

Clemens Physical Therapy Newsletter 2016

10th ANNIVERSARY ISSUE

Clemens Physical Therapy Celebrates 10th Anniversary!

It is hard to believe that 10 years have passed since we first opened our doors. We are thankful to all of the patients we have seen over the years and to all of the employees who helped make it all happen. We are also grateful we get to continue doing what we love every day in trying to make a difference in people's lives. We hope to continue to serve others for many more years to come.

For our anniversary issue, we will review some of the things that make Clemens Physical Therapy special. You will find that we are different from many other places. We are currently the only place in the state to specialize in Pelvic Floor Rehab for women and men. We also work with chronic pain issues as well as more acute problems. Our goal is to help patients get better with personal attention and "hands on" treatment from professionals dedicated to help you get better.

Some of the areas we treat such as low back and neck pain may be familiar areas for you while other areas such as pelvic pain, incontinence, and TMJ jaw pain may be things you didn't know physical therapy could help. This newsletter will be an overview of some of the special conditions we see and the unique treatments we provide.

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WEB ONLY!

Check out the **BLOG** at
www.painandsimplesteps.com

- ☺ Info on Pain and Women's Health Issues
- ☺ Tips and Tricks
- ☺ Info on special topics such as fibromyalgia, TMJ jaw pain, headaches, pelvic pain
- ☺ Your Questions Answered
- ☺ And More!



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PAIN CONDITIONS and ORTHOPEDIC ISSUES

Pain is a debilitating reaction to an injury. Many days are lost to it with missed work and inability to enjoy recreational activities or even daily household chores such as washing dishes or vacuuming. Chronic pain occurs when the normal pain response is hijacked by your nervous system into a vicious cycle of repeating pain. Once started, this cycle can be very difficult to stop as it perpetuates itself. Pain causes changes in the nervous system and muscles which then leads to more pain and so on.

'Do not assume you have to live with chronic pain. Marnie's specialized skills kept me from going to the pain clinic which was my next option. I liked (her) caring and professional attitude that she displayed at each visit. She is dedicated to helping patients get better so they can live a better quality life-style.' B.H.

Any area of the body can become caught up in this cycle of pain and dysfunction. Some of the most common areas are back and neck pain and may occur in up to 80% of people at some point in their lives. Other areas include the shoulder (frozen shoulder, rotator cuff injuries), elbow (tennis elbow), wrist (carpal tunnel), hip (bursitis, arthritis), knee (patellofemoral "kneecap" pain, arthritis), ankle, and foot (plantar fasciitis). Fibromyalgia is a unique type of chronic pain that occurs when there are multiple tender points in the muscles all over the body. This is an especially debilitating condition as sufferers also tend to have difficulty sleeping and severe fatigue.

'I was skeptical at first because I have had many types of treatment with little relief. The other methods were more aggressive and almost painful. Marnie's methods were different, very gentle, and very effective. She is very knowledgeable and very helpful. The staff is friendly and office hours are convenient for those who work.' Kim

Clemens Physical Therapy can help break in to this relentless pain cycle to stop or help the body deal with the pain. It also helps with regaining function and the ability to return to activities that may have been limited. Common treatments include manual "hands on" therapy including manual therapy, mobilization, specialized stretching and myofascial techniques. Exercise is also important to returning to normal, but it is very important in the chronic pain population to do this correctly. Many people try to do too much too fast and end up causing more pain. We can help you learn how to add the right type and amount of exercise so that you improve instead of hurt. Modalities such as bio-feedback, electrical stimulation, ultrasound, ice and heat can also gently help in the journey back to a more normal life with less pain.

