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Tyler Burcham, PT, DPT

THE RISK OF A BLOOD CLOT

Have you ever head of someone developing a blood clot after a recent surgery?

If it was a **lower extremity surgery** (one occurring from the hip down), that **blood clot was most likely a Deep Vein Thrombosis** or commonly referred to as a **DVT**. DVT's are blood clots that usually occur in the deep veins of your leg, usually forming from the bottom toward the top as they follow the flow of blood back up your leg to your heart. Although the majority of DVT's occur in your legs they can occur in other areas of your body.

A few of the major risk factors that put someone at risk for a DVT are:

- **Decreased movement of your lower extremity**, such as after a recent surgery when you are instructed to not put weight on the affected limb, hospitalization, pregnancy (including 6-8 weeks post partum) and obesity.
- **A damaged blood vessel wall**. This damage can be caused by trauma, infection and some specific inflammatory conditions.
- **Hypercoagulability** (coagulation of blood faster than usual), a few things causing this are; genetic predisposition, current medications (birth control, estrogen), smoking, cancer, polycytemia (increased number of red blood cells).

A DVT in itself is not a life threatening situation. The importance of quick and proper diagnosis of a DVT is to prevent the clot (thrombosis) from breaking off and becoming an embolus (moving clot) and begin traveling through the bloodstream. The embolus has a very real possibility of becoming lodged in the small vessels of the lung causing a Pulmonary Embolus (PE). PE's can cause damage to the tissue of the lung making it difficult to breathe and may cause death.

The most common warning signs of a DVT are:

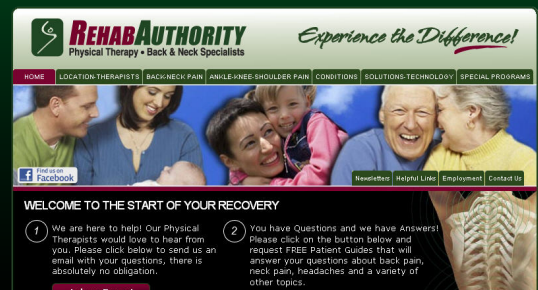
- Warmth
- Redness
- Swelling
- Pain

Not all of these need to be present in order to suspect a DVT. If you have a sudden onset of pain in your leg and have had a recent trauma to your leg or any of the other criteria and are experiencing some of the other above mentioned symptoms, do not hesitate in contacting your health care provider. **The risk of a blood clot is serious and in a situation like this it is always "Better To Be Safe, Then Sorry".**

The risk of a blood clot is serious and in a situation like this it is always "Better to be safe than sorry."

Have you visited our updated website?

Go to www.RehabAuthority.com to learn more about us and how we can SOLVE your back or neck problem.





JOB OPENINGS AT REHABAUTHORITY

FRONT OFFICE COORDINATOR (FOC) AT OUR SILVERSTONE MERIDIAN CLINIC.

We have an immediate opening for a FOC at our Silverstone Meridian clinic. The FOC position is one of the most enjoyable positions in our company. As the FOC you are the first point of contact with our patients. We are looking for someone who enjoys working with the public, has excellent data entry and organizational skills. The FOC coordinates the daily schedule, authorizes and confirms insurance benefits, and ensures that our patients have PERFECT visits in our clinics.

PATIENT CARE COORDINATOR (PCC) IN EASTERN IDAHO

We have an immediate opening for a PCC in Eastern Idaho. The PCC position is a very unique position in our company. The role of the PCC is to coordinate care between physician offices as well as other referral sources and RehabAuthority. The PCC in eastern Idaho meets weekly with our 2 clinics in Idaho Falls and our 2 clinics in Pocatello and helps develop and execute strategy for developing long term relationships with physician offices. A PCC must have excellent interpersonal skills and must also be very coachable. This position is not about being a salesman, it's about truly caring about our physician partners, taking the time to learn about their specific needs and wants and then being able to help meet those needs. This is not an office job; it is an "out and about" job. We want you out in the public eye preaching the message about RehabAuthority!!

