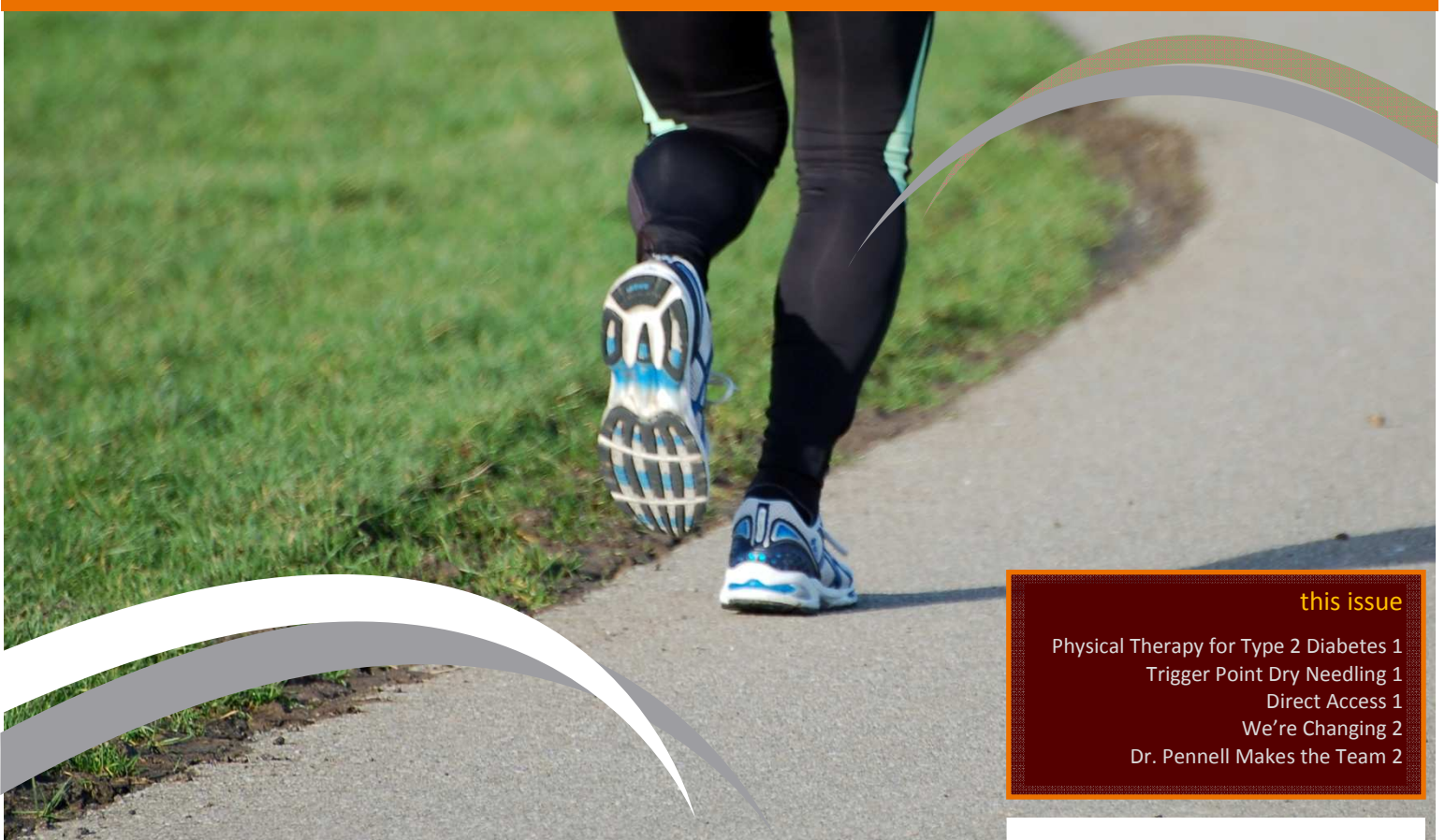


BACK TO MOTION PHYSICAL THERAPY

Current Concepts in Physical Therapy Quarterly Journal
ISSUE 01 NOVEMBER 2009



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Physical Therapy Treatment of Type 2 Diabetes

