



*Healing injuries, restoring lives*



**GUENTHNER**  
PHYSICAL THERAPY

## Message from Cathy

Welcome to our second newsletter! As part of our mission to heal injuries and restore lives, we want to give you, our loyal client, ideas on ways to prevent injuries and sustain good health.

The holidays are quickly approaching, which means delicious food and family gatherings. Even though the holidays are about giving, don't forget to take care of yourself and remain active.

**Remember to use good strategies to prevent injuries that go along with the activities you engage in.**

Thank you for your support and dedication to Guenthner Physical Therapy. Without you, our practice would not be what it is today. Have a safe and fun holiday season!

*Cathy Guenthner PT, President*

## The CARE™ Approach

At Guenthner Physical Therapy, we deliver complete patient healing and restored function to pre-injury levels. For 22 years, we have applied the CARE™ approach to our work.

### **Complete Attention**

Our patients receive a personal treatment process. We work one on one with you to heal your injury.

### **Results**

With one on one care, you receive immediate satisfaction and healing.

### **Experience**

At the end of your treatment, you leave with a positive reaction, healed injury, and restored life.



## Meet Randy...

Randy Cain came to Guenther Physical Therapy in January 2010 with pain in his hip and lower back which occurred while training for the Iron Man Triathlon. These injuries came from strenuous physical activity and a lack in strength and flexibility. After being evaluated by a physical therapist, an individualized program was established. Randy was given specific exercises to help with his injury. ***“Guenther Physical Therapy gave me techniques for strengthening and stretching that helped tremendously. For me, the most effective technique that has helped me loosen my muscles was dry needling.”***

After his first visit, Randy began to notice all the positive qualities of the staff members. “Cathy and her staff are professionals and possess true knowledge of their craft. They give off an outstanding sense of confidence in everything they do, which lets me know I will be taken care of.”

With plenty of positive experiences to mention, Randy is truly grateful for all that Guenther has done for him. Without Guenther Physical Therapy, Randy would have never been able to heal his injury and restore his life. ***“Since my first visit, there have been numerous positive experiences, which is why I would recommend Guenther to everyone.”***

## What you need to know about dry needling...

When muscle pain become unbearable and interferes with your daily activities, dry needling can be a very effective treatment.

**Dry needling is a procedure in which a very thin filament needle is inserted into the skin and muscle at a myofascial trigger point.** Myofascial trigger points are often described as extra sensitive areas in the muscle that illicit a pain response. Often these spots feel hard to the touch to a trained practitioner (nodule-like) and can produce tenderness, local, or referred pain (pain to another part of the body), and, or, a small twitch of the muscle with compression. The theory behind trigger points is pain can radiate from these small areas, often to distant parts of the body. Treatment to the trigger points

can relieve these symptoms. Many different health care professionals use trigger point therapy to help control pain, among them; acupuncturists, massage therapists and physical therapists, to name a few.

A physical therapist examines a patient for the presence of a movement-related condition. This includes the assessment of strength, and flexibility of the muscles and joints to determine a diagnosis and prognosis. There are many anatomical structures that can refer pain. **Changes in the muscle and alignment of the body can alter movement, gait and body mechanics and contribute to pain.** The physical therapist has many techniques to address this loss of function. Dry needling is one technique.

**Dry needling can relieve muscle soreness and tightness that are caused by loss of strength, flexibility and poor posture.** The physical therapist will localize the inflamed trigger point by direct touch which reproduces tenderness or a referred pattern of pain. By inserting the needle into the trigger point, positive changes occur that reduce the discomfort.

**Common problems that dry needling can treat are pain in the neck, back, shoulder, arm, leg, buttocks, and head or face.** Even though this procedure involves the insertion of a needle into your muscle, **most patients do not feel the needle since it is a small filament.** Often the client reports not feeling it at all. Frequently the client and therapist feel an immediate reduction in muscle tension which allows the painful joint to return to normal alignment.

