

# Pearson Physical Therapy Newsletter

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Stride Clinic

## Physical Therapist's Guide to Running

### *Part 1 of 4 -Trail and Hill Running:*

Runners are often creatures of habit. This can be good from a conditioning standpoint initially but it can also lead to complications down the road. Running the same distance at the same pace on the same surface (especially on harder surfaces) day after day can lead to increased risk of injury and can limit your conditioning progression. Conditions like tendonitis, muscle spasms, and stress fractures all arise from repetition without variation. Studies have regularly shown that incorporating variation into fitness programs garners the best results and minimizes the risk of overuse injury. This is no different for running. Running trails and hills are good options for incorporating variation into your training. The benefits of trail running and hills are:

- Recruitment of increased number of muscles throughout the body
- Uneven ground promotes better conditioning of foot, ankle, and lower leg musculature
- Improves reactive proprioception and balance
- Softer surface reduces degree of impact forces
- Increased activation and strengthening of key "lift" and "push" muscles which help acceleration power, and speed
- Improved ability to run hilly race courses
- Improved cardiovascular conditioning due to variation of training
- Potential added running enjoyment

Depending on how much and how often you run, you could substitute one to two days of trail or hill running into your normal regiment. If you do not have experience doing trails or hills be conservative initially and keep your volume lower to allow your body time to get used to the new stresses. Too much change over a short period can lead to overuse complications as well. Your body needs time to recover so listen to how it feels. Some soreness is normal and expected but watch for focal sharp pain and persistent pain which does not subside with rest. Pro-active stretching and cold packs can help recovery.

Always consult one of our physical therapists if you have questions or run into complications. Call **Pearson Physical Therapy 308-872-5800** for more information or to schedule an appointment.



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# Choosing Your Physical Therapist

**You are the most important member of your own health care team**, and you are entitled to choose the most appropriate health care professional to meet your goals. The American Physical Therapy Association (APTA) has provided the following guidelines for choosing a physical therapist for your care.

## Freedom of Choice

You have the freedom to choose your own physical therapist. Nebraska allows you to see a physical therapist without a physician's referral first.

Keep in mind that your insurance policy may require a visit to the primary care physician first or may limit your access to preferred providers only. Your physician may refer you for physical therapy that is to be provided in the physician's office, or to a facility in which the physician has a financial interest. If this is your situation, be aware that you have the right to choose your own physical therapist and that you are not obligated to receive physical therapy in any specific facility. Always insist that your physical therapy be provided by a licensed physical therapist. Physical therapists who are members of APTA are bound by the Association's Code of Ethics and are especially committed to providing competent and compassionate care.

## How to Choose a Physical Therapist

Make sure that you receive physical therapy from a licensed physical therapist. Physical therapists are professional health care providers who are licensed by the state in which they practice. If you are receiving physical therapy from a physical therapist assistant, be sure that he or she is supervised by a licensed physical therapist.

Ask the physical therapist's clinic if it participates with your insurance company. Receiving care from a participating physical therapist should minimize your financial responsibility. There may be good reasons, however, to see a physical therapist who does not participate with your insurance plan. If you need a physical therapist who has special skills related to your particular condition-or if the location or other aspects of the care or the facility meet your needs-this may be a good choice for you.

**Pearson Physical Therapy are preferred providers for the following insurance companies:**

- Aetna
- BlueCross/ Blue Shield
- ChampVA/ Champus
- CoOpportunity
- Coventry
- Golden Rule
- Medicare
- Medicaid
- Midlands Choice
- Tricare West
- United Healthcare
- UP Railroad Employees Health Service

Ask whether the physical therapist's clinic will submit claims on your behalf to your insurance company. Some policies require copayments for services, and the amount of the copayment will depend on whether the physical therapist is part of the insurer's provider network. You also will have to meet your deductible. Your physical therapist's clinic should be able to help you calculate an estimate of your financial responsibilities. **Pearson Physical Therapy will verify your benefits at your first appointment so you will have an estimate on what your payment obligations & expectations will be.**

Many physical therapists specialize in treating specific areas of the body, such as the back, neck, knee, hand, or shoulder, or they may concentrate their practice on pre- and postnatal care, sports injuries, stroke rehabilitation, or one of many other areas of physical therapy. Physical therapists may also be certified by the American Board of Physical Therapy Specialties (ABPTS) in eight specialty areas of physical therapy: orthopedics, sports, geriatrics, pediatrics, cardiopulmonary, neurology, women's health, and clinical electrophysiology.

