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STAY IN THE GAME



Newsletter for all our Form & Function Family



OVERVIEW:

- Why Am I Not Getting Better Even With Physical Therapy?
- Products We Love
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- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful , entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Why Am I Not Getting Better Even With Physical Therapy?

WHY AM I NOT GETTING BETTER?

It happens fairly frequently that I get patients that have tried physical therapy elsewhere, but they just weren't getting the results they thought they should have. It causes them to seek out an alternative approach to get them back on track. If you are going through this right now, you may have asked yourself "Why have I been doing PT for weeks yet I haven't gotten any better?"

"I've been doing all these exercises and stretches but I am still in pain..." or maybe you just get the feeling my physical therapist just isn't doing what I actually need.

There are a few reasons for this, and it can be a little uncomfortable to speak ill of the profession that I am in, so I will tread lightly.

One reason you may not be seeing results is the philosophy of the treatment approach. It is incredibly common for therapists to provide very basic levels of care, since this is what is dictated by insurance companies.

It requires very little skill to provide treatment to stretch what is tight and strengthen what is weak. In some cases this approach can provide some relief, but not everyone has a basic inflexibility or weakness problem.

Another reason you may not be getting the results that you had hoped is a **protocol-based approach**. This happens particularly in post-surgery care. The problem is, very rarely are post surgical clients the same. Two clients come in after surgery for a meniscus tear. One walks in without a limp and very little swelling or bruising, and another comes in on crutches trying to avoid putting full weight on the leg. from each other. Rather than prescribing a program based on an assessment of where the individual client is, the protocol dictates the activities and exercises are prescribed. You can see that these two clients' rehab sessions need to look very different from each other.

I dig deep with our clients that have attempted to get treatment elsewhere to try to find out what they did in the therapy they had. There is a common theme among the stories I've heard, not only in what they ARE doing, but also in what they ARE NOT doing. The big gap I've seen is that there is **very little manual hands on therapy being done with clients**. They tell me they do a warm up on a bike or treadmill, or for upper body issues an arm bike or shoulder pulleys.

They get set up on a machine and walked away from until a kitchen timer goes off like they are a turkey in an oven.

Fortunately, there is a better way.

There are many ways to get you to the outcome you are looking for, but in my opinion this is the optimal way to get you there.

After a thorough assessment not only of functional movement, but of the joint movement, hands-on assessment of joint, ligament, tendon, and muscle integrity as well as nerve function. The next stage of rehab is hands on treatment to restore optimal movement of the tissue and joints. The mistake would be just to jump into stretching. Hands on therapy can down regulate a hyperactive nervous system. Going straight for a stretch can irritate the nerves and cause even more pain.

On a side note... the adage of "no pain, no gain" is drastically incorrect. There are a few conditions that we may have to push into pain to get a result, but that should be communicated to you prior, so you have clarity on what to expect. However, at no point should that pain be increased after a PT session 3 days later.



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- Increased range of motion
- Faster functional recovery
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- Increased tensile strength in ligaments
- Faster healing of skin wounds
- Accelerated nerve regeneration

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After the hands on therapy is done, here is where the skill and experience of the clinician really comes into play. There may need to be mobility exercise or stability exercise prescribed based on the need of the client. For our clients, we do our best to leverage technology to enhance the experience with us.

Any exercise our clients are expected to do at home, we use a very unique application that we use to record our clients performing the exercise in our clinic, with our providers providing spoken instructions to allow perfect execution of the exercise outside our clinic walls. They are then dropped into a single email, and are in your inbox before you leave the clinic.

Lastly, we use even more innovative technology to accelerate healing that most every other office does not. The first device we use is a cold laser. It doesn't make the tissue cold like cryotherapy, but it stimulates or energizes the cells to heal at a quicker pace.

It helps with inflammation and pain as well. So much so that 80% of our clients will feel a change in their condition in under 10 minutes. This device was approved by the FDA in 2002 specifically for carpal tunnel syndrome, but we've seen non-healing wounds close, and years of intractable pain resolve. The newest, and most advanced device we currently employ is a guided pulsed electromagnetic field therapy device.

This device generates an electromagnetic field inside of the patient, and the practitioner guides the field through their touch. Areas that are less reactive to the field can be identified and "charged up" by the treatment to very quickly eliminate pain and speed up tissue healing. PEMF devices have been approved by the FDA in the 1970's initially for non-union bone fractures. They have been shown effective in treatment of numerous conditions.

So that is what a typical treatment session could potentially look like in our clinic. But, there is one final reason that you may not be getting a result from another PT office. The availability of appointments in in-network clinics is becoming increasingly impacted. Several of our clients come to our clinic because they may have only gotten 1 appointment every 2-3 weeks where they were receiving rehab. It becomes difficult to stack gains with such inconsistent appointment availability.

Some offices have countered the availability problem by bringing in more support staff. Aides, assistants, volunteers, and students are all over these offices so it solves the availability issue, but causes an issue of a very watered down quality of those appointments.

If you are experiencing a lack of progress from physical therapy, don't get discouraged... get a second opinion from a different PT office.

Instruments effectively break down fascial restrictions and scar tissue. The ergonomic design of these instruments provides the clinician with the ability to locate restrictions and allows the clinician to treat the affected area with the appropriate amount of pressure. The introduction of controlled microtrauma to affected soft tissue structure causes the stimulation of local inflammatory response. Microtrauma initiates reabsorption of inappropriate fibrosis or excessive scar tissue and facilitates a cascade of healing activities resulting in remodeling of affected soft tissue structures. Adhesions within the soft tissue which may have developed as a result of surgery, immobilization, repeated strain or other mechanisms, are broken down allowing full functional restoration to occur.[5][6][7]

"Instrument Assisted Soft Tissue Mobilization." *Physiopedia*, . 27 Jan 2021, 10:12 UTC. 10 Aug 2021, 17:05 <https://www.physio-pedia.com/index.php?title=Instrument_Assisted_Soft_Tissue_Mobilization&oldid=265698>.

This tool set can be found on our recommended products page on our website. www.formfunctionpt.com

Product We Love

Instrument assisted soft tissue mobilization (IASTM) Tools



Click image
for link

Health Tip & Trick: F.A.S.T. Method

By Trevor Field



The Field Approach to Sports Therapy or F.A.S.T. is an integrated method to treat injured athletes from adolescents to adults, to masters. It was developed by Trevor Field, a physical therapist, over a 10 year span using methods of traditional physical therapy, manual manipulation of joints and tissue akin to chiropractic and accupressure, as well as revolutionary treatments modalities like Cold Laser that immediately reduces pain and inflammation, and promotes tissue healing.

We understand athletes never want to be told, “just rest it for 2 weeks, and then we’ll see.” That’s why we believe in an active recovery model of healing, and very specific tests are performed to determine if you can safely play through the pain, or if you truly are putting yourself at risk for further injury by playing.

The F.A.S.T. approach works whether an injury is an hour old, or has lingered for years. It was designed to create an environment in the body that will allow the body to heal at its’ optimum potential. So if you, or someone you know is an athlete with pain or injury, just remember you want to return to sports F.A.S.T.

Trevor Field is a physical therapist in the Inland Empire of Southern California, specializing in treatment of adolescent athletes, and has developed programs for ACL injury prevention, sports performance enhancement, and fibromyalgia.

Staff Spotlight: Alyssa



Hi, y’all! My name is Alyssa, and I am currently earning my undergraduate degree as a Kinesiology Major, focusing on eventually achieving a DPT degree. I have always been very passionate about sports and being active, but my genuine interest in physical therapy began during my first year as a collegiate athlete. During that first year, I realized how effective physical therapy could be to heal the body and now want to be a part of that recovery process for other individuals who are seeking help.

Coming to work at Form and Function is such a rewarding experience as I enjoy being a part of the process of making a difference in people’s lives and assisting them in improving their overall wellbeing. It is also encouraging to learn from an amazing staff who shows compassion and care for our patients.

When I am not in school or at work, you can often find me out and about riding my bike any day of the week (often making pit stops for coffee). I also enjoy things such as hiking, camping, road trips, and going to the beach. If you ever want to share your favorite song or Spotify playlist with me, I’m a huge music lover and am always eager to hear about or share some tunes! P.S. This girl is going places and pretty soon she will be the DPT running the show! Keep an eye out for all the amazing things this super star hard worker is going to do.

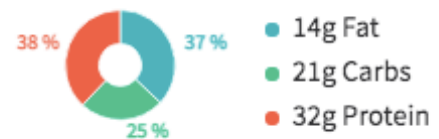
Recipe We Love *Rainbow Collard Wrap*



NUTRITION INFORMATION

— 337 CALORIES PER SERVING —

Serving Size: 1 wrap



	% DV*
Total Fat 14g	20%
Saturated Fat 2g	
Cholesterol 73mg	24%
Sodium 665mg	27%
Carbohydrates 21g	10%
Dietary Fiber 8g	
Sugars 5g	
Protein 32g	21%

PREP	COOK	TOTAL
07 m	0 m	07 m

Kelly LeVeque's recipe for a quick and easy rainbow collard wrap involves an amazing hack: using pre-chopped ingredients from the local salad bar. Collard greens pack a ton of vitamin A, which plays a role in bone, eye, skin and teeth health.

INGREDIENTS

SERVES 1

- 1 cup raw collard greens
- 3 oz rotisserie chicken breast
- 2 tbsp Hummus
- 1/4 cup Mixed Greens
- 1/4 cup Mixed Vegetables
- 1/4 medium peeled cucumber
- 2 tbsp Diced Tomatoes
- 1/4 fruit without skin and seed Avocados, raw, California

DIRECTIONS

- 1 Place collard leaf on prep table.
- 2 Spread your collard leaf with hummus.
- 3 Layer on chicken, greens, shredded vegetables, cucumber, tomatoes and avocado.
- 4 Roll your collard leaf up and tuck in the ends, like a green burrito.
- 5 Slice in half. Photograph. Upload to Instagram and watch the "likes" roll in.