



OUR STAFF

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HYPERMOBILITY SPECTRUM DISORDER

Hypermobility Spectrum Disorder covers a large spectrum of symptoms. Hypermobility can range from a single joint or area where the ligaments are not as taut and do not support the joint adequately to systemic connective disorders such as hypermobile Ehlers-Danlos Syndrome (EDS).

Read this month in our blog for more details about hypermobility and learn how Physical Therapy and Occupational Therapy can help with symptom management.

We do treat this spectrum of symptoms here at PTSC. You can call our front office to schedule an appointment for a PT or OT evaluation. You may need a physician's referral based upon your insurance needs.

AROUND THE CLINIC:

Winter is here and we can feel the chill. The white stuff is coming and this can impact our mobility and safety with getting around and can also lead to pain, physically and metaphorically, with the act of snow removal. Check out these winter safety blogs and proper snow shoveling blogs to help you survive this season.

- Avoiding Winter Injury:
<https://www.ptscgj.com/post/winter-injury-prevention>
- Snow shoveling Safety:
<https://www.ptscgj.com/post/snow-shoveling>
- Snow Safety:
<https://www.ptscgj.com/post/snow-safety>

Enjoy this Holiday season and stay safe. Merry Christmas! Happy Holidays! And a Very Happy New Years! From all of us at PTSC!



Spotlight Diagnosis of the Month

Diagnosis: Plantar Fasciitis

What is it?

Plantar fasciitis is the inflammation of the main supporting structure in the foot. This thick band of tissue, known as the plantar fascia, runs from the heel and spans over the arch and ends at the base of the toes. As time goes on this long, thick band of tissue slowly stretches out and our arches collapse. In some instances this structure will stretch out too rapidly and will cause a pulling on where it attaches on the heel and this creates inflammation and pain. The problem then becomes a daily impact because we cannot stay off our feet and with every step we are stressing the tissue and increasing inflammation. With this daily pain and inflammation the tissues become chronically inflamed and lead to even more pain, creating a vicious cycle of inactivity and pain.

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

Common Symptoms

- Pain in the heel when moving from sitting to standing
- Pain in the heel for first few steps in the morning
- Pain in the heel after long periods of walking
- Pain on the inside of the foot, through the arch, and down to the toes
- Feeling of walking with a rock under your heel
- Tightness in calf

How Physical Therapy Can Help:

Physical therapy initially addresses the pain and inflammation of the plantar fascia, with massage, gentle stretching, and some modalities that help to decrease inflammation. These are the immediate things done to address the issue, but after we begin those treatments, we also need to address the underlying issues of the calf tightness, weakness in hips and gluteal muscles, leading to malalignments and proximal instability, which can greatly stress our feet. We provide knowledge on proper shoe wear, activity modifications to remain active and yet decrease pain, and education on the leading causes of the plantar fascia inflammation. We provide home exercises to include stretching, strengthening of weak muscles, addressing malalignments, use of ice and ice massage for acute treatment for pain, and choosing proper shoes that are specific to the patient's needs. Another intervention we may suggest to help accommodate proper support to your feet are orthotics. We have several therapists trained in orthotics fittings and this can be done within one therapy visit. The orthotics cost around \$55 and are an out of pocket fee, which is not covered by insurance, however the visit itself is covered as a normal physical therapy visit would be covered. If you are experiencing foot pain and difficulty walking give us a call and see how we can help.

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.

