Of course, no edition of *The Progress Report* would be complete without a PT Northwest Success Story and an update from our Continuing Education Corner. We hope you enjoy the latest installment of *The Progress Report*. We want to thank you again for allowing our group to meet the physical rehabilitation needs of the Willamette Valley for 33 years. **At PT Northwest, it’s all about Restoring Your Active Lifestyle. ▲**

WHAT’S INSIDE:

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SPORTS PERFORMANCE

TRAINING PROGRAM

IN ADDITION TO THE NORMAL DAY TO DAY operations of a busy Physical Therapy clinic, the team at PT Northwest I Corvallis has recently started a **Sports Performance Program** that is open to the community. Tyler Gilmore, MAT, ATC, PES is one of PT Northwest's Athletic Trainers, as well as the Clinic Coordinator for the Corvallis office, and began spearheading this program by implementing pilot programs. With the help and support of the rest of the crew at the Corvallis location, the program has grown into a complete Sports Performance Training program.

Ty is currently working with multiple clients who are participating in 6 week sessions. These 6 weeks are broken down into segments of sports performance such as **speed, agility, power, strength, endurance and more**. One of the sports performance clients is a student who is going to be a college freshman this coming fall. He plays baseball and is going to be the catcher for Pacific University in Forest Grove. He is a very skilled athlete and was successful in high school, however, he is looking to reach that next level of success as



Tyler Gilmore with PT Northwest patient

a collegiate athlete and at PT Northwest has found the support necessary to reach these goals. Another client who is participating in the program is a young man who is out of college and is looking to lead a healthier life. He is a

weekend warrior working to get back into shape, feel better overall at the end of the day and prevent injury with his current activities. Each client has a personal program designed with their individual needs and goals in mind.

Along with having his Master's in Athletic Training and being a Performance Enhancement Specialist, Ty is recently Sportsmetric Certified. The Sportsmetrics program was developed by Dr. Noise and his staff at the **Cincinnati Sports Medicine Center**. This was developed as a means to help prevent and lower the rate of ACL tears mainly in females, however, both genders can benefit greatly. This is a plyometric program that focuses on the proper jumping and landing mechanics. Ty takes components of this program and his experience in Sports Performance to design and develop individualized programs.

PT Northwest is excited to support Ty and the team at the Corvallis location with yet another resource for athletes and individuals who are looking to improve their skill sets and lead a healthier lifestyle. ▲

AT THE FOREFRONT OF THE HEALTH CARE REFORM DEBATE

THE DEBATE OVER HEALTH CARE REFORM that raged over the past two years is now over. Medical providers like PT Northwest are sifting through the 2,000+ pages of the Health Care Reform Bill trying to determine how this landmark legislation will affect our group and our patients. PT Northwest was heavily involved in the Health Care Reform debate. Mike Hmura, MSPT, Representative to the American Physical Therapy House of Delegates, and Kennedy Hawkins, Vice President of the National Association of Rehabilitation Agencies, actively lobbied to

PT Northwest was heavily involved in the Health Care Reform debate

make sure that physical, occupational, and speech therapy would be part of any basic insurance benefit offered under Health Care Reform. Kennedy Hawkins, MBA, JD, LLM and Nic Siewert, DPT went to Washington DC and spoke with Oregon's congressional delegation. Their message was simple. Physical, speech, and occupational therapy are cost effective services that have significant benefits for patients. In



NIC SIEWERT



KENNEDY HAWKINS

the end, these three rehabilitation disciplines were included in the basic insurance package offered in the Health Care Reform bill. We might not like everything in the Health Care Reform bill, but at least it insures that physical, speech, and occupational therapy are recognized as vital medical services. ▲

DID YOU KNOW?

DID YOU KNOW?

PELVIC PAIN IS A VERY COMMON “syndrome” experienced by women of all ages, and occasionally men as well. It can be very difficult to diagnose the specific cause of the pain and can be very difficult to treat. But, with a multidisciplinary approach including physical therapy, a significant percentage of patients find their pain to be much less intense and more manageable.

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The various pelvic pain syndromes that can benefit significantly from physical therapy treatment include: vulvodynia, vulvar vestibulitis, dyspareunia, vaginismus, interstitial cystitis, urethral syndrome, frequency/urgency syndrome, pelvic floor tension myalgia and chronic pelvic pain. It has been shown that, with the use of internal manual massage, approximately 70% of patients will have a significant reduction in pain with physical therapy targeting the pelvic floor, specifically helpful in patients with urgency/frequency syndrome and interstitial cystitis.¹ In patients with levator ani syndrome (spasming/shortening of the deepest muscle layer within the pelvic floor), the use of electrical stimulation has reported success rates of 80-90%.²

In order to best address each of these conditions, a physical therapist would perform a very thorough evaluation and then develop a specific plan of care to fully address the impairments and functional limitations. Included in this plan are specific goals which will likely include:

- Reduction of inflammation
- Normalization of pelvic-floor tone
- Elimination of internal trigger points
- Elimination of external musculoskeletal factors exacerbating pelvic pain (e.g., postural deficits, skeletal asymmetries, poor biomechanics, gait deviations, trigger points, muscle spasm, scar tissue and/or connective tissue adhesions)
- Decrease neural tension (specifically the pudendal and sciatic nerves)
- Restore full pelvic floor range of motion and strength by re-educating/training the muscles

- Develop a home program including self-help techniques and exercise

Physical therapy for pelvic pain is well documented as a vital piece of the medical management for both men and women. Although it is more common for women to experience pelvic pain, men may also have similar symptoms. If you have questions about physical therapy and how it may be beneficial to you or your clients, please feel free to contact Erin DeVoy, DPT at 503.371.8860 or Giselle Roedel, DPT at 503.585.5131. ▲

References:

- 1 Weiss J. Pelvic floor myofascial trigger points: manual therapy for interstitial cystitis and the urgency frequency syndrome. *J Urol* 2001;166(6): 2226-2231.
- 2 Sohn, N, Weinstein, MA, Robbins RD. The levator syndrome and its treatment with high voltage electrogalvanic stimulation. *Amer J Surgery* 1982;144(5):580-582.



ERINDEVOY



GISELLEROEDEL

PATIENT SUCCESS



Renske Rose (Director PT Northwest | West Salem) and James Tuttle

JAMES TUTTLE CAME TO PT NORTHWEST

West Salem with complaints of left shoulder pain. As an active, soon-to-be junior at West Salem High School, he was experiencing pain during his golf swing. It had been worsening over the last couple of months and he reported that it almost felt as if his shoulder was dislocating and popping out halfway at the end of his swing. Renske Rose, MSPT, CIMT was James' physical therapist and upon her evaluation, it was apparent to her that he lacked stability at the left shoulder and had a possible superior GH ligament strain with definite muscle imbalance at the rotator cuff. Physical therapy focused on getting James to strengthen for stability, having him come in twice a week to systematically work on scapular strength first, then progress into doing more dynamic strengthening. Renske also addressed the limited internal rotation with some joint mobilization and had him get together with his golf coach to improve and revamp his golf swing so he wouldn't put undue stress on the left shoulder. James did a tremendous job on following through with his program at home, was consistent and ready for his therapy and progressed faster than expected. It took him one month to retrain his left shoulder and is now symptom free and playing golf without any pain or restriction. ▲

CONTINUING EDUCATION CORNER

PT NORTHWEST STRIVES TO BE A LEADER of therapeutic treatment in the Pacific Northwest. Our group seeks to approach all patients with treatment strategies that are grounded in solid research. **Our team of rehab professionals enjoys one of the most generous continuing education benefits in the nation.**

Here is a listing of some of the continuing education courses taken by our therapists over the past few months:

- Locating and Analyzing the Site & Source of Pain
- Spinal Manipulation
- Male Pelvic Floor Function, Dysfunction and Treatment

- Foot Injuries
- Vestibular Rehabilitation
- Sportsmetrics
- The Basics of Sacroiliac Mobilization
- Maitland Australian Basic Spinal Seminar
- Sports Head Injuries
- Evaluation and Treatment of the Lumbar Spine
- Mulligan Course
- Pelvic Floor Level 2A
- Hip Workshop
- Integrated Neuro Re-education



PT Northwest | Corvallis



SCOT CAMPBELL

PT Northwest has therapists with the following specialties: ASTYM Certified Specialists, Orthopedic Certified Specialists, North American Institute of Orthopedic Manual Therapy Certified Therapists, Certified Integrated Movement Therapists, Sports Certified Specialists, Certified Strength and Conditioning Specialists and Performance Enhancement Specialists. If you would like more information about our continuing education program, please contact Scot Campbell, PT at 503.580.1784 or at scampbell@ptnorthwest.com ▲

ADVANCED CERTIFICATIONS

PT NORTHWEST IS PLEASED TO ANNOUNCE that yet two more of their physical therapists have received Advanced Certifications. Jeff Kundert, MSPT, OCS and Luke Kohley, MSPT, OCS are now Orthopedic Certified Specialists. This is a specialization process by which a therapist builds on a broad base of professional experience and education advancing their knowledge and skills related to the orthopedic setting. The advanced specialization certification program was established by the American Physical Therapy Association (APTA) in 1978 and continues to be the most recognizable and prestigious certification for physical therapists. Among PT Northwest's therapists, 38% have advanced certification via the APTA's specialization certification program. The certifications range from Geriatric Certified Specialist, Orthopedic Certified Specialists and Sports Certification Specialist. Several more of PT Northwest's therapists are working toward advanced certifications making PT Northwest truly proud of the expertise they can provide to its communities. **Congratulations Luke and Jeff for going above and beyond!**

Luke Kohley can be reached at the Stayton location at 503.769.7131 and Jeff Kundert can be reached at our South Salem location at 503.585.5131. ▲



LUKE KOHLEY



JEFF KUNDERT

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