

# Healthful Hints

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The Quarterly Newsletter of

## Eastern Iowa Physical Therapy



*Live Fully. Move Freely.*

### New: Physical Therapy for Breast Cancer Survivors

An 8-week program, including strengthening exercises and massage, improved neck and shoulder pain and reduced widespread pressure in breast cancer survivors compared with usual treatment, according to an article published in The Clinical Journal of Pain (6/23/2011).

In the clinical trial, 44 breast cancer survivors were randomly assigned into two groups: the intervention group, which received a multidimensional physical therapy program, and the control group, which received usual treatment for breast cancer. The physical therapy program consisted of 24 hours of individual physical training (aerobic, mobility, stretching, strengthening exercises) and 12 hours of physical therapy recovery (stretching, massage) interventions (3 times/wk for 90 min. ).

After the 8 wk. programs, participants in the physical therapy program showed improvements for both neck pain and shoulder/axillary pain. Improvements were reported for pressure pain over the cervical spine and joints, second metacarpal, and the tibialis anterior muscle. Finally, patients within the physical therapy program showed a greater reduction of active muscle trigger points compared with the control group.

### New Additions



**Lucy Costello** was born on April 26, 2011 at Trinity Muscatine Hospital. Lucy weighed 6 lbs 13 oz and 19  $\frac{3}{4}$  inches long. She was welcomed home by big brother Gabriel and parents, Jeremiah and Sarah (PT).

**Maverick Burke** was born on July 13 at 8:09 pm at University of Iowa Hospitals and Clinics. Maverick weighed 6 lbs 4 oz and 19 inches long. He was welcomed home by parents Ty and Jenn (PT).



### Eastern Iowa Physical Therapy Implements Concussion Assessment Testing

School has started and for us at Eastern Iowa Physical Therapy, this means the beginning of Fall Sports! As many of you have either read in the newspaper or seen on television, concussions in young athletes is a hot topic. Durant and Wilton schools in collaboration with Eastern Iowa Physical Therapy, will be providing a new program for all our high school athletes who are at increased risk of concussion. In addition to providing continued medical coverage on the sidelines and in the gym, we have taken our prevention to the next level. We have implemented neuropsychological computerized baseline testing for concussion management. "What in the world is that" you might ask? Below is a summary of the program.

The system we are using is called ImPACT, which stands for Immediate Post Concussion Assessment and Cognitive Testing. This is a method of computerized testing where we can objectively measure six different areas of neurocognitive functioning, including verbal memory, visual memory, visual motor speed, reaction time, impulse control, and symptoms assessment. Neurocognitive functioning is a person's ability to think and reason. This includes the ability to concentrate, remember things, process information, learn, speak, and understand. All of these areas can become impaired following a concussion.

The ImPACT program was developed by sports medicine researchers, MDs, and neuropsychologists who specialize in concussions and concussion management at the University of Pittsburgh Medical Center. This is one of the most, if not the most, renowned sports medicine institutes in the United States. They work directly with many Olympic and professional athletes, colleges/universities, and high schools, providing leading research on many sports medicine topics. Other users of the ImPACT program include the NFL, MLB, MLS, NHL, WWE, USA Olympic teams, NASCAR, Cirque de Soleil, profession-

al Rugby, over 5,000 US high schools, and over 400 US colleges/universities to name a few. You may even see the commercials on TV by Dick's Sporting Goods, where they are promoting the ImPACT program.

In NO possible way is this test able to prevent a concussion. The testing however does allow us to better understand the level of healing of the athlete's brain and, using this information, we are able to compare the baseline test scores to the post-concussion test scores to help determine if the athlete is ready and safe to return to play. Once the physical symptoms following a concussion are minimal or have resolved, the post-concussion test will be administered. Then, we can compare the scores to the baseline and determine if the athlete is ready to begin the stages of exertion to return to play. If the athlete is able to successfully complete those tasks without any increase of physical signs/symptoms, they will be retested. If the ImPACT test score is acceptable, they may return to play.

The system is designed to prevent the athlete from returning to play before their brain is healed well enough to sustain or tolerate the cognitive and physical demands of their sport. There are numerous studies and research articles available, that suggest a significantly increased rate of second concussions when an athlete is allowed to return to play too quickly. This could lead to other serious conditions, such as depression, anxiety disorders, migraines, and chronic traumatic encephalopathy.

In closing, we are utilizing the ImPACT system to help keep our athletes safer for their lives, not just for the sports in which they participate. They are our future. They need a good head on their shoulders.

If you have questions or concerns about the ImPACT program, feel free to contact our Sports Director, Dr. Ryan Larson, DPT by email at [rlarson@eiptherapy.com](mailto:rlarson@eiptherapy.com).

## Join Us in October for PT Month

October is an exciting time for physical therapists and physical therapist assistants. This is a time we highlight the fact that we are your trusted experts in restoring and improving motion. For this reason, we can help you to Live Fully by helping you to keep healthy, fit, and active and avoiding surgery and long-term use of prescription medications.