**You may wonder how dry needling compares to acupuncture.** Each approach uses its own techniques and diagnosis. Energy channels are used in acupuncture whereas dry needling follows biomedical movement. **A former patient, Randy Cain says, "Guenther Physical Therapy gave me techniques for strengthening and stretching that helped tremendously.**

**For me, the most effective technique that has helped me loosen my muscles is dry needling."**

What is Dry Needling? (References)

"Dry Needling therapy is a specific modality for soft tissue dysfunction. Needling and needling-induced lesions activate built in biologic self-regulatory mechanisms to normalize pathophysiology of soft tissues." Yun-tao Ma, PhD, LicAc *Biomedical Acupuncture for Sports and Trauma Rehabilitation: Dry Needling Techinques*, St Louis, 2011, Churchill Livingstone Elsevier

"Trigger point dry needling, also referred to as intermuscular stimulation (IMS), is an invasive procedure in which an acupuncture needle is inserted into the skin and muscle. As the name implies, TrP-DN is directed at myofascial trigger points, which are defined as 'hyperirritable spots in skeletal muscle that are associated with a hypersensitive palpable nodule in a taut band'." Jan Dommerholt, PT, MPS, FAAPM et al *Trigger Point Dry Needling*. Journal of Manual and Manipulative Therapy 14(4): E70, 2006

"Bethesda Physiocare, Physical Therapy Services, Trigger Point Dry Needling." *Bethesda Physiocare: A Jan Dommerholt Company*. Web. Sept.-Oct. 2010. <<http://www.bethesdaphysiocare.com/services/sv-trigger.html>>.

"Myofascial Dry Needling." *Methods of Healing*. Web. Sept.-Oct. 2010. <[http://methodsofhealing.com/Types\\_of\\_Healing/myofascial-dry-needling/](http://methodsofhealing.com/Types_of_Healing/myofascial-dry-needling/)>.

**INTERESTING FACT ABOUT NECK PAIN:**

- Physical Therapy/Manual Therapy (soft tissue and joint mobilization, muscle energy techniques) **68.3% Improvement**
- Physical Therapy alone (exercise) **50.8% Improvement**
- Doctor, Rx only (medication, rest) **36% Improvement**

**Guenther Physical Therapy combines manual therapy with other PT techniques.**

Reference: *Manual Therapy, Physical Therapy, or Continued Care by a General Practitioner for Patients with Neck Pain: A Randomized, Controlled Trial*. Jan Lucas Hoving, et al. Annals 2002 136:713-722.

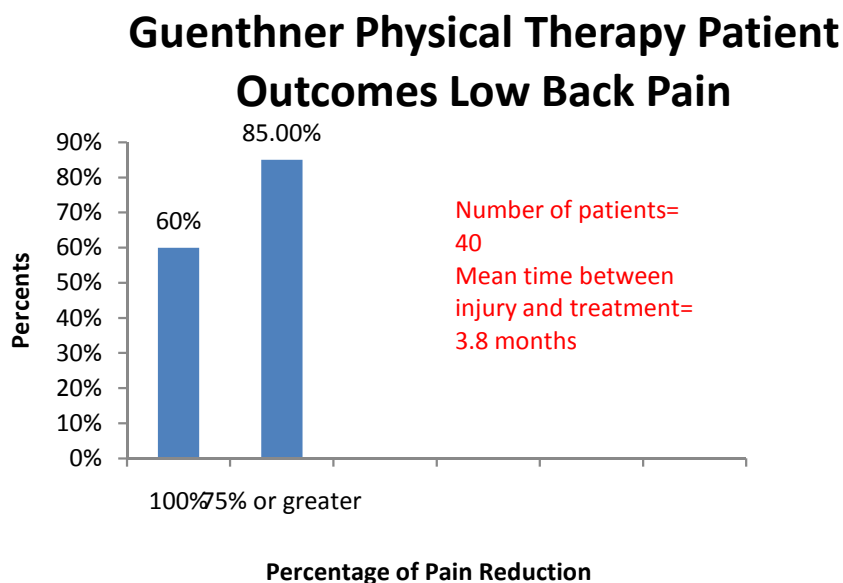
# Restoring Lives through knowledge: Back Injuries and Prevention

