



Around the Office:

- Jen from the Salem office is attending a Dry Needling course in January 2017!
- Sarah from Salem is attending a SI Dysfunction course in December!
- Upcoming Races
 - Thanksgiving 5K Nov. 24th!
 - 43rd Turkey Trot 5K Nov. 24th!
 - Santa Claus Shuffle Dec. 3rd!
 - Yule Light Up the Night Dec 11th!

Common PT Myths:

Did you believe these myths to be true?

1. No Pain, No Gain.

Did you think that pushing through pain will result in a faster recovery? It's not that simple.

Although you need to be dedicated to your rehab program to improve, you also need to know your body and how you respond to pain – if you're not performing at your usual level, realize that you should ease up. Also remember that each injury has a different recovery time. As long as you are seeing progress, stay positive



2. Physical therapy is only for people who have had an injury/accident.

Did you think that you needed a torn ACL or a hip replacement to see a PT?

PTs are "movement specialists" and obtain a doctoral degree specializing in exercise and mobility. If you or someone you know is having difficulty performing everyday tasks such as walking, climbing up/down stairs, or work duties, a PT can help create an

3. I need a referral from my doctor to see a PT.

You don't in most states, including NH!

You can simply schedule an appointment and begin sessions when you are ready. Some insurance companies may require a referral for coverage, so check with your insurance before booking an appointment.



CONCUSSIONS AND PHYSICAL THERAPY

WHAT IS A CONCUSSION?

A concussion can be defined as a form of brain injury caused by a direct or indirect force to the head or body. Even though concussions are most commonly associated with sports injuries, concussions can also be caused by motor vehicle accidents, falls, and assaults. The prevalence of concussions is most likely underestimated because some concussions go unreported.

A concussion is a violent jarring or shaking that results in a disturbance of brain function



Signs and Symptoms

- Headaches
- Nausea
- Blurred vision
- Dizziness
- Neck pain
- Memory loss
- Fatigue
- Difficulty reading or concentrating
- Difficulty sleeping
- Emotional and behavioral changes (depression, anxiety)
- Balance changes
- Light sensitivity

Risk Factors

- Age
- Gender
- Past Concussion History
- Pre-existing Neurological Conditions



CONCUSSION REHABILITATION

Concussions can be diagnosed by a clinician through the acute signs and symptoms so it is important to get checked early if you notice any symptoms after a tackle, bump, fall, or whiplash injury. Imaging, such as an MRI or a CT scan, may not be sensitive enough to detect the changes in the brain following a concussion, therefore, it is not a valid diagnostic tool. Imaging would be able to detect fractures, lesions, or hemorrhages.

Concussions should be treated with an initial physical and cognitive rest period, followed by a graded exercise protocol. The rest period lasts until symptoms have resolved or mostly resolved and includes a rest from physical activity, but TV, school, work, computer screens, and light exposure can also be limited. Strenuous exercise too soon can setback recovery time and can potentially cause a second concussion. **Physical therapist can offer manual therapy to reduce cervicogenic headaches, visual and balance exercises to decrease dizziness and improve balance, and an individualized stretching and exercise routine to ease patients back into daily and recreational living.**

PHYSICAL THERAPY INTERVENTIONS

- Joint mobilizations to cervical spine and soft tissue mobilization to neck musculature
- Stretches for neck musculature
- Gaze Stabilization Exercises, Smooth Pursuit, Saccadic eye movements, Habituation
- Canalith Repositioning Techniques
- Double and Single Leg Balance with different challenges (ex: Uneven surface, catching, eyes closed)
- Postural Strengthening Exercises
- Minnesota Manual Dexterity Test
- Aerobic Conditioning (bike, treadmill, elliptical, etc.) monitoring heart rate and symptoms