Our focus for National Physical Therapy Month this year is sports injury prevention across the lifespan. Whether it's Little League or the Masters, participating in sports helps promote physically active lifestyles. Despite the documented health benefits of physical activity (weight management, cardiovascular endurance, improved muscular function, increased self-esteem, etc.), we know the potential for sports-related injuries exist. Participating in sports correctly is key to avoiding injuries that can sideline you for a significant amount of time.

We invite you to join us in our October activities. Exciting competitions with fabulous prizes will be planned. We will have activities for all ages and at **no cost to you**. Guaranteed to have fun!



**One idea**, Governor Branstad is encouraging Iowans to join the Start Somewhere Walk at noon on Friday, Oct. 7. If 250,000 people join in the 1 kilometer walk, it would become a Guinness World Record for number of people in a single-purpose walk on a single day. Let's do it! One kilometer is six-tenths of a mile – about seven city blocks or a 12-minute walk.

## Clinic Happenings

- Good luck to the interns who worked with us throughout the summer months: **Jaclyn Rabito** PT student from Washington University in St. Louis, **Ryan Chizek** and **Rene Teel**, PT students from University of Iowa and **Jamie Freed**, PT Assistant from Blackhawk College in Moline. In the fall, additional students will be joining us. This is a very positive relationship for our clinics and the students.
- **EIPT Teams 1, 2 and 3** are registered to run the Quad Cities Marathon Relay on September 25. Hopefully, Team EIPT 1 can defend their title and Team EIPT 2 and 3 can win their division!

## Help Us...

by sending your email address to [pdessner@msn.com](mailto:pdessner@msn.com) and we will start sending your newsletter via email.

## Eastern Iowa Physical Therapy



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PRSRT STD  
US POSTAGE  
PAID  
PERMIT #8  
DURANT, IA

<<Full Name>>  
or current resident  
<<Address1>>  
<<Address2>>  
<<City>>, <<State>> <<Zip Code>>

### Wilton

400 Ovesen Drive  
563-732-4317

### Durant

107 W. 5th Street  
563-785-6578

### Blue Grass

413 S. Mississippi  
563-381-8793

## EIPT Sponsors Miles for Muscles Iowa

**Beth Dessner**, owner of Eastern Iowa Physical Therapy, and her husband David Cook created "**Miles for Muscles Iowa**" to raise money for Myotonic Muscular Dystrophy research. David was diagnosed with Myotonic Dystrophy in December of 2009. The Miles for Muscles Iowa team ran the Dam to Dam in Des Moines, Iowa on June 4. Our thanks to *Gabriel Boorn, Aaron Fagner, Paul Hurd, Mackenzie Holladay, Amy Hurd, Tyler Hartley, Calli Kahl, Erik Niggemeyer, Lynette Buesing, Elisa Dessner, Ashley Schmiege, Jenn Tyler, Steve Cassabaum, Taelor Bohnsack, Thomas Dooley, Katie Dooley, Pat Dessner, Grace Cook and Amy Shelangoski*. A total of \$12,000 was raised through different projects by our team members!



## Ask a Physical Therapist

**Q.** After my knee surgery, my orthopedist recommended that I attend therapy at a clinic across the hall from their office, stating that it would be easier to communicate with the therapist on my progress. This clinic is 40 minutes from my home and I am not familiar with any of the therapists. Why would he make this recommendation and do I have a choice of where I receive my therapy services?

**A.** There are a few reasons that your doctor may make a recommendation like the one described above. The primary reason is most likely that your doctor has a great deal of confidence, respect and trust in the therapist he/she is making the referral. In a small percentage of cases, the doctor and therapist may be friends and they have made an unwritten "pact" to refer back and forth as much as possible. However, another reason could be the physician may actually own a part or all of the physical therapy clinic. This is called a POPT, Physician Owned Physical Therapy Clinic. Many physical therapists and also the American Physical Therapy Association believe that this type of relationship is a conflict of interest and may not be the best choice for the patient. Many states have anti-POPTS laws including Missouri, Colorado, Delaware, and South Carolina. In the state of Iowa this practice has not been challenged? Bottom line, it is your RIGHT to select the physical therapist of your choice. You can also see a physical therapist without a referral from your doctor. The next time this happens to you, kindly inform your physician that you have a place close to your home where you would prefer to receive therapy services. IT IS YOUR RIGHT!

On July 16th Eastern Iowa Physical Therapy staff participated in the Walcott Parade. Pictured left to right: Ryan Larson, DPT, Calli Kahl, student, Gabriel and Sarah Costello, DPT and Amy Shelangoski, PTA.

If you have a question for our column 'ASK A THERAPIST', send your name and question to [eipt@netwtc.net](mailto:eipt@netwtc.net).