As the health care debate rages on in Washington, how to manage many of the chronic diseases in a cost effective way is largely an unanswered question. Recently there was a randomized controlled study performed to examine the effects of a supervised exercise program versus a counseling session on appropriate exercises for patients with Type 2 diabetes. Both the supervised group and the counseling group participated in resistance training and aerobic training. Physical therapists were responsible for both groups. The counseling group received an initial face to face counseling session, 10 minute weekly calls, and a one month follow up. The counseling group had access to a fitness center 7 days a week. The supervised group received the same exercises but all exercises were supervised by a physical therapist.

Both groups demonstrated increased muscular strength and increased aerobic capacity. There were no significant differences between groups in the amount of improvement. This study shows that the best outcome, from a physical as well as fiscal standpoint, for management of Type 2 diabetes is a an initial and a one month follow up counseling session with a physical therapist to cover appropriate exercises.

TRIGGER POINT DRY NEEDLING

Trigger point dry needling is a treatment technique which uses small filament type needles inserted into the muscle to release muscle spasm; the goal is permanent reduction of muscle pain and dysfunction. Our physical therapists are now using this technique to effectively treat acute and chronic orthopedic and musculoskeletal conditions.

DIRECT ACCESS

The State of Colorado has allowed patients to access physical therapy services without a referral from a physician for 18 years. This allows the Doctors and Physical Therapists at Back To Motion Physical Therapy to treat your patients in a quick and timely fashion.



PROFESSIONAL DEVELOPMENT

Professional development encompasses the entire scope of one's career beginning with professional education and continuing through one's professional life span.

The Doctors and Physical Therapists at Back To Motion are proud of their ongoing training and professional development so that they can provide your patients with the best in cutting edge physical therapy.

Dr. Patty Pennell Makes the Team

Back to Motion Physical Therapy is very happy to announce that Dr. Patty Pennell has recently been hired by the Woman's Tennis Association (WTA) to be one of the fifteen physical therapists that will be working directly with the WTA players during the 2009-2010 tour. Pennell is excited about the opportunity to be working professionally with the WTA and is currently under contract to attend and provide services for eight tournaments a year including the 2010 U.S. Open.

While at tournaments, Dr. Patty Pennell will be providing physical therapy treatment for a variety of musculoskeletal injuries as well as triaging medical care. Care ranges from management of chronic injuries, post op rehab, acute injury diagnosis and treatment and blister care. It is a fast paced job and the skill set she is gaining will be a valuable asset to both the referring doctors and patients of Back to Motion Physical Therapy.

Dr. Patty Pennell will continue to work in the clinic with extended hours when she is not on the tour with the WTA. Your patients will continue to get the quality care that Back to Motion Physical Therapy has always given them with the addition of a better understanding of acute and overuse injuries.

We're Changing...

Back to Motion Physical Therapy has some exciting changes in the future. Due to a change in our referral sources we will be closing the Englewood office at the end of December. This will coincide with an expansion of our Downtown location. With the increased square footage, Back to Motion Physical Therapy will be adding exercise classes for patients' with chronic neck and back problems; look for the addition of Pilates and Yoga classes as well. Once the expansion is complete, Back to Motion Physical Therapy will be central Denver's one stop shop for management and rehabilitation of musculoskeletal problems as well as fitness and wellness management.

To start 2010 off on the right note Back to Motion Physical Therapy will be launching a revamped logo and website. Our website is 10 years old and it is time to refresh it and align it with the expanded care that will be available in the New Year. We hope that you will like it. The staff of Back to Motion Physical Therapy is very excited about all of the changes and wants to thank all of the great doctors for their ongoing support over the past decade.

BACK TO MOTION

PHYSICAL THERAPY

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*"Voted 2008 Physical Therapist of the Year
by the American Physical Therapy Association"*