According to the American Academy of Pain Medicine, “26 million Americans experience low-back pain at any given time and back pain is the leading cause of disability in American under 45 years old.” Many factors contribute to the cause of back pain and even the simplest of movements can cause tremendous strain. Many sports injuries and accidents lead to back injuries, but even bending down to pick something off the floor, poor posture, obesity, stress, and arthritis can result in discomfort. **Mechanical low back pain (LBP) is the second most common symptom-related reason for seeing a physician in the United States. Of the US population, 85% will experience an episode of mechanical low back pain at some point during their lifetime** as reported by Everett C Hills, MD, MS, Medical Director, Penn State Hershey Rehabilitation Hospital ,

**Fortunately most back injuries are due to postural changes related to muscles, joints and body mechanics and do well with conservative treatment.** Physical dysfunctions such as spondylolisthesis and herniated discs can contribute to low back pain and can be managed with conservative physical therapy treatment. Most disc injuries are either a bulging or herniated disc, and in addition to physical therapy treatment, they may respond to the use of an epidural for pain management if the pain persists below the knee. Occasionally, this will require surgical intervention.

A 2002 study from the Netherlands indicated that 68.3% of patients with spine pain responded well to physical therapy, including joint and soft tissue mobilization with exercise, compared to 35.9% who have a positive response to medications and rest.

Physical Therapy is an important part of the conservative treatment approach. The focus will be on assessing the underlying problem and correcting it through the use of manual therapy, stretching, and strengthening. It may also include the use of equipment like electrical stimulation or dry needling to help reduce swelling and pain. **Posture and body mechanic education are an important component of your treatment to prevent future problems.**



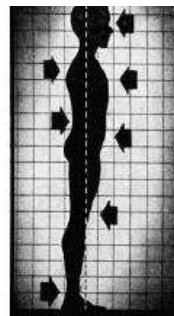
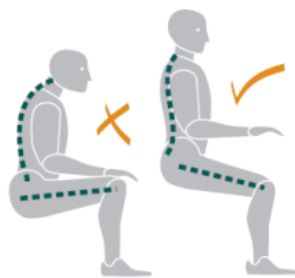
## Here are some important tips to help you prevent back injuries:

- Maintain a healthy diet and weight
- Remain active
- Avoid prolonged bed rest
- Warm up or stretch before exercising and activities such as gardening or shoveling
- Keep core muscles in the back, abdomen, and pelvis strong and healthy to help support the spine
- Maintain proper posture (See pictures below)
- If you do work at a desk and have a computer station, be sure that you position yourself so that you are level with your work desk and don't have to bend forward or back to reach your computer.
- Avoid talking with the phone wedged between your chin and shoulder.
- Wear comfortable, low-heeled shoes.
- Sleep on a firm mattress and on your side to reduce any curve in your spine
- Lift with your knees
- Quit smoking! Smoking reduces blood flow to the lower spine and causes spinal discs to degenerate.
- Walking, swimming, or biking 30 minutes a day can increase muscle strength and flexibility. Yoga is great for strengthening and stretching muscles as well.
- Work smarter, not harder!
- Bend your knees when picking something off the floor

### References:

"Take Care of Your Back." *Columbia St. Mary's Medical Moment*. 1 June 2007. Web. 07 Oct. 2010. <[http://www.medicalmoment.org/\\_content/helpyourself/jun07/1401725.asp](http://www.medicalmoment.org/_content/helpyourself/jun07/1401725.asp)>.

Saul, M.D., Thomas. "Your Spine at Work." *The Mayfield Standard* (Fall 2010): 3. Print.



Good Posture



Poor Posture

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