

THE PHYSICAL THERAPY SPECIALTY CENTER NEWSLETTER



The Physical Therapy
Specialty Center
a division of Primary Care Partners

May 2021

Volume 1 / Issue 5

OUR STAFF

Clinic Supervisor:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

Dorian Campisi, DPT

Brad Fenter, DPT

Karen Hayter, DPT

Jake Miller, PTA

Chelsea Moehlenbrock, DPT

Chris Moore, OTR

Laurel Sampson, MPT

Mariana York, CCC-SL

Front Office:

Robin Barvir, Receptionist

Nicole Frick, Supervisor

Ashlun Huff-Mullin, Receptionist

Back Office:

Butch Cassidy, PT Tech, CF-L1
Trainer, CNA

Nathan Fahrnbach, PT Tech

Jessica Suarez, Bilingual PT Tech

OSTEOPOROSIS

Did you know that women are almost 5 times more likely to show signs of osteoporosis over the age of 65 when compared to men of the same age? Osteoporosis is often called a pediatric disease that affects the geriatric population. That is because most people will reach their peak bone mass between ages 25 and 30. Therefore, if you do not have healthy bones by the time you are 30, it will only get worse from there. Bone loss starts around age 40 and if it has NOT been built with a good solid foundation, future problems are looming. Another thing you may not be aware of is the fact that PT can help people build healthy bones, as well as help people with osteoporosis exercise safely when they find out that they are losing bone or have lost bone. Physical therapy is not just to heal from an injury, but also to prevent future injuries from occurring. Let us help you build healthy bones for a stable future! Check out our blog this month, which highlights Osteoporosis Awareness month in May and how PT can help!



Healthy bone

Osteoporosis

Around the clinic:

Happy May to all! We hope you are having a wonderful spring. As a friendly reminder we will be closed on 5/31 to observe Memorial Day but will resume normal services on 6/1. We wish to say thank you to all the men, women, and their families that have served our country.



(970) 241-5856



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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: Women's Health and PT

May is the month that we celebrate Mother's, but we are taking it a step further and celebrating women for the month of May (don't worry men, you will get your turn in June, it is only fair). This fast paced, busy world often keeps our plates rather full, and that can affect women differently than it does men. There are physiological differences in our bodies dependent on our gender, which is an important part of our daily lives. One major difference is childbearing, which adds a lot of stress and strain to female bodies, minds, and lives. The amazing ability that our bodies have to produce a human is pretty remarkable, but can leave your body pretty well stretched and not feeling so good. The good news is, there are a lot of resources out there to address these changes and aches and pains. Another aspect that is different for women is that they are more susceptible to certain conditions, such as osteoporosis, autoimmune disorders, and breast cancer. Although these conditions occur more commonly in women, they also affect women in different ways than they do men. Stay tuned for our blog that will come out May 15th where you can find all these details and more regarding women's health.

Occupational Therapy: OT and Osteoporosis

One of the main issues with osteoporosis is weakness, poor balance and a high risk for falls. Training in the performance of activities of daily living (ADLs) and in the proper use of adaptive equipment are essential to the prevention of future falls. Slips, trips, and falls in and around the home are frequently the cause of injuries to adults. Furthermore, falls remain the leading cause of injury and death among older adults. Research supports that fall causes are multi-factorial in nature. They are influenced by conditions within the individual and the environment as a result of the interaction between the two. Occupational therapists assess the home environment for hazards and evaluate the individual's limitations that may contribute to falls. Recommendations often include combinations of modifications to the home, use of adaptive equipment, and how an individual performs a daily activity. Fear of falling can be both a risk factor for falls and a consequence of falling. An individual may avoid activities that he/she are capable of doing due to the fear of falling, which leads to curtailing activities and tasks that people need to be completed in order to remain independent. Home modifications focus on reducing the risk of falling by installing handrails in hallways, stairs, entrances, or other things such as grab bars in bathrooms, use of shower chairs, and other bathroom devices. If you or a loved one has osteoporosis, a referral to an occupational therapist may decrease the risk for falls and improve their independence, enabling the adult to maximize their function and maintain living in their home.

Speech Therapy: Early Identification and Treatment of Speech and Language Delays

Early identification and treatment of speech and language delays is important to encourage and support your child's development. Some speech-language disorders that can affect children include difficulty with using or understanding language or difficulty pronouncing sounds. Signs of a language disorder include a child not using words by 15 months and not putting words together to make a sentence by 18 to 24 months of age. Signs of a speech sound disorder may include the child being less than 75 percent intelligible to unfamiliar people by age 3. Do not wait and hope your child will outgrow a communication problem. Speech and language disorders can negatively affect your child's ability to read, write, learn and socialize. The earlier you get help for your child, the better. Please contact your physician for a referral to a speech therapist, if you have any concerns.