- **Acute and Chronic Orthopedic Pain Issues**
- **Neck Pain**
- **Back Pain**
- **Sciatica**
- **Radiculopathy**
- **Stenosis**
- **Sacroiliac Pain**
- **Shoulder Pain**
- **Rotator Cuff**
- **Adhesive Capsulitis (Frozen Shoulder)**
- **Epicondylalgia (Tennis Elbow)**
- **Carpal Tunnel**
- **Trigger Finger**
- **Knee Pain**
- **Patellofemoral Pain**
- **Hip Pain**
- **Bursitis**
- **Tendonitis**
- **Groin Pain**
- **Ankle Pain**
- **Plantar Fasciitis (Foot Pain)**
- **Rib/ Thoracic Pain**
- **RSD/ CRPS**
- **Chronic Fatigue**
- **Fibromyalgia**

"I had tried physical therapy and chiropractic and experienced little or no relief. So, I was very skeptical when my family doctor referred me to Marnie. I was in so much pain that I decided to try (it). My first visit I was in unbearable pain. Marnie and her staff were very understanding and concerned about my pain. After a couple of visits, the pain started diminishing. After a few weeks of therapy, I felt better than I have in a long time. I highly recommend Clemens Physical therapy, even if you have tried other therapies." Leisa "

PELVIC FLOOR REHABILITATION

Pelvic floor rehab is an area that most people do not realize physical therapists can treat. As specialists in muscles, joints, and human movement, PTs are uniquely qualified to work in this area. It is important to find a PT who specializes in the pelvic floor as not many do. Clemens Physical Therapy is one of the only PT clinics in the state that works with this patient population in women and men.

The pelvic floor is a hammock of muscles in the pelvic area that is very important to normal function. It supports the pelvic organs, allows for urinary and bowel control, and contributes to normal sexual function. In most cases it works normally and we aren't even aware of it. However, when things go wrong it can lead to significant problems including debilitating pain and loss of urinary, bowel or sexual function.

"Dr. Clemens was very polite and professional, along with all of her staff. She provides excellent information regarding your condition and instructs you through all exercises to make sure they are done properly. I have gained excellent benefits from treating with her and have seen amazing results quickly." Kelly.

Some of the common pelvic pain problems include interstitial cystitis, vulvodynia, vestibulodynia, endometriosis, dyspareunia (painful intercourse), coccygodynia (tailbone pain), levator ani muscle spasm or myalgia, chronic nonbacterial prostatitis (male pelvic muscle pain), pudendal neuralgia, PGAD, and adhesions. Other pelvic floor issues include urinary and fecal incontinence (bladder and bowel leakage), constipation, and pelvic organ prolapse (cystocele, rectocele). These problems all involve problems with the pelvic floor muscles. In the case of pelvic pain, the pelvic floor muscles spasm and become tight with painful trigger points. In the case of incontinence the pelvic floor becomes weak and cannot hold back urine or feces leading to leakage.

People with problems in this area are commonly unaware that there are treatments available or that a physical therapist can help them. Often, problems are not even mentioned to their healthcare provider due to embarrassment or misunderstanding. It is important that everyone realizes that these types of problems are not uncommon, they are just not discussed often due to the "sensitive" nature of the problem.

In both pain or weakness types of pelvic floor issues, it is important to treat the problem correctly. The familiar "Kegel" exercise can either be helpful or harmful depending on the type of problem. It is very important to find a PT who specializes in pelvic floor issues to make sure you are doing the right thing and not causing more harm than good. Physical therapy can also address weakness or pain by using special techniques and exercises as appropriate for the problem. It is important to understand that leakage or painful intercourse is never normal and there are things that can be done at Clemens Physical Therapy to help.

- **Incontinence (Bladder or Bowel Leakage)**
- **Pelvic Pain (Women and Men)**
- **Interstitial Cystitis**
- **Levator Ani Syndrome**
- **Pelvic Floor Myalgia**
- **Vulvodynia**
- **Vestibulodynia**
- **Dyspareunia (Painful Intercourse)**
- **Vaginismus**
- **Constipation**
- **Pelvic Organ Prolapse**
- **Pudendal Neuralgia**
- **Chronic Prostatitis / Male Pelvic Pain**
- **Coccydynia**
- **PGAD (Persistent Genital Arousal Disorder)**
- **Endometriosis**
- **Adhesions**

