



BACK TO MOTION PHYSICAL THERAPY

Current Concepts in Physical Therapy Quarterly Journal
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Changes to serve YOU better

In October of 2009, Back To Motion Physical Therapy took on a very daunting task. We decided to completely revamp the look and feel of the practice with an entirely new marketing strategy and brand. Well, it has been six months since we retooled our logo, website and office and we love it. If you haven't checked it out we encourage you to do so. The new website (www.backtomotion.net) highlights the many services we offer, and our convenient central Denver location. We have gotten great feedback on it. Starting with this issue, we will post all our newsletters on our website so that you can read them electronically as well as refer to past issues.

The staff at Back to Motion Physical Therapy is complete. Jullianna is now with us full time. She brings a wide variety of experience including Pilates instruction. Sheri is working hard and will finish her Doctorate of Physical Therapy in August. Karen has settled into her new role as practice administrator and is still able to see a few patients. Doug's presence helps keep the calm at Back to Motion (and congratulations to him for his recent PR at the Cleveland Marathon). Patty has finished her first 6 months with the Woman's Tennis Association and has recently returned from Wimbledon.

TRIGGER POINT DRY NEEDLING

Trigger point dry needling is a treatment technique which uses small filament type needles inserted into the muscle to release muscle spasm; the goal is permanent reduction of muscle pain and dysfunction. Our physical therapists are now using this technique to effectively treat acute and chronic orthopedic and musculoskeletal conditions.

DIRECT ACCESS

The State of Colorado has allowed patients to access physical therapy services without a referral from a physician for 18 years. This allows the Physical Therapists at Back To Motion Physical Therapy to treat clients in a quick and timely fashion.



PROFESSIONAL DEVELOPMENT

Professional development encompasses the entire scope of one's career beginning with professional education and continuing through one's professional life span.

The Physical Therapists at Back To Motion are proud of their ongoing training and professional development so that they can provide clients with the best in cutting edge physical therapy.

Tendonitis: What it is and how to fix it

With summer upon us we thought we would discuss tendonitis. Many people get overuse injuries during the summer months and Back to Motion Physical Therapy wants to share with you what tendonitis is and how to manage it.

By definition a tendon is the structure that attaches muscle to bone. A tendon can become overused and irritated because of repetitive use of the associated muscle. So any activity that you have been doing for a long time or just recently started doing can cause tendonitis. Science has not provided us with any real answers to why tendonitis will occur.

How can you tell if you have tendonitis? Since the tendon attaches the muscle to bone you will notice pain and discomfort around these areas, typically a joint (knees, elbows). The pain will initially start when you are doing the activity that is causing the stress but then feel better when you are at rest. If you ignore the symptoms the pain will occur throughout the activity and continue at rest.

When you first notice symptoms the best way to manage is to rest it, ice it for 10 minutes and use an anti inflammatory every day. If your symptoms persist you should call us at Back to Motion. We can provide some effective treatments that will help manage the inflammation and the tight muscles that are causing the symptoms. Once your symptoms start to resolve there are some very specific exercises that have been shown through research to help promote healing of the tendon.

Denver Business Journal

Go to our website to view the article in the Denver Business Journal that features Back to Motion Physical Therapy. The article is titled **Active Coloradans boost sports medicine industry**. Patty was interviewed about the changes practices like Back to Motion have had to make to keep a float in these challenging economic times.

Back To Motion Physical Therapy is proud to be a full-service health and wellness organization offering an active approach to whole body fitness and rehabilitation.



616 Washington Street
No. 100
Denver, CO 80203

P: 303.832.5577
F: 303.996.0390
E: info@backtomotion.net

www.BackToMotion.net