



BRINGING YOU THE LATEST IN PHYSICAL THERAPY CARE

I hope you are all having a great and healthy summer! To risk sounding like a broken record, I am so happy to be back home in Colorado after spending five weeks in Europe. I spent three weeks in Paris working at the French Open tennis tournament, followed by a week's vacation in Normandy and then worked in England at another tournament for a week. Sometimes it takes time away to really appreciate what we have here in this beautiful state. It is always so good to come home to my house, my neighborhood, my clinic and my patients!

I am lucky to live in Colorado, work at my clinic with some of the best PTs in the state and also work on the professional tennis tour as a PT and travel the world at the same time. Although it is hard to be away from home and away from the clinic for extended periods, the experiences that I have gained are invaluable; treating that high a level of athlete is a huge challenge, but I love being able to use the techniques I have learned on the tour to benefit my recreational athletes here at home.

In this newsletter, Keri Maywhort has written an article about the FMS treatment approach that we use with the professional tennis players and now we are incorporating into the clinic. It is an incredibly useful screen and an exercise approach and is very popular with the professional tennis players because it is very objective and a score is given at the end! Being professional athletes they are inherently competitive and they always want to find out who got a better score or find out ways to raise their own score! We use the scoring, both with the professional athletes and here in the clinic, to highlight the athletes or patients that are more likely to get injured and this is a very useful predictor.

Patients frequently comment on how current our therapists remain with the latest techniques, and how we are always striving to be the best and do the best for you our patients. I am so proud of the team of therapists that we have at the clinic, they truly are the best! We spend a lot of time learning the latest and greatest techniques or problem solving some of our more complicated patients. To this day, 28 years after I graduated as a PT, there are still patients who keep me up at night! These are the ones I discuss with my colleagues, try new and innovative techniques or



discuss with their other health care providers.

I was having dinner with a friend of mine tonight and she told me that she had referred at least nine people to our clinic! It is that kind of faith in our clinic that makes me so proud. Thank you for your continued support of our clinic and referring your friends and family.

Joanna Goldin
President, Sport and Spine
Physical Therapy, Inc.

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WHAT'S YOUR NUMBER?

By Keri Maywhort, MPT

One of the great things about being associated with Sport and Spine is that our therapists are continually updating skills through continuing education courses creating a life-long learning environment in which to work. While we always take something away from each course it is rare that one causes a complete paradigm shift for us. One such course did this for us; the Functional Movement Screen (FMS) and the Selective Functional Movement Assessment (SFMA) designed by Gray Cook MSPT, OCS, CSCS. We were able to immediately integrate this system into the way we treat our patients every day.

The Functional Movement Screen (FMS) is a basic screen for the healthy, injury free population

that scores the quality of seven different movements from zero to three. The total score out of twenty one possible is an indicator of how well the movements were performed and, more importantly whether this person is at risk of sustaining an injury if they participate in activity or sport. A score less than or equal to fourteen and/ or a difference from one side to the other tells us that this is a person who has a three times greater risk of injuring themselves in their chosen activity or sport. This increased risk of injury with a score of less than or equal to fourteen has held true in a number of different populations that have been studied, including

college athletes, professional athletes, firefighters and military personnel. By doing the appropriate corrective exercises a person can improve their score on the test, thereby reducing their risk for injury. We have been using the FMS and the corrective exercises in our clinic and have been getting great results.

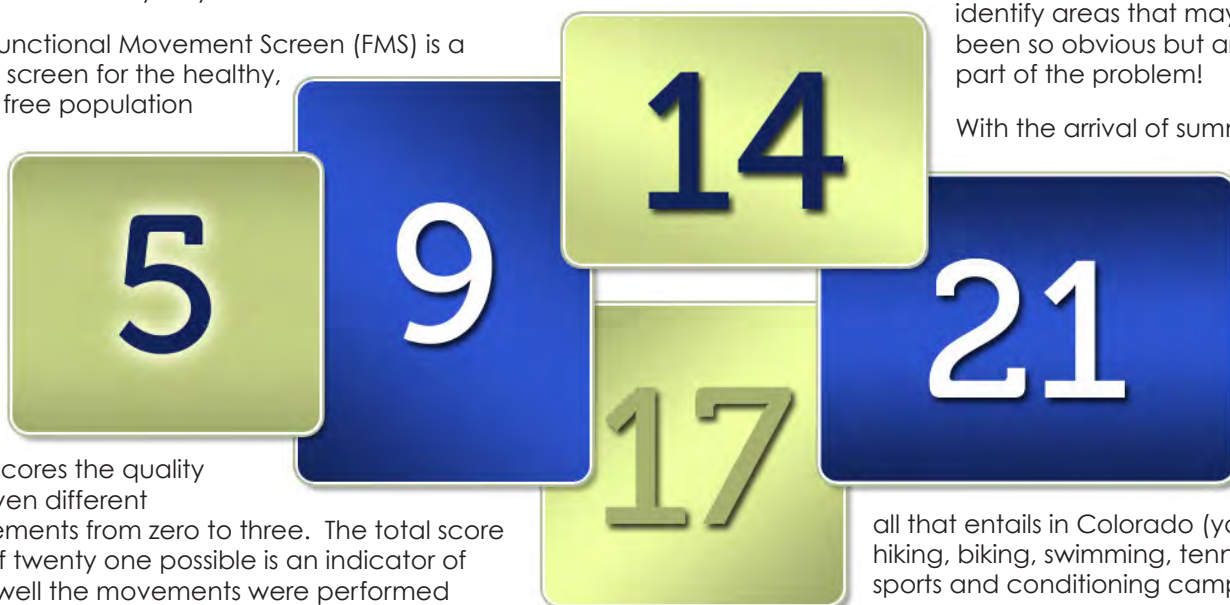
The Selective Functional Movement Assessment (SFMA) uses a series of nine functional tests (slightly different than the FMS) and is really used for the person who is experiencing pain. It is extremely thorough and because it looks at whole body movement it helps us

identify areas that may not have been so obvious but are definitely part of the problem!

With the arrival of summer and

all that entails in Colorado (yard work, hiking, biking, swimming, tennis, kids sports and conditioning camps, and the list goes on...), we encourage you

to schedule time with us for the FMS or SFMA to identify things that may be a potential problem or correct things that are already a problem. These tests are also very useful for screening our adolescent population and if you would like us to test your young athlete, just let us know! We wish for you a happy, healthy summer!



SPOTLIGHT - SPORT AND SPINE PHYSICAL THERAPISTS



Keri Maywhort, MPT – Physical Therapist

Keri received her Master's Degree in Physical Therapy in 1998 from Mount Saint