"Until I began therapy with Marnie, I did not fully understand my condition(s) and what to do to improve it. She not only provided me with a caring environment for treatment, but provided me knowledge and information to be able to try to work on issues at home. Helping the patient to understand his/her condition(s) and how the body works is very important I think and helpful. Marnie actually cares about you and your treatment. Getting info out to the public about women's pelvic issues is also important, as most are led to believe for years that "its all in their head". (I liked) that the staff-all of them-were very willing to assist with insurance and billing and processing of paperwork...good information in regard to my condition that I could not gain anywhere else (with) treatment in a relaxing and caring environment." Dawn

WOMEN'S HEALTH ISSUES

Some health issues are more common in women. Pregnancy is a special time in which a women's body undergoes tremendous changes in preparation for childbirth. These changes can cause a variety of problems including low back, pubic symphysis separation, diastasis recti (abdominal muscle separation), pelvic girdle pain, neck, shoulder, or arm pain. Often these issues occur due to the changes in posture and the hormones that soften the joints in preparation for childbirth. Breast cancer rehab and osteoporosis are other women-centric issues in which it is important to focus on the correct exercises to prevent pain and limitation.

" Marnie is so knowledgeable...She never made me feel silly about my complaints or concerns, rather she listened to me with understanding and taught me a lot. I would love for other women to know that this kind of care is available..." Anita

A

physical therapist who specializes in the area of women's health can develop treatment and exercises that are necessary in issues that are unique to women. It is important to do the right things to improve pain and function without any problems or issues. It also helps to have a provider who routinely works with the female population to be able to address their unique needs.

- **Pre/ Post Pregnancy**
- **Symphysis Pubis Separation**
- **Diastasis Recti (Abdominal Muscle Separation)**
- **Breast Cancer Rehab**
- **Osteoporosis**

" Until I began therapy with Marnie, I did not fully understand my condition and what to do to improve it. She not only provided me with a caring environment for treatment, but provided me knowledge and information to be able to try to work on issues at home." Dawn

HEAD, JAW, and FACIAL PAIN

Headaches are a common problem experienced by 1 in 6 people. They account to a significant cost in lost work days and inability to perform daily tasks. While most people are aware of headaches in adults, many are not aware that even young children are getting more susceptible to headaches and migraines leading to lost school days.

TMJ Jaw pain is another common problem area. This type of pain limits a person's ability to chew and talk. It can be caused by a variety of issues including muscle tension, stress, nighttime grinding. Posture during the day and at work is also an important factor.

Other head and facial issues include nerve issues (bells' palsy, trigeminal neuralgia), vocal issues (dysphonia), and wry neck (torticollis). These conditions are related to issues with the nervous system and muscles.

"I liked being able to talk to Marnie and get clear and direct answers to my questions. It also helped to talk to someone who really understood that the pain and soreness I had was real..." Karen

Physical Therapists are specialists in working with muscles, nerves and function. Head and face pain respond well to treatments that address muscle tension, nerve function, stress and relaxation techniques, and exercises and biofeedback to help improve function. Posture is also important in maintaining good outcomes. Common treatments include manual "hands on" therapy including manual therapy, mobilization, specialized stretching and myofascial release. Modalities such as biofeedback, electrical stimulation, ultrasound, ice and heat can also help.

" Marnie listens, is compassionate and does her job at the very best of her abilities. What's not to like about someone that can help you?" Sharon.

- **Headache**
- **Migraine**
- **TMJ Jaw Pain (Temporomandibular Disorder)**
- **Bell's Palsy**
- **Trigeminal or Facial Neuralgia**
- **Torticollis**

BALANCE AND DIZZINESS

The term dizziness has been used to describe everything from feeling lightheaded or faint to unsteady or weak. Vertigo is a term often intermixed with dizziness but is the sensation of your surroundings or you spinning or moving. This sensation can be best described as what we experienced as children, spinning until you were dizzy. Right along with back pain and headaches, dizziness is one of the most common reasons for adults visiting their doctors. Though often disabling and incapacitating, dizziness rarely is a signal of a serious, life-threatening condition. Treatment of dizziness depends on the cause and your symptoms, but is usually effective.

