

FOR YOUR HEALTH

November/December 2015



We Take the Guesswork Out of Return to Work!



Mindy Schwinger, CCC-SLP and Kelly Peters, OTR/L attend Beckman Oral Motor Course in Minneapolis, MN

During this 2-day course, therapists actively participated in hands-on practice for compensatory handling techniques for the following concerns:

- ◆ Tonic bite
- ◆ Tonic bite on a utensil
- ◆ Slow Oral Transit
- ◆ Tongue thrust
- ◆ Cough
- ◆ Gag ◆ Vomit

Mindy and Kelly successfully co-treat many children with customized therapy just right for your bodies and minds. Give BST a call if you have a patient that may benefit from this specialized therapy.

Matching Worker and Work

The key to preventing injuries as well as speeding up the return-to-work process after an injury is to ensure that workers have the ability to perform the physical demands of their jobs.



Big Stone Therapies Occupational Health Program Offers:

- ◆ Functional Job Analysis, FJA
- ◆ Functional Job Description, FJD
- ◆ Pre-Work Screen, PWS
- ◆ Functional Capacity Evaluation, FCE
- ◆ Work Conditioning ◆ Functional Lift Evaluations

Our team of therapists provide the best quality therapy to get your patients back to work! We understand the important relationship between industry and medicine and are able to help manage work comp injuries to minimize time away from work. We can assist with functional testing to establish appropriate work restrictions or modifications. We offer your patients a comprehensive industrial program that focuses on matching the worker to the work and promoting optimal outcomes with less medication, imaging, and time away from work.



Call Big Stone Therapies today at 753-5400 for more information on our Occupational Health Program.

Our therapists are WorkWell trained



Kim travels to Guatemala for PT Mission Trip



Kim Pearson, PT, DPT, traveled October 24-31 to Guatemala as part of the Fall BST Guatemala outreach mission team. The goal of our mission trips is to provide

rehabilitation therapies to the men, women and children of this impoverished area. This was Kim's second trip to Guatemala as she was part of the 2012 University of Mary PT student group that when to San Lucas.

Wade attends 2015 APTA Private Practice Section Annual Conference



Wade Fligge, PT, DPT/ Clinic Co-owner will attend the annual APTA PPS conference in Orlando, Florida from November 11-14. This premier course is designed for Physical Therapy Business Management.

This annual APTA PPS conference event course includes national speaking engagements, training courses, educational seminars in addition to trade show exhibitions.

Widespread Pain is Creating Widespread Prescription Drug Use

An estimated 126.1 million adults have felt some pain in the past 3 months, and 25.3 million adults suffer from pain daily. Even more distressing, many Americans are treating pain with dangerous prescription drugs. ***The good news is that physical therapists provide an effective alternative to prescription drugs in the treatment pain.***

Here are 9 things you should know about pain.

1. Pain is output from the brain.
2. The degree of injury does not always equal the degree of pain.
3. Despite what diagnostic imaging shows us, the finding may not be the cause of your pain.
4. Psychological factors, such as depression and anxiety, can make your pain worse.
5. Your social environment may influence your perception of pain.
6. Understanding pain through education may reduce your need for care.
7. Our brains can be tricked into developing pain in prosthetic limbs.
8. The ability to determine left from right may be altered when you experience pain.
9. There is no way of knowing whether you have a high tolerance for pain or not.

Information taken from www.moveforwardpt.com



Put away the pills. Get physical therapy.

Move Forward
Physical Therapy Group, Inc. www.MoveForwardPT.com

How Can a Physical Therapist Help?

Once your condition has been diagnosed, your physical therapist will work with you to develop a treatment plan to help address your pain.

Because the mechanisms of pain vary, each approach to care will also vary. That being said, there is evidence to suggest that simply understanding pain through educational means, may result in reduced symptoms. (Know pain equals know gain!)

In addition, physical therapy treatments may include:

Manual therapy. Manual therapy consists of specific, hands-on techniques that may be used to manipulate or mobilize your skin, bones, and soft tissues. Manual therapy is often used in conjunction with other activities to increase movement and reduce pain. Some physical therapists have additional certifications that identify them as having advanced training in this type of therapy.

Movement and strengthening exercises. Moving and exercising can often be a great strategy to lessen pain. Your physical therapist will help identify specific movements that will help reduce your symptoms.

Modalities. Your physical therapist will be able to determine whether the use of modalities, such as ice, heat, or electrical stimulation will benefit your unique condition.

—Outpatient Therapy Services Include:—

Physical Therapy ♦ Occupational Therapy ♦ Speech-Language Pathology



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