

Healthful Hints

Winter 2009
Volume 2, Issue 1

The Quarterly Newsletter of

Eastern Iowa Physical Therapy



Live Fully. Move Freely.

Meet the EIPT Staff Welcome Kelly Jeffers-Gray

Kelly Jeffers-Gray, an Occupational Therapist, joins our team here at Eastern Iowa Physical Therapy.

Kelly is available at the Wilton clinic Monday through Friday 8 a.m. to 5 p.m. and by ap-



pointment at the other clinics. Kelly enjoys working with children, older adults and patients with shoulder, hand and wrist injuries. Kelly attended St. Ambrose University from 1996 through 2002 and graduated with a BS in Biology and a Master of Occupational Therapy Degree. She also played softball for four years at St. Ambrose University. During her senior year, the team qualified for the National Tournament and placed eighth in the nation.

Kelly grew up on a farm in New Boston, Illinois. She currently resides in Muscatine with her husband, Jody; 1-year-old daughter, Lilly and their dog, Woody. Her hobbies include playing softball, volleyball and spending time with her family and watching her little girl grow before her eyes!

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

www.eipttherapy.com

What is Occupational Therapy?



Occupational therapy focuses on enabling people to do the activities of daily life. The very word “occupation” - means an activity which “occupies” our time. A child in grade school has the occupation of learning. An adult may need to learn how to write after a traumatic injury. A senior may want to continue driving safely in order to stay active in their community. All of these things are occupations and participating in them is vital to maintaining overall health and wellness.

What do occupational therapists do?

Occupational therapists work with individuals who have been disabled by injury, illness, disease processes, developmental delay, or through the aging process. Disabilities can be physical or mental. Occupational therapists work with a variety of patients throughout the age spectrum. Here are some examples of the broad spectrum of occupational therapy care.

Occupational therapy can help older adults learn to

- Adapt to changes brought about by aging, such as decreased energy and vision
- Safely perform routine activities such as dressing and cooking
- Increase physical strength and endurance to maintain self-sufficiency
- Identify community resources such as senior centers and stroke clubs
- Cope with the losses of aging such as the death of a spouse or friend
- Adapt the home for safety and efficiency
- Recognize and counteract depression

Occupational therapy is important for children with

- Developmental delay
- Muscular dystrophy
- Developmental disabilities, including mental retardation, spina bifida, and cerebral palsy
- Sensory integrative dysfunction
- Juvenile rheumatoid arthritis and related disorders
- Learning disabilities, including dyslexia
- Delayed or impaired motor development
- Orthopedic disabilities, traumatic injuries, burn, and amputations
- Emotional disturbances, behavioral problems, autism, phobic behaviors, psychotic illness, and attention deficit disorders
- Terminal illnesses

Occupational therapy is important for adults with problems related to

- Work injuries, including amputation, hand trauma, and burns
- Cardiovascular disease, including myocardial infarction and peripheral vascular diseases
- Mental health problems, including stress reactions, drug and alcohol abuse, depression and schizophrenia
- Neurological dysfunction, including brain tumors, multiple sclerosis and neuropathy.

If you feel that you may benefit from Occupational Therapy, ask your doctor for a referral to one of our clinics or give us a call at 563-732-4317 and speak with Kelly.

Our Mission

Eastern Iowa Physical Therapy (EIPT) is a practice that is focused on helping people live their lives to the fullest.

We are guided by our Mission to provide Quality and Individualized physical therapy, occupational therapy, speech therapy and athletic training services to the clients that we serve.

Do You Have Heel Pain?



Have you been told that you have plantar fasciitis?

Plantar fasciitis is a common, painful foot condition. Patients, and sometimes doctors often confuse the terms plantar fasciitis and heel spurs. Plantar fasciitis refers to the syndrome of inflammation of the band of tissue that runs from the heel along the arch of the foot. A heel spur is a hook of bone that can form on the heel bone (calcaneus).

Who gets plantar fasciitis?

Plantar fasciitis is most often seen in middle-aged men and women, but can be found in all age groups. Plantar fasciitis is diagnosed with the classic symptoms of pain well localized over the heel area of the bottom of the foot. Often the pain from plantar fasciitis is most severe when you first stand on your feet in the morning. Pain often subsides quite quickly, but then returns after prolonged activity.

Treatment of plantar fasciitis includes rest, applying ice, exercise, stretching, anti-inflammatories, shoe inserts and/or night splints. Physical therapy can help with exercising and stretching and your physical therapist can also make recommendations for shoe inserts. In the event that your heel pain continues despite all of these treatments, don't despair. A recent study published in the Journal of the Canadian Chiropractic Association found that acetic acid iontophoresis (a non-invasive treatment to deliver medication to an injured area) combined with ultrasound, taping, soft tissue mobilization and stretches can be very effective in treating chronic heel pain. Ask your doctor about receiving physical therapy for your heel pain or give one of our offices a call!

www.eiptherapy.com



400 Ovesen Drive
Wilton, IA 52778

Healthful Hints

Continuing Education

Beth Dessner, PT attended the Private Practice Section meeting in Orlando, FL in November 2008.

New Hire

Ryan Larson, DPT joined EIPT January 5, 2009. He works in the Blue Grass clinic Monday, Wednesday and Friday and in the Wilton clinic on Tuesday and Thursday.

Patient Profile

YL has been exercising four days a week in the Wilton clinic using her **Exercise Punch Card** and has lost 22 lbs! She is now training for her first 5K, congratulations.

Holiday Donations A Huge Success

Each year, we give a small gift to the physicians and companies we do business with. This year, our staff decided to donate the money to the physicians' or companies' charity of choice. Below is a list of the charities that were chosen and the amount of money donated by EIPT.

\$175 - Make a Wish Foundation

Make-A-Wish Foundation is a non profit organization established to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy.

\$100 - Leukemia and Lymphoma Society

The Leukemia and Lymphoma Society (LLS) is the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services. LLS's mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, LLS has invested more than \$600 million in research specifically targeting blood cancers.

\$75 - Relay For Life

Relay For Life is the American Cancer Society's signature activity. It offers everyone in a community an opportunity to participate in the fight against cancer.

\$25 - United Way

\$25 - Family Resources, Inc \$25 - Camp Shalom

\$25 - American Lung Association

\$25 - Children's Tumor Foundation

provides research and patient support services to those with Neurofibromatosis.

Way To Go!

Congratulations to **Erik Niggemeyer** for completing the Las Vegas Marathon on December 7.

Birthdays

November 2 - **Rachael Martin, PT** • January 11 - **Kelly Jeffers-Gray, OT**

Look for our *Running Seminar... coming in March!*