



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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DRY NEEDLING UPDATES

Dry needling continues to be in the headlines as a helpful treatment option for many musculoskeletal injuries. The question is, how beneficial is it shown to be and has there been any new research showing these benefits? This month's blog focuses on the recent updates to the research on dry needling and physical therapy. Head to our website and see how you may benefit from dry needling. If you have questions regarding dry needling and adding it to your treatment, please discuss this with your physical therapist and see if it may benefit you.

AROUND THE CLINIC:

Did you know that February is the time for the heaviest snowfall in Colorado? Sorry to be the bearer of bad news, or maybe you are like many kids and wishing for the snow to never end. Either way, it is important to note that we need to continue to be safe in the cold weather. Here are a couple tips to keep you on your feet:

- Wear appropriate shoe attire with sturdy soles, even if you have to take different shoes with you to put on at work
- Do not carry too many things in from the car after the snow, too much of a load can alter your center of balance
- Take small, slow steps and be sure to get your footing before taking another step (i.e. walk like a penguin)
- Watch out for melting snow that has frozen overnight as you head out of the house in the morning

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Spotlight Diagnosis of the Month

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

Diagnosis: Scoliosis

What is it?

Scoliosis is a spinal condition where, for various reasons, the spine begins to get an abnormal curve, often in either an S or a C shape. This can be a congenital condition, caused at birth, or can be idiopathic (which in layman's terms means for unknown reasons). As this curve progresses it can lead to pain, difficulty breathing, functional limitations, and even low self-esteem due to appearance. Scoliosis is more common in girls and often occurs during growth spurts in early childhood or teenage years, but can occur across the lifespan.

Common Symptoms

- uneven shoulders or hips
- head not centered with body
- rib cage asymmetry
- waist unevenness
- skin changes over spine
- back pain
- hip pain

How Physical Therapy Can Help:

Physical therapy can be helpful in slowing the progression of the curve and also assist with pain management and postural adjustments to assist with comfort during daily activities. A skilled physical therapist will design a program of strengthening the muscles that are on the long side of the curve to assist with spinal stabilization and help to slow the curve progression, as well as stretching of the tight muscles, to relieve the pressure on the spine in the curve. The main focus of treatment is correcting the muscle imbalances to assist with proper alignment and restore function, so that patients can return to their activities without pain. This will also slow the progression of the curve to maintain function as time progresses. Scoliosis can exist without pain, and our goal as providers is to assist patients towards their goals. We also want to keep them functioning as they grow and move forward in their lives.

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.

