The Carousel Chronicles

A Publication of Carousel Physical Therapy, Inc.

The Value of PT 1ST

Now more than ever physical therapy should be the first line of treatment for orthopedic and musculoskeletal injuries: it's effective, readily available, has the fewest number of side effects, and is the most affordable of the Medical complex.

The old method of watchful waiting should cease to exist anymore as studies show that seeing a physical therapist within 14-days of injury and receiving adherent guideline physical therapy first reduces the cost of care by 60%. Even if you require further imaging, it takes up to 16.8 days to see a specialist, during which time physical therapy treatment can be started for pain reduction. Physical therapists also use predictive tests that could eliminate the need for early imaging.

Strong evidence supports that physical therapy outcomes are as good as surgery for spinal stenosis in the back, hip and knee osteoarthritis, atraumatic supraspinatus tears and idiopathic adhesive capsulitis in your shoulders. Physical therapy has a great success rate for carpal tunnel syndrome treatment, and achilles heal tendinopathy using special modalities only available at physical therapy clinics. It is also a great treatment option for patients who are not good candidates for total knee replacement surgery, and the treatment of a wide range of problems including: headaches, balance deficits, weakness and mobility loss due to illness or dizziness, cardiac rehabilitation, and incontinence.

Physical therapists examine a patient's posture and alignment, joint range of motion, flexibility, and strength and balance to assess how each relates to your pain or why you can't do what you want to do, or used to be able to do.

Early referral to physical therapy resulted in patients using less advanced imaging, lumbar spinal injections, lumbar spine surgery, and resulted in fewer physician office visits and opioid use.

Physical Therapists are movement experts highly trained in addressing pain. In summary: try physical therapy first before you resort to narcotics, needles and knives. No warning labels required!

Why our Community Needs Us

Half of our community is in pain; most likely it is musculoskeletal (MSK). But getting to the source of MSK pain is like peeling back the layers of an onion.

Chronic pain affects 100 million people nationwide-more than diabetes, heart disease and cancer combined. In the 1980's the American

(continued on page 2)

Volume 3, Issue 3

Inside this issue:

Knee OA; Doubled Since 75 Years Ago 2

LSVT BIG Now Offered at CPT Hartfield Clinic 3

Carousel Welcomes New PT Provider 3

Continuing Education 4

Community (cont'd)

Pain Foundation introduced pain as the fifth vital sign stating, "basically we need to acknowledge pain as a vital part or fifth sense when we are evaluating pain."

Low back pain is one of the most common reasons patients go to doctors in the U.S. Approximately one-quarter of adults reported having low back pain lasting at least one day in the past 3-months. Pain is categorized as acute (lasting less than 4-weeks), subacute (lasting 4 to 12 weeks), and chronic (lasting more than 12 weeks).

Pain medications only mask the pain, and does not get to the root cause of the problem. But communities, including ours, have seen an increase in opioid addictions which has reached epidemic proportions.

Non-pharmacological treatments, such as physical therapy, are listed as the second highest pain-fighting treatment option, by Consumer Reports. So for the patient that has central low back pain that has been going on for a few months and was not referred to physical therapy immediately, the pain may radiate into their legs and is described as 'nagging' with spikes in pain, and may feel as if they need a pill to cure that pain.

But by seeking treatment immediately, a physical therapist will start out easy by addressing the area in the most pain and treating each part of the layer causing that pain and healing and strengthening the effected area slowly.

By using modalities such as a combination of superficial ice and heat along with electrical stimulation they can 'dial down' nerve sensitivity and how much of their message reaches the brain, whereas opioids suppress or block those messages instantly for a quick fix and pill after pill is taken risking addiction.

At Carousel we can help meet the needs of our community to socially survive by keeping them pain-free.

"Basically we need to acknowledge pain as a vital part or fifth sense when we are evaluating pain."

The American Pain Foundation

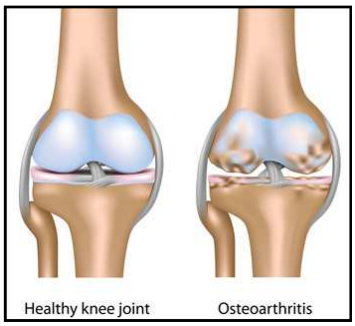
Knee OA; Doubled Since 75 Years Ago

Knee osteoarthritis (OA) has more than doubled among Americans since 1940, say researchers, and the increase can't be explained by longer life spans or a higher prevalence of obesity and overweight in recent decades. Instead the real culprit could be physical inactivity, which authors describe as "epidemic in the postindustrial era."

The study appearing in the Proceedings of the National Academy of Sciences, compared knee joints of 2, 756 skeletons from 3 groups of individuals: those who lived in the 1800s and early 1900s to those who lived in the late 1900s through early 2000s, and prehistoric gatherers who lived between 6, 000 and 300 BCE (looking at the ivory-like result of bone-on-bone contact after cartilage erodes).

The prevalence of Knee OA in the post industrial skeletons was about 16%, a rate 2.6 times higher than the early industrial group, which had a 6% incidence rate. Knee OA prevalence among the prehistoric sample was 8%

The take away message: It is likely that any effective prevention strategy will involve adjusting physical activity patterns and diets to approximate more closely the lifestyle conditions under which our species evolved.



