



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

March 2024 Volume 4 / Issue 3

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

Front Office:

Whitney Elmore, Front Office
Supervisor

Angel Ebertowski, Front Office
Coordinator

Cassie Clark, Front Office
Coordinator

Kathy Pearson, Front Office
Coordinator

Back Office:

Chase Keys, PT Tech


Jeremy Allgood, PT Tech

DUPUYTREN'S CONTRACTURE

Many people, up until a couple months ago, had never heard of a Dupuytren's contracture and were unaware of its existence as a hand problem. However, recent media coverage and advertisements have brought it in to the light of mainstream and are bringing up some pretty major questions. This diagnosis is in an advertisement for a pharmaceutical agent that has been used to treat it, but the medication can come with some side effects. To find out more about the diagnosis and to see what other treatment options are available, head on over to our website and check out this month's blog to find out more information on Dupuytren's contracture and how OT may be beneficial.

AROUND THE CLINIC:

March is nutrition awareness month. Instead of focusing on healthy choices, which has been discussed over and over, we would like to discuss a new health craze which has some lasting effects. A new concept of intermittent fasting has hit the mainstream and is actually proving to be a very healthy choice for many people. Intermittent fasting is fairly easy in concept and can be tailored to fit your lifestyle and schedule. The main concept is to limit your eating to a certain time of the day, not spread out throughout the day as the normal daily schedule allows. When there is an extended time between meals (i.e. dinner in the evening and breakfast the next day) the body exhausts the sugar stores and begins to burn fat. The main focus is fasting for 16-18 hours between meals and only eating in the hours in between in a 24 hour period (8-6 hours). Many people withhold eating until 12 and then at that point they eat breakfast, which literally means to break the fast. This intermittent fast has been shown to lower blood pressure and cholesterol, balance your blood sugar, decrease inflammation, improve brain health, decrease age-related diseases, and lengthen life expectancy. We have plans to put out a lengthier blog regarding intermittent fasting and all the health benefits that can come from it soon. For now this should get you thinking about easy changes to your daily plan that you can make to stretch time between your evening meal and your morning breakfast.

 (970) 241-5856



www.ptcsgj.com



facebook.com/ptsc

Spotlight Diagnosis of the Month

Diagnosis: De Quervain's Tenosynovitis

What is it?

De Quervain's tenosynovitis is swelling of the tendons that run along the thumb side of the wrist and attach to the base of the thumb. This occurs when the sheath that they run through, to get from the wrist to the hand, constricts the tendons. This condition can cause pain and tenderness on the thumb side of the wrist.

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

Common Symptoms

The pain increases with:

- Moving the thumb
- Forming a fist
- Grasping or gripping something
- Turning the wrist
- Lifting something with your arms in front of you and thumbs pointed towards the ceiling or lifting a child or the family pet

Demographics can play a part as well:

- Age: Adults between 30-50
- Gender: Women are 8-10 times more likely to get it
- Certain types of work that is repetitive such as manual labor or typing

How Occupational Therapy Can Help:

Treatment begins with splints that incorporate the wrist and thumb and a good exercise program. Also, avoiding any activity that causes or increases pain. For more information on how Occupational Therapy can help, ask your physician for a referral.

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