For more information about either of these positions please email a resume to: jen@rehabauthority.com

We will be holding a Hiring Seminar after Thanksgiving. We look forward to meeting you!

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- 1) Our purpose is to make life better for people, one smile at a time.
- 2) Dr. Taylor Clark is the published author of the inspiring new book **BEATING ALL ODDS!** This book was written from the heart to give our patient family hope, self-confidence and enthusiasm for a bright future and fulfilling life.
- 3) **WRITTEN WARRANTY** on major work such as crowns, bridges and cosmetic veneers.
- 4) Affordable **INTEREST FREE** Payment Plans to work treatment into your budget
- 5) Early morning, Evening, lunch hour and Friday appointments so you don't have to miss work
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Taylor C. Clark, DDS



Bryan J. Dille, DDS



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Business of the Month

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Jeremy Mayo, PT, DPT

GOT PAIN?

Patient: "Why does my elbow hurt after I get done raking leaves or working in my garden?"

Elbows, like any other joints, are made to move whether it be flexing, extending, or rotating. However, overuse or repetitive motions can cause microscopic tears to the involved structures. The most common of these conditions is Lateral Epicondylitis, which is also known as tennis elbow. Tennis elbow is a condition that involves wrist extensor muscles over the lateral humeral epicondyle (outside portion of the elbow). The muscle that is involved most commonly is the extensor carpi radialis brevis (ECRB). If pain is present over the medial epicondyle (inside portion of the elbow) this condition is known as Medial Epicondylitis or Golfers Elbow, which is far less common but the individual will have a similar mechanism of injury and treatment plan.

Tennis elbow is fairly common and affects between 1 to 3 percent of the population, occurs most commonly between 35 to 50 years of age, is seldom seen in those less than 20 years of age, and typically affects the dominant arm. You do not need to play tennis in order to suffer from this condition. In fact, **95% of tennis elbow cases occur in non-tennis players.**

As stated earlier, the **primary cause is repetitive motion** which can be related to activities such as typing, lifting a coffee cup, twisting a screw driver, gripping a heavy briefcase or even bowling. With these repetitive motions come small tears in the tendon and muscle. These micro-tears begin to scar, which is the body's natural response to injury. The body utilizes a tissue called collagen to repair the damaged area. As the injury heals, the collagen forms bonds to make the scar strong in order to stabilize the damaged area which allows you to continue on with normal activities. With repetitive stress injuries, the scar tissue can be laid down too excessively or in an irregular pattern that does not allow you to perform normal activities without pain or limitations. All the small repetitive injuries add up over time until enough damage has occurred where pain and disability are present.

How do I know if I have tennis elbow?

If tennis elbow is present, pain or discomfort is brought on following or during activities that involve repetitive movements. Most individuals will have pain localized over the lateral

epicondyle (outside portion of your elbow) when firm pressure is applied to the area. Also, symptoms can be brought on by straightening the painful arm while bringing the wrist upward, then applying resistance to the hand with the opposite arm.

How will I benefit from physical therapy? Your physical therapist will develop a comprehensive treatment plan to achieve the best possible outcomes. **Typical treatments include: modification of activities to eliminate the painful stimulus, a stretching program, and strengthening exercises.** However, recent research supports the use of ASTYM in conjunction with these activities to provide optimal results. You may be asking yourself, "What is ASTYM and how does it work?" **ASTYM stands for Augmented Soft Tissue Mobilization.**

This treatment strategy works by directly addressing the dysfunctional scar tissue and other inappropriate fibrosis within soft tissue that can result due to repetitive use. Research has shown that in many cases of chronic (occurring longer than six months) tendinitis, the tissue is not inflamed but degenerative (weakened/damaged). With ASTYM, the dysfunctional tissue is improved by having a certified clinician use instruments to evaluate the tissue and find the dysfunctional region. The treatment from the instruments initiates the healing response. As the healing process progresses, a customized exercise program is prescribed to encourage optimal tissue healing and col-

lagen remodeling. Through treatment, patients are encouraged to continue with their day to day activities including work and sports. This facilitates the tissues to heal in a functional pattern, as well as, encourages the tissue to remodel in a way that will support the demands of the patient's activities, which decreases the risk of re-injury. Following each treatment session, the patient is encouraged to stretch. Stretching guides your body as it heals to ensure the tissue is laid down in the best manner possible. As the symptoms decrease, the patient is directed through a strengthening program to provide stability and support to the surrounding area, which will help to prevent recurrence of injury.

