



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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OUR STAFF

Clinic Manager:

Kari Mullaney, MSPT

Our Therapists:

Tara Albright, DPT

Andrew Eastep, PTA

Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Chris Moore, OTR

Laurel Sampson, MPT

Mariah Sis, PTA

Front Office:

Ariana Stassen, Front Office
Supervisor

Cassie Clarke, Front Office
Coordinator

Kathy Pearson, Front Office
Coordinator

Nina Campos, Front Office
Coordinator

Back Office:

Chase Keys, PT Tech

Jeremy Allgood, PT Tech


FROZEN SHOULDER

Shoulder pain is a very common affliction, some sources state that its prevalence affects up to 50% of people across their lifespan. Shoulder pain can limit a person's mobility and functional performance. There are various causes of shoulder pain and one that can be particularly challenging is a condition known as Frozen Shoulder. There are four stages of Frozen Shoulder. The affected tissues, limitations and treatment vary with each stage. Physical therapy can be a great tool to improve and maintain mobility and function, check out this month's featured blog on our website to find out more about frozen shoulder and how PT can be helpful.



AROUND THE CLINIC:

October is National Physical Therapy Month! We are so happy to bring awesome care to the Grand Valley. We are also excited to celebrate this month with all of you! Physical therapy has been a staple in helping people recover from injuries and regain their function and life back for decades. Physical therapy is not just useful for rehabbing from an injury, but can also prevent injury in the future with continued recommendations of exercises. Physical therapists can also treat vertigo, balance dysfunctions, and concussions, along with multiple other limitations that may arise. Physical therapy is appropriate for people of all ages and we are excited to continue to help and serve the people in the Grand Valley and beyond! Thank you for trusting us with your care!

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Spotlight Diagnosis of the Month

Diagnosis: Hamstring Injury

What is it?

The hamstring muscles are long strap-like muscles located along the back of the thigh. They are the semitendinosus, semimembranosus, and biceps femoris. The adductor magnus is usually grouped with the hamstrings as well since they all have the same function. The hamstrings help to flex (bend) the knee and extend the hip. Injury to this area is often caused by a rapid contraction through the muscle or a violent overstretch. This leads to mechanical stress beyond what the muscle can handle. If the load is too high, then a complete rupture can occur. Strains are typically graded based on the amount of damage present, but this can be difficult to fully delineate clinically. Imaging such as ultrasound or MRI may help to clarify the extent of damage present.

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

Common Symptoms

This injury is fairly straightforward in presentation. A sudden pain in the back of the thigh will be felt, often without direct contact. A classic example of this is a baseball player running to 1st base and pulling up lame due to pain and injury. Bruising may develop over the following days depending on the extent of the injury, although it's important to note that the location of the bruise does not necessarily correlate to the location of the injury. Other potential involved areas include the gluteal muscles and adductors, although this would not necessarily change the approach to treatment.

How Physical Therapy Can Help:

Therapy can assist in rehabbing the muscle to return to normal activity. With a muscular injury such as a hamstring strain, tissue healing times must be kept in mind, especially for more severe cases. Time is an important factor during the initial phases and muscle length and loading need to be limited to prevent further damage. Stretching can be initiated, but this is usually kept light and tolerable. Resistance exercise is also utilized for return of normal activation and strength, but this can only be done once the muscle can handle the loading required. One complicating factor can be the location of the injury. Those occurring closer to the attachment along the pelvis are usually more complicated and take longer to heal.

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 cancellation fee.

