



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

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### OUR STAFF

#### Clinic Manager:

Kari Mullaney, MSPT

#### Our Therapists:

Tara Albright, DPT

Andrew Eastep, PTA

Brad Fenter, DPT

Karen Hayter, DPT

Chris Moore, OTR

Laurel Sampson, MPT

Mariah Sis, PTA

#### Front Office:

Ariana Stassen, Front Office  
Supervisor

Cassie Clarke, Front Office  
Coordinator

Nina Campos, Front Office  
Coordinator

Amanda Duarte, Front Office  
Coordinator

#### Back Office:

Jeremy Allgood, PT Tech

Butch Cassidy, PT Tech

### LUMBAR RADICULOPATHY


Lumbar radiculopathy refers to low back pain that is characterized by compression or irritation of the nerve roots within the lumbar spine. This compression can stem from a multitude of degenerative factors, such as disc herniation or stenosis, and typically causes low back pain that radiates down into the lower extremity. Approximately 25 million people miss work due to low back pain, and roughly 5 million people are disabled from it. Physical therapy can be helpful by assessing for any possible muscular or postural imbalances that could be contributing to the compression of the affected nerve roots. This would be done providing a patient with personalized exercises and stretches to address any deficits and promote postural stability. For more information, check out this month's blog, posted on our website.



### AROUND THE CLINIC:

March is brain injury awareness month. There are various types of brain injuries and traumatic brain injuries is a subcategory of the broader "Brain Injury" heading. According to the CDC traumatic brain injuries occur in 2.8 million people a year. To narrow it down even more, a concussion is a subcategory of the "Traumatic Brain Injury" category. Did you know that physical therapy can help people after they sustain a concussion? If you would like to know more regarding concussions and head injuries check out this great blog.

<https://www.ptscgj.com/post/concussions>

 (970) 241-5856



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# Spotlight Diagnosis of the Month

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

## Diagnosis: Torticollis

### What is it?

Torticollis, or twisted neck, is a common diagnosis that involves an involuntary tilting of the head and neck. This typically presents with an abnormal slope and rotation of the head and neck, and can result in several positions including flexion, extension, and right or left tilt depending on the muscles that are involved. Torticollis can also have different names based on the direction of the tilt, such as horizontal, vertical, oblique, or torsion.

Torticollis can also be classified into several types depending upon the mechanism of onset. The classifications of Torticollis include:

- Congenital torticollis: Trauma sustained during gestation or at birth.
- Dermatogenic torticollis: Injury (burns or scars) to the skin of the neck causing limited movement.
- Ocular torticollis: Refers to paralysis of the muscles involved with the inclination and rotation of the head.
- Rheumatological torticollis: This variant is secondary to various rheumatologic diseases.
- Vestibular torticollis: Dysfunction of the inner ear that is responsible for balance.
- Neurogenic torticollis: Results from neurological disorder or accident, such as stroke.
- Spasmodic torticollis (dystonia): Results from increased muscle tone due to stress, physical overload, or sudden movements. This is the most common variant.

### Common Symptoms

- Vomiting (common in children)
- Fever or signs of infection (common in children)
- Gait disturbances
- Balance problems
- Associated headaches
- Vision changes

### How Physical Therapy Can Help:

Physical therapy can play a critical role in the management and treatment of torticollis. First, by helping to assess the primary mechanisms that are responsible for the onset and determining the most appropriate and optimal treatment approach. Then, by implementing various treatment techniques that are individualized to the patient's plan of care. Treatment can consist of various manual techniques, exercises, and modalities to provide the patient with symptom relief and maximize their potential to return to their previous level of function.

\*\*\*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.\*\*\*