The Graston Technique® Instrument-Assisted Soft Tissue Mobilization (GISTM) is similar to the ASTYM system and is used to detect and treat scar tissue, adhesions and restrictions within the soft tissues of the body.

RehabAuthority Physical Therapy believes that treatment should be supported by the latest evidence-based research to achieve optimum results and provide the best experience for you, the patient. Several of our clinicians are trained in either ASTYM or Graston techniques. If you or someone you know is suffering from symptoms of lateral epicondylitis or medial epicondylitis contact your local RehabAuthority physical therapist.

For the physical therapist nearest you please visit our website: www.rehabauthority.com.

PATIENT SUCCESS STORIES

Nikkie's Story - Silverstone Clinic

"I was always met with a smile from Rita at the front desk. She was very efficient in handling my insurance and in scheduling my appointments. If something came up and I was unable to make it, she as always was very helpful to reschedule. Thank you and God bless you.

I would like to thank Heather for all her hard work! With my past health problems, I was not a very easy patient, but she was very gentle in her touch, always informing me of each step she took. She never hurried through our appointments. She kept my doctor informed of our progress. Heather would give me homework stretches I could continue when our time would end. She listened to me and I think she genuinely cared about her patients and their outcome."

"My experience was amazing"

My legs are stronger than they've ever been and I'll be able to play hockey forever.

Karli's Story - Kuna Clinic

"I enjoyed my time here at RehabAuthority. The staff made everyday a great one. Nicki made jokes that I didn't quite get so I just smiled and occasionally added a chuckle. But I loved it of course! Tami looks way too young to have "old" children-she's hot! Ashley has an attitude, but, so do I, so I enjoyed talking to her while Tyler tried to get me to do exercises. Candis was a distraction so I'm glad she's gone...Kidding! Last but not least, Tyler got me all fixed up! Which was most important-he was pretty legit. I'll be sure to stop in to visit you all! Especially Ashley...I'll miss her the most!"

Kameron's Story - Kuna Clinic

"Well, I don't really know what to say! This place has been such a great help for me! My knee was in a lot of pain and you guys really helped to make it better. Not only did help me get better but RehabAuthority is also a fun place to come to. Erica, thanks for helping me get better and making it a fun process. Rocky; no matter how much of a "wimp" you are at benching, and even though you lost to me at arm wrestling, you will always be a stud in my book!

And to top it all off, you guys have the best receptionist!! Thanks for everything! It's been great! See you again soon!!"

"The staff at RehabAuthority is very knowledgeable and supportive. They challenge you to improve with every visit. The exercises are explained and demonstrated so you can continue with your therapy at home.

The care and interest shown by everyone is beyond professional... it feels like family. I would, and have recommended RehabAuthority to friends and associates."

Justin's Story



JUSTIN NORRIS

"Can you place a value on life? What kind of value of life is it when you cannot even reach a can of green beans on the shelf? What price would you pay to be able to pick up your child, dog or even clean your house? These are questions that I never thought of before 11/15/09. It was that day that my value of life was brought to my attention. I started the road to recovery at the Homedale RehabAuthority and I am now able to reach higher than I thought was possible. The group of professionals at RehabAuthority show such care and compassion for those that have lost their value of life, that the road to recovery is complete and healthy. I never thought raising a stick above my head and standing in the corner of the room could be so hard and would make me pass out. I thought all hope was lost and that finally I was defeated. Then I met Heather, Maleta and Matt and all was not lost. RehabAuthority and the professionals that work there gave me back my life. Can I place a value on life? Yes. It's just too bad I waited until I got in an accident to figure it out."