The Arizona Quarterly Spine
Official Newsletter of SpineScottsdale Physical Therapy

SpineScottsdale
Physical Therapy

Center for
SpineHealth

What's new in 2013?

Q1 2013

A Note from Shane
We hope everyone had a wonderful holiday season! What's new in 2013 at SpineScottsdale Physical Therapy? We have hired a licensed physical therapy assistant, we have developed the Center for SpineHealth, we have a licensed massage therapist who specializes in medical massages, and we have a YouTube channel with video clips of exercises. I would like to share with you more information about these exciting developments in this edition of **The Arizona Quarterly Spine!**

SpineScottsdale Hires Physical Therapy Assistant

Amy is a certified Physical Therapy Assistant and a graduate of GateWay Community College in Phoenix, AZ. She is excited to advance her career in orthopedics and is looking forward to enhancing her skills as part of the SpineScottsdale team. Areas of interest for Amy include: Orthopedics, manual therapy, and post-surgical rehabilitation. Her favorite part of working in an outpatient clinic are the variety of patients seen and the relationships formed with each one as they walk through their journey of recovery.

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SPINESCOTTSDALE PHYSICAL THERAPY

CENTER FOR SPINEHEALTH

What is the Center for SpineHealth?

SpineScottsdale Physical Therapy has expanded! We now have 2,654 sq.ft of space to provide your spine patients the complete spectrum of spine care. We have divided our clinic into 2 interdependent areas: SpineScottsdale Physical Therapy and the Center for SpineHealth. Your patients will receive spine physical therapy from their spine injury or spine surgery at SpineScottsdale Physical Therapy then have the opportunity to seamlessly transition to the Center for SpineHealth. The Center for SpineHealth will consist of several spine related programs designed to allow your patient to get back to work, back to play, and back to life in a supervised environment. The following will highlight several of the programs we will be offering at the Center for SpineHealth.

The mission of the Center for SpineHealth is to bridge the gap between spine rehabilitation and spine health. The Center for SpineHealth will initially include the following spine related programs:

1. SpineFitness
2. SpineGolf
3. SpineOsteoporosis
4. SpineErgonomics

SpineFitness

- Our SpineFitness program allows the patient the opportunity to continue with the functional conditioning aspect of the rehabilitation process in a supervised exercise environment.
- The SpineFitness program will offer comprehensive strengthening, flexibility, and cardiovascular conditioning for patients with spine disorders.
- Established post-rehabilitation protocols are followed for low back and cervical/thoracic disorders.
- The client's physician will be consulted to establish guidelines and for approval of this conditioning program.

SpineGolf

- Many swings faults are caused by body faults; therefore, our SpineGolf program focuses on the body rather than the club.
- We will match each phase of the golf swing with the appropriate stretch to ensure the proper golf swing.
- To accomplish this, we will take advantage of the TrueStretch, a self-contained stretching area that allows the user a safe platform for comprehensive stretching to increase flexibility and reduce risk of golf injury.
- The stretch station enables the golfer to stretch all their muscles at the same time and it allows us to stretch in an upright position to enhance the golf swing.
- Golf is a standing sport; therefore, the flexibility of golf should also occur in standing.

SpineOsteoporosis

- The SpineOsteoporosis program for preventing osteoporosis is based on one of the largest studies on exercise and bone mineral density in postmenopausal women.
- The results of the study demonstrated that it is possible to implement an osteoporosis prevention program with postmenopausal women that would positively impact bone mineral density and muscle strength.
- The SpineOsteoporosis program includes: Strength training exercises, cardio-weightbearing exercises, stretching exercises, and balance exercises.

SpineErgonomics

As a **Certified Ergonomics Assessment Specialist** through the Back School of Atlanta, I will be able to provide your patients an industrial ergonomics analysis using OSHA ergonomics assessment tools.

Back School of Atlanta

- The SpineErgonomics program is designed to fit the job to the worker by performing an OSHA-complaint ergonomics analysis applicable to the office workspace.
- Emphasis will be placed on identifying the underlying causes of the cumulative trauma disorders/musculoskeletal disorders, methods to detect and evaluate problems in the work site, and approaches to reduce or prevent these disorders.
- The worker will complete an OSHA approved symptom survey to identify risk factors.
- These risk factors will be eliminated by providing the worker engineering solutions such as: Foot rests, document holders, task lighting, and lumbar supports.
- These risk factors will also be eliminated by providing the worker medical management solutions such as: Stretching and strengthening interventions to address the workers symptoms.

SpineScottsdale Now Offers Medical Massage

Alysia, a licensed massage therapist, is a graduate from Cortiva Massage Therapy School. Alysia practices medical massage providing her services on every muscle from its origin to insertion. She believes massage therapy is a legitimate intervention for spine pain and an effective adjunct to physical therapy.

A study on massage and back pain conducted at the Touch Research Institute at the University of Miami in 2001 found that: “Massage lessened lower back pain, depression and anxiety, and improved sleep. The massage therapy group also showed improved range of

motion and their serotonin and dopamine levels were higher." (International Journal of Neuroscience, 106, 131-145.)

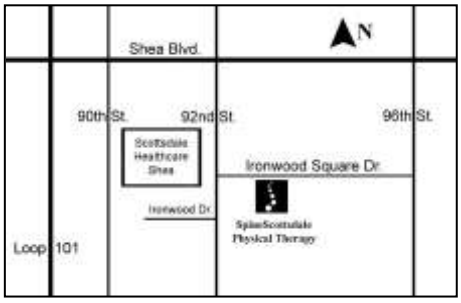
Benefits of Massage Therapy

According to the American Massage Therapy Association, research shows that massage therapy provides several important health benefits, including:

- **Massage improves blood circulation**, which aids in recovery of muscle soreness from physical activity.
- **Massage relaxes muscles for an improved range of motion**. The muscle relaxation also helps with insomnia.
- **Massage leads to increased endorphin levels.** The increase of endorphin levels is actually one of the greatest benefits of massage therapy. Endorphins are the chemicals the body produces that make you feel good, which is very effective in managing chronic pain.

SpineScottsdale Physical Therapy has a YouTube Channel

Recent research suggests patients are less compliant in the performance of their exercises when a brochure or handout and minimal instruction is given. At SpineScottsdale Physical Therapy, your patients will receive live instruction and modeling by a physical therapist to ensure long-term patient compliance. **Furthemore, they will have access to our YouTube channel that contains video clips of their rehabilitation exercises.**



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