LSVT BIG Now Offered at CPT Hartfield Clinic

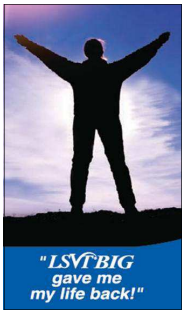
Kara Everett, DPT, CSCS, CKTP, and Crystal Bondurant-Salisbury, LPTA are now certified in the LSVT BIG Program.

LSVT BIG is an intensive, amplitude focused physical therapy approach developed from principles of the effective Parkinson's Disease (PD) specific speech treatment LSVT LOUD. "We see a lot of Parkinson's patients and this is another tool to help them regain their independence with day to day tasks and be able to "live" again," said Everett.

LSVT BIG is a standardized treatment protocol, which is customized to the unique goals of each patient including both gross and fine motor skills. LSVT BIG can be adapted or progressed in order to meet each patient's needs across a range of disease severity and presenting impairments.

Treatment consists of 16 individual, hour-long sessions (4 days a week for four weeks), and daily homework practice including daily carryover exercises.

Research on LSVT BIG has documented improved ratings on tests of motor functioning in people with PD including: Faster walking with bigger steps, improved balance, increased trunk rotation, and improvements in activities of daily living such as bed mobility.



"We see a lot of Parkinson's patients and this is another tool to help them regain their independence with day to day tasks and be able to 'live' again."

Kara Everett, DPT, CSCS, CKTP

Carousel Welcomes New PT Provider

Carousel Physical Therapy is pleased to welcome Nicole Shelton, DPT to their family of providers.

Nicole graduated from Lynchburg College with her Doctorate of Physical Therapy in May of 2017. Prior to this she attended UVA where she received her BSEd in Kinesiology.

Her experiences prior to Carousel PT include studying under orthopedic specialists at the Johns Hopkins Bayview Medical Center in Baltimore, MD, and with the Oncology/Hematology Unit at the University of Virginia Medical Center in Charlottesville, VA.

Nicole has numerous interests in the physical therapy field, including orthopedics and working with the geriatric population. She believes in taking a multi-faceted approach to treating active persons of all ages and skill levels in order to help them return to their desired activities and reach their maximum potential.

Nicole feels it is important to never stop the learning process, both for herself as a healthcare provider as well as her patients. She is dedicated to learning the newest, most effective treatment approaches for her patients in order to educate them about their diagnoses and best course of treatment.

Nicole is a native of the Northern Neck and enjoys spending her spare time on the water with her fiancé, family and friends.

Nicole Shelton, DPT

***POSITIVE* Impressions * *LASTING* Results**

Corner

For our therapists at Carousel Physical Therapy, continuing education is more than simply attending required classes to keep licensure and certification. Our therapists are given the opportunity to select courses that allow them to explore areas of practice therapy disciplines from the finest education facilities across the country. Often, these courses may give a therapist a special set of advanced skills for treating a certain condition or diagnosis. All Administrative staff are also encouraged, and given opportunities, in continuing education programs to further assist our patient's needs.

Kara G. Everett, PT, DPT, CSCS, CKTP, Clinical Director, Hartfield, Recently Completed ***"LSVT BIG certification."***

John Jedlinski, LPTA, Clinical Director, Kilmarnock Recently Completed ***"BLS Provider" renewal CPR for healthcare providers.***

Crystal Bondurant-Salisbury, LPTA, Recently Completed ***"LSVT BIG certification." and "BLS Provider" renewal CPR for healthcare providers.***

Cher Stevens, Documentation Manager/Marketing Director and **Dimitra Cuffee, Receptionist, Kilmarnock**, Recently Completed ***"BLS Provider." Renewal CPR for healthcare providers.***

Additionally, we are a renowned teaching clinic. Our students select Carousel because of the diversity of patient diagnosis in an outpatient setting. Carousel is pleased to welcome Victoria Minor, SPTA from MCI Richmond campus.

Contact US!

KILMARNOCK:
500 Irvington Road
Kilmarnock, VA 22482
Phone: 804-435-3435
Toll Free: 800-435-3436

HARTFIELD:
10880 General Puller Hwy., Suite N
Hartfield, VA 23071
Phone: 804-776-8500

ON THE WEB: **CAROUSELPT.COM**

FREE CONSULTATIONS

CHOOSE **WISELY.**
CHOOSE **CAROUSEL!**

-2016- -2015- -2014-

"When I arrived for my first visit I was in pain; exhausted from suffering and down! Everyone smiled and (the staff) was so kind and caring of my problem and me. Your therapists were so caring, didn't want to hurt me, but made me feel so comfortable and relaxed. If I hurt, they would stop and always asked if I was okay-very caring!! (this went on throughout my entire treatment). I began to feel better as they found my problem and gave me the therapy I needed.

I felt they did everything they could which helped me feel so much better. I know I have to do my part to continue on with my recovery (I was told to keep in touch with my recovery and to call with any questions problems).

I was completely satisfied with my treatment and could not have asked for a more trained and compassionate group of therapists. I will miss them!!"

K.P.
8/16/17