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Heather Henderson, PT, DPT

RehabAuthority is proud to announce the opening of our **NEW SILVERSTONE CLINIC**, headed by our own **HEATHER HENDERSON**.

*Look for us located next door to Idaho Physical Medicine & Rehabilitation!*

**3551 East Overland Road  
Meridian, ID 83642**

Phone: (208) 888-3900  
Fax: (208) 888-6767

[hhenderson@rehabauthority.com](mailto:hhenderson@rehabauthority.com)

*Experience the Difference!*



HEATHER HENDERSON was born in Provo, Utah and moved to Pocatello, Idaho where she attended grade school. She then moved to Idaho Falls, Idaho where she graduated from Skyline High School in 2000. Here she played basketball and softball and unfortunately injured her knee and was unable to continue to play sports. Instead, Heather participated in the Sports Medicine Program at Skyline where she fell in love with helping people recover from injuries. As she participated in her own knee rehabilitation, Heather decided to pursue a career in physical therapy.

While obtaining her B.S. in Zoology from Idaho State University, she worked in a variety of physical therapy settings to gain experience and knowledge in this medical field she loved so much. Heather graduated in 2006. She then earned her Doctor of Physical Therapy degree from Idaho State University in 2009. Heather was a diligent member of the Student Physical Therapy Association and a dedicated Fundraiser Chairperson on the board. Heather has recently moved from the Nampa RehabAuthority clinic to head up the NEW Silverstone RehabAuthority clinic. She is eager to begin a long and fulfilling career helping people and continuing her own knowledge and experience.

### RehabAuthority offers Graston Technique®

**We are proud to now offer this method at our Boise (Eagle & McMillan) and Meridian (Silverstone) locations.**

Tyler Burcham and Heather Henderson of RehabAuthority were recently certified in the Graston Technique®.

The Graston Technique® is changing the way soft tissue injuries are treated. It utilizes six stainless steel instruments that form and contour to different parts of the body. These tools are used in various ways in each of the stages of healing to break up adhesions and assist with recovery and remodeling of soft tissue. This technique can facilitate and improve your function and quality of life.

Some common diagnoses treated with Graston are Carpal Tunnel Syndrome, neck and back pain, heel pain, post-surgical and traumatic scars, tendonitis/osis, Plantar Fasciitis, DeQuervain's Syndrome, medical epicondylitis/osis, etc. For more information about RehabAuthority and the Graston Technique® please check out [www.rehabauthority.com/graston-technique](http://www.rehabauthority.com/graston-technique). To schedule an appointment with Tyler Burcham, PT, DPT please call 938-5255. To schedule an appointment with Heather Henderson, PT, DPT please call 888-3900.



*Join Us*

We are Back and *Bigger than Ever!*

**FRIDAY, JULY 30, 2010, 2:00 PM**  
REGISTRATION STARTS AT 1:00 PM  
**BANBURY GOLF COURSE**

format: 4 person scramble

team fees: \$320\* per team includes:

- complimentary range balls
- green fees & cart
- full dinner after the tournament with **raffle & contest prizes**

**prizes** include: putter, drivers, wedges, trips, rounds of golf

**\$5,000 PUTTING CONTEST**

hole **sponsorships**:

\$200 each OR \$420 for team  
& hole sponsorship combo (\$100 savings)

For more information about hole sponsorships or any other questions, please call Galen Danielson at 412-5312 or email [galen@rehabauthority.com](mailto:galen@rehabauthority.com)

TO REGISTER, CONTACT:

**Jeff Cross**, RehabAuthority Physical Therapy, **288-1155**

Credit cards accepted. Please make all checks payable to Wellness Authority.

\*All profits from this tournament will go to the Hope House in Homedale



### QUESTIONS FROM OUR WEBSITE



Galen Danielson, PT, DPT

**Question:** "I've seen on your website that you offer "manual therapy" for back pain. What exactly is manual therapy and how can it help my back pain?"

**Answer:** I'm glad people actually read our website! Thank you so much for your question. Manual therapy as defined by the Guide to Physical Therapy Practice is "a continuum of skilled passive movements to the joints and or related soft tissues that are applied at varying speeds and amplitudes, including a small velocity and high amplitude therapeutic movement." In plain English it means Physical Therapists receive extensive training and are skilled in using their hands to evaluate joints as well as soft tissues like muscles and ligaments.

When it comes to back pain manual therapy can be a very effective tool to assess if joints are moving properly and to also help restore normal movements of joints. One form of manual therapy is manipulation. However, it is only one tool in a wide spectrum of tools. Far too many practitioners completely rely on this one tool and unfortunately a lot of patients don't do well with that type of treatment.

As with any kind of treatment, there is a time and place for its proper use.