Balance difficulties can happen because of an injury, fall, weakness, or just systems of the body changing with getting older. Falls can either be minor inconveniences or significantly affect a person's ability to function. Concussion from a fall, whiplash, or other blow to the head can cause short and long-term effects. What may seem to be a small injury may affect your ability to function, sleep, and work due to unseen trauma to the brain. In some circumstances, these effects can last weeks to months, depending on the inflammation and damage to the brain. Another very common cause of vertigo is BPPV. This issue involves dysfunction in the balance center in the head, the vestibular system. This type problem can often be treated very effectively by physical therapy.

"I was skeptical at first because I have had many types of treatment with little relief. Marnie's methods were different, very gentle, and very effective." Kim

At Clemens Physical Therapy we are able to treat dysfunctions of balance and dizziness based upon specific examination findings. Treatment is directed by symptoms and may consist of head and body repositioning maneuvers, gaze stabilization exercises, and strengthening exercises if weakness is the cause of your balance disorder. Treatment is provided in a small, comfortable, caring environment. Our goal is to help you get better as fast as possible and regain your function. Our approach works well along with medication and other treatments provided by your physician or health care provider.

- **Vertigo**
- **Dizziness**
- **BPPV / Benign Paroxysmal Positional Vertigo**
- **Vestibular Dysfunction**
- **Concussion**
- **Tinnitus/ Ringing In The Ears**
- **Balance and Falls**

WHY CLEMENS PT IS SPECIAL

Clemens PT is unique in the way we treat pain as we understand the nature of chronic pain and how different it is from acute pain (such as an ankle sprain). We are also one of the only clinics to focus on pelvic floor rehab, women's health, or chronic issues such as TMD jaw pain or fibromyalgia. Our clinic is set up with these differences in mind. Our staff is well trained, holds multiple advanced degrees and specialty certifications in the areas we treat. We utilize a lot of treatments that are not commonly found elsewhere due to the conditions we see. Some of these treatments are unique to chronic pain and pelvic floor rehab such as biofeedback, relaxation training, and pelvic floor muscle training.

"You are the best I could see. I could see progress in just a month of therapy. I have tried injections, water exercise...your methods were the best. After 14 years of different methods and severe pain, I feel my back pain will be much better." Mary Jo

We get a lot of positive feedback from patients on how our clinic is set up. With our new office we are able to offer more space but still have the warm and comfortable touches we are known for. We have quiet individual treatment rooms and a gym area that offers privacy and a less "busy" atmosphere. Our staff is friendly and easygoing which makes it easier to discuss personal and private health issues. Appointments are set up so that each patient has a lot of one-on-one time with their own PT instead of seeing a different provider each visit. We also offer convenient evening hours for those who work or have to travel.

We love what we do! It is a true joy to be able to help patients with difficult problems. While we wish that people did not have pain or the other problems we see, we are glad that we can be of service to the people who need us. We hope we have many more great years of serving our patients.

"As I continued to receive your treatments, the pain got less and less until it went away. I have recommended you to several others...I wish to express my appreciation for the treatment you have given me which I feel has been very professional and the best that can be given." Stan

If you want more information about what we do, you can check out our website at www.clemenspt.com or our blog at www.painandsimplesteps.com. We try to post useful information to our webpage, blog, and to our Facebook page. You can sign up on the webpage to receive information in your inbox. Also, you can always feel free to call with any questions you may have at 304-842-6008 or email us at marnie@clemenspt.com. We're here to help!

Clemens Physical Therapy PLLC
104 Orchard Ave
Bridgeport, WV 26330

Experience the "Hands On"
Difference

Clemens Physical Therapy Newsletter

WE HAVE MOVED!

Clemens Physical Therapy has moved to a new, larger office. We are located just 1 short block away from our previous office in an easy to find, convenient location. Our new address is 104 Orchard Avenue in Bridgeport, WV which is just above the Bridgeport Civic Center and pool and just before you get to the Railroad crossing on Main Street. Detailed directions are located on our website at www.clemenspt.com . blog: www.painandsimplesteps.com

Clemens Physical Therapy PLLC
104 Orchard Ave
Bridgeport, WV 26330

Like Us On:



Phone: 304-842-6008
Fax: 304-842-0060
Email: marnie@clemenspt.com

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