**Pearson Physical Therapy has the following therapists on staff.**

**Becky Pearson, MPT** has a wide variety of experience including hospitals, outpatient orthopedics and skilled nursing facilities. Becky specializes in post surgical rehabilitation, back pain & balance & falls prevention. She also has special training from the Postural Restoration Institute.

**Andrew Mason, MPT, CSCS** specializes in sports medicine with a special interest in sports movement analysis. He has particular emphasis on quality exercise execution, neuromuscular re-education and functional integration training.

**Michaela Goos- OTR/L** specializes in dementia management, hand therapy, lymphedema management, stroke rehabilitation & visual perceptual deficits.

**Jana Seier- M.S.E.D., CCC-SLP** specializes in stroke/neuro rehab, swallowing disorders, pediatric speech, language disorders, autism, hearing loss with emphasis on sign language and alternative communication, device implementation & education.

Becky and Andrew are also certified Sole Supports (custom foot orthotics) providers.

## Your Appointment

Your first visit should include an evaluation by the physical therapist. Your physical therapist will perform an examination to identify current and potential problems. Based on the results of the examination, and considering your specific goals, your physical therapist will design a plan of care to include specific interventions and will propose a timetable to achieve these goals and optimize your movement and function. Your physical therapist will likely provide you with instructions to perform exercises at home to facilitate your recovery. You should feel comfortable asking your physical therapist any questions regarding your course of care, including specifics regarding interventions and expectations. **If you have any questions please feel free to contact Pearson Physical Therapy at 308-872-5800.**



# New Therapy for Swallowing Disorder

## Now Offered at Pearson Physical Therapy

Pearson Physical Therapy is now providing a new treatment to patients who suffer from a debilitating and sometimes painful swallowing disorder.

The condition, known as dysphagia, is very common among older adults. Studies suggest as many as half of all Americans over 60 will experience the disorder during their lifetime.

In addition to significantly affecting the quality of a person's life, dysphagia can lead to complications such as choking, chronic malnutrition, dehydration, pneumonia, significant weight loss, increased infection, and physical debilitation.

Various forms of intervention offered by speech language-pathologists are employed to help ease the affects of dysphagia and improve a patient's ability to swallow. Recently, a new therapeutic approach has been developed that dramatically improves the results of dysphagia treatment.



Called E-Swallow®, the new treatment is now being used by speech therapist **Jana Seier**. E-Swallow uses non-invasive electrical stimulation to help re-educate the throat muscles needed for swallowing. It involves applying small electrical currents to the neck to stimulate inactive or deteriorated swallowing muscles. By working with the speech language-pathologist, throat muscles are then re-trained until the patient reaches an optimal level of swallowing, usually after a series of treatments.

E-Swallow therapy has been approved for use by the U.S. Food and Drug Administration since 2000.

"E-Swallow Therapy is an innovative treatment for patients experiencing dysphagia," said **Jana Seier, Speech-Language Pathologist, Pearson Physical Therapy**. "This new therapy has the ability to provide significant improvements

for many of our patients, which wouldn't be possible with traditional dysphagia therapies."

E-Swallow patients usually show improvements in their ability to swallow and return to a normal diet sooner than patients not using this type of treatment. Patients using feeding tubes also usually respond well to this therapy, sometimes allowing them to get back to a normal eating routine faster.

Feel free to contact Pearson Physical Therapy at 308-872-5800 to learn more!

*Run or Walk Faster, Farther & Without Pain*

# Stride Clinic

**June 21** at PEARSON  
Physical Therapy

Call 872-5800 to schedule your 30 min. appt



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