Manipulation is probably the most abused form of manual therapy. Getting your back "popped" again and again does nothing to solve the long term problems that most people have. A true manual therapist uses a sophisticated reasoning system to not only assess the joints and soft tissues but then apply the proper amount of force to assist that joint and restore normal motion.

A recent study in the Journal of Sports and Orthopedic Physical Therapy demonstrated that lower

force manual therapy techniques (no manipulation or "popping" of joints) actually helped the discs in the back receive increased hydration which is critical component to the healing process in the back.

Manual therapy is one of the many tools the Physical Therapists at RehabAuthority have at their disposal. The best thing to do is simply come into the clinic and have one of our qualified therapists evaluate you to determine the long term solution for your back problems!

### REHABAUTHORITY BUSINESS OF THE MONTH

Concrete Landings specializes in fine custom flatwork and concrete design. Known for unusually attractive cuts, excellent stamp work, and coloration, the company also provides excavation work.

Owner, Rodger Kynaston Senior, a concrete design specialist, has owned and operated the business since 1997. Mr. Kynaston and his partner, Kyle Brown, take personal pride in the creative work of their firm and strive to make their client's dreams and ideas become reality. While Concrete Landings' prices are competitive, it is the quality of the work that their customers find most satisfying.

### CONCRETE LANDINGS, LLC

Rodger Kynaston: (208) 941-1874

Kyle Brown: (208) 941-1938

[www.concretelandings.com](http://www.concretelandings.com)

### Rodger's Success Story



"I have been very pleased with care and help I have gotten at Rehab Authority Boise west. Not only do they care about me they work very hard to make sure I get the results I need to get better. They are some of the finest people I have ever met. Thank you Nikki, Lisa, Tyler and Cala for all you do."

- Rodger Kynaston



### PATIENT SUCCESS STORIES

#### *Stephen Peres.*

My name is Stephen Peres and I play basketball at the College of Idaho. Six months ago my back pain was so bad that I could barely tie my shoes or get out of bed. Being referred to Rehab Authority was the best thing that ever could have happened to me. With the care and patience from therapists who are knowledgeable and genuinely caring I have returned to playing basketball for the YOTERS. I have been to many doctor's offices and other physical therapy offices, but Rehab Authority is a special place full of comfort and rehabilitation. Thank you for keeping me out of surgery and relieving all the pain.

*"The Rehab staff at Overland was awesome. They were very supportive and very helpful at setting goals for me to reach.*

*I came in for therapy on my lower back. I could feel my back getting progressively stronger each week. I am now competing in lower back competitions on the weekends and only one win away from my pro card! Thank you RehabAuthority!"*

-Bruce Cooper

#### *Jodi Nelson.*

After receiving physical therapy due to a car accident last summer I didn't expect to be back here at RehabAuthority. Due to my being such a lucky person and having all the wrong things happen at all the wrong times, I find myself back in Physical Therapy because I sneezed! Yes, I know, I'm talented! How you pinch a nerve sneezing I will never know. The good news is that I was able to get in to see Bekah the same day and start the road to recovery, again.

This time around the block I have learned some insights that I would like to share. First of all, retraction/ extensions are my friend. Secondly, keeping up with your Home Exercise Program is vitally important! Lastly, RehabAuthority rocks and can work miracles!

#### *Rhonda De Long.*

I have enjoyed everyone, the caring and professionalism is outstanding. I cannot say enough good things about RehabAuthority! Thank you for seeing me through some pretty rough and emotional times. I will miss everyone, thank you!

#### *Rebekah Lawes.*

After beginning treatment at another Therapists' office, and having a pain-wrenching experience there, I questioned whether or not physical therapy was for me. My injury pain was nothing compared to the pain caused by that therapist. It was suggested that I give RehabAuthority a try. Bekah and Krystal are amazing! Not only did they build my confidence in them (quickly) but they also built my confidence in my ability to overcome my injury. Now that my course of therapy is complete, I feel good as new. Better than that is that I have the knowledge they gave me to prevent new injuries, and to keep myself strong. I love that I am well, and got to make new friends in the process!

#### *Bill Minor.*

RehabAuthority is a class act. I feel so much better physically. I have greater flexibility and my pain is now manageable. Every question was answered and I feel they took a special interest in my condition. Thank you.

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Become a RehabAuthority fan!

*"I learned so much about how to strengthen my abdomen and back. I was taught strengthening exercise, strategies, and stretches to alleviate my pain. I will be able to carry the knowledge I gained into my everyday activities. Jeanette was very willing to accommodate my activities with the exercises she prescribed."*

-Nicki LaPray

Have you visited our updated website?

Go to [www.RehabAuthority.com](http://www.RehabAuthority.com) to learn more about us and how we can SOLVE your back or neck problem.

