

# Healthful Hints

Fall 2008  
Volume 1, Issue 3

The Quarterly Newsletter of

## Eastern Iowa Physical Therapy



*A Rural Clinic with Global Ideas*

### Open House at Heinsite Fitness Center Sunday, September 14 1 to 4 p.m.

The Eastern Iowa Physical Therapy staff will be available at Heinsite Fitness Center on September 14 for free consultations. The staff will provide grip strength assessment, answer any questions and demonstrate the equipment used for physical therapy.

### Fall Sports Have Begun

Eastern Iowa Physical Therapy provides athletic training coverage for Wilton and Durant Schools. Beth Dessner, PT can be seen on the sidelines of the Wilton football and volleyball games and Erik Niggemeyer, PT and Rachael Martin, PT, ATC will be helping the Durant teams. In addition, EIPT has recently hired Matthew Rokes, ATC. Matt is a physical therapy student at St. Ambrose, Davenport. Matt attended the University of Northern Iowa for his undergraduate degree, where he worked as a student athletic

trainer with the football and rugby teams. The Wilton Clinic is open on Saturday morning for Wilton Athletes from 7 - 8 a.m. and Durant Athletes from 8 - 9 a.m. The physical therapists will rotate coverage on Saturdays.



## What Is Physical Therapy?

October is Physical Therapy Month and we thought that we would take this opportunity to help you better understand the field of physical therapy and how a physical therapist can help you move and function. Physical therapy is a health care specialty involved with evaluating, diagnosing, and treating disorders of the musculoskeletal system. The ultimate goal of physical therapy is to restore maximal functional independence to each individual patient. Physical therapists are licensed health care professionals with a doctorate degree in physical therapy. That means they attend a minimum of seven years of college. It is very difficult to become a physical therapist because of the rigorous coursework. The average undergraduate GPA (grade point average) of a physical therapy student is over 3.5 (on a 4.0 scale).

Physical therapists help people with orthopedic conditions such as low back pain or osteoporosis; joint and soft tissue injuries such as fractures and dislocations; neurologic conditions such as stroke, head injury, or Parkinson's disease; and athletic and workplace injuries due to trauma or overuse. They work with people of all ages, from kids with developmental delay to the elderly to help prevent falls. Some physical

therapists seek advance certification in a clinical specialty such as orthopedic or sports physical therapy.

When you visit a physical therapist, they will spend one on one time with you to evaluate your problem. The therapist will then develop a plan of care that promotes the ability to move, reduces pain, restores function, and prevents disability. Exercise, stretching, massage, functional training, and heat/ice/electrical stimulation/ultrasound (modalities) are treatments that will be used by your physical therapist to achieve your goals. You will also receive a home program so that you continue with your therapy program at home between visits and when you are discharged from treatment.

Physical therapy is often recommended by your family doctor or a specialist (orthopedist/neurologist) however, you DO NOT need a doctor's order to go to physical therapy. Therapy is almost always reimbursed by your health insurance depending on your coverage.

If you know someone or if you think that you have a condition that could benefit from physical therapy, give one of our offices a call. During the month of October, all physical therapy screens are FREE!

### Does Physical Therapy Really Help?

Several studies report the benefits of physical therapy for various conditions. A few of them are listed below:

- **Fall Prevention** Physical therapy can help individuals train their central nervous systems to maintain better balance and prevent falls.
- **Lumbar Spinal Stenosis** Physical therapy can be beneficial for patients with spinal stenosis. A program including manual physical therapy, exercise and body-weight-supported treadmill training may yield additional improvements beyond those achieved with a program, including lumbar flexion exercises and level treadmill training.
- **Tension-type Headaches** Physical therapy treatment including education for posture, strengthening, massage, and stretching to the cervical spine muscles decreased frequency of headaches. These benefits were maintained after 12 months.
- **Low Back Pain** Physical therapy exercise alleviated pain, functional disability, and anxiety/depression in patients with chronic low back pain.
- **Ankle Sprains** A balance training program issued by a physical therapist significantly reduced the risk of ankle sprains in high school soccer and basketball players.

# Healthful Hints

## Meet the EIPT Staff Welcome Katy Jepsen



Katy Jepsen is the new Wilton Office Manager. Katy has over 25 years of customer service and office experience. She lives in Durant

with her husband, Jim. She is a member of the Durant Lioness and St. Paul's Episcopal Church. She has two daughters, three stepchildren, and 11 grandchildren. You can meet Katy Monday through Thursday at our Wilton clinic. When she is not working for EIPT, she enjoys spending time with her family.

## Birthdays

### September 11

Bobbi Garrett, PTA

### September 18

Erik Niggemeyer, PT

Chris Putnam

### October 19

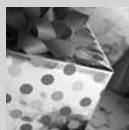
Dawn Crawford

### October 25

Sandi Kallenberger

## Coming Soon

EIPT online, visit [www.eipttherapy.com](http://www.eipttherapy.com) and stay informed.



## Way To Go!

Eastern Iowa Physical Therapy won the Best Decorated float prize at the Wilton Founder's Day Parade!



## Continuing Education

**October 2008** • **Bobbi Garrett, PTA** will be attending a Geriatric Course in Davenport. **Bobbi and Rachael Martin, PT** will also attend an Improving Outcomes/Gait Biomechanics & Orthotic Applications Course in Davenport.

**November 2008** • **Beth Dessner, PT** to attend the APTA's Annual Conference/Private Practice Section.

## October is National Physical Therapy Month

FREE physical therapy screens during the month of October!



Physical Therapy: it's all about  
**mOvement**

American Physical Therapy Association

## Our Locations

### Wilton

400 Ovesen Drive

563-732-4317

Hours: M – F 7am – 6pm

### Durant

Heinsite Fitness Center

107 W. 5th Street

563-785-6578

Hours: T & Th 7am – 5pm

### Blue Grass

413 S. Mississippi

563-381-8793

Hours: M, W & F 8am – 6pm

Wilton, IA 52778  
400 Ovesen Drive

