



### OUR STAFF

#### Clinic Manager:

Kari Mullaney, MSPT

#### Our Therapists:

Tara Albright, DPT

Brad Fenter, DPT

Karen Hayter, DPT

John Kuhn, DPT

Laurel Sampson, MPT

Andrew Eastep, PTA

Chris Moore, OTR

#### Front Office:

Angelica Gallegos, Supervisor

Donna June, Receptionist

Angel Wolff, Receptionist

#### Back Office:

Chase Keys, PT Tech

Jeremy Allgood, PT Tech

### LONG COVID UPDATES – 2023

Thankfully, Covid infections are becoming less common and less severe. However, some people continue to suffer from long term symptoms after having Covid-19. When symptoms last longer than 4 weeks, it is no longer considered recovery time. You may have heard it described as long haulers, long Covid, or post Covid conditions. They all refer to ongoing symptoms that linger longer than expected. You can find different specifications for each syndrome, but if you are experiencing severe fatigue, headaches, or other health challenges, your main goal is to feel better and try to get back to your daily routine.

We are starting to learn how much chronic fatigue syndrome symptoms and treatment approach can be helpful when addressing these post Covid syndromes. Physical therapy can be an important part of the treatment approach. This month's blog addresses some of these basic concepts as well as some nutritional advice to assist with recovery after an infection. Please contact our clinic if you are needing physical therapy treatment for post Covid syndrome. It is covered under your insurance and you may need a physician's referral depending on your insurance.

### AROUND THE CLINIC:

It is almost back to school time. Is your child ready and do they have the proper fit for their back pack? If you are unsure, check out a blog from our archives. The blog provides some helpful tips and tricks to keep your kids feeling great as they return to school and for the whole school year. Follow this link below:

<https://www.ptscgj.com/post/does-the-backpack-fit>



# Spotlight Diagnosis of the Month

## Diagnosis: Cervical Strain

**What is it?** Cervical means neck and strain is when a muscle gets over stretched due to injury or strained from overuse. Cervical strain is one of the most common musculoskeletal injuries, but can have multiple causes. One of the most common occurrences comes from a motor vehicle accident which causes the muscle to get strained and injured due to trauma, such as whiplash. There are, however, other causes of cervical strain such as falls, or even heavy lifting or excessive use of the arms for physical labor resulting in irritation of the cervical spine muscles. The injury is called a “strain” because it is a result of an excessive stretch or force placed on the muscles.

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

## Common Symptoms:

- Neck pain or stiffness.
- Pain in the shoulders or upper back.
- Muscle spasms.
- Headache, often starting at the base of the neck.
- Irritability, trouble concentrating, or sleeplessness.
- Numbness in the arm or hand.
- Tingling or weakness in the arm.

## How Physical Therapy Can Help:

Physical therapy can help with symptoms in multiple ways. A physical therapist will start by helping to alleviate the pain with gentle stretching and hands on techniques to loosen up the muscles. They will also instruct the patients in gentle stretches they can do at home to alleviate the pain, when appropriate. Physical therapy can use various techniques to assist with pain relief ranging from soft tissue mobilization (massage), assisted stretching, trigger point release techniques, and various modalities such as heat and ultrasound when appropriate. There are even times that Dry Needling may be appropriate to ease muscle tension and help the muscles heal.

As pain begins to subside, physical therapy focuses more on restoring strength to the cervical muscles as well as postural (supportive) muscle. This is done by providing home exercises for strengthening and stretching to restore normal function to the neck and assist the patient in returning to daily activities without pain. A proper treatment plan should always be all-encompassing, working with stretching, strengthening, and the feel good stuff like massage and modalities, in order to restore normal cervical function and assist the patient back to their daily and recreational activities.

\*\*\*Please assist our office and confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule\*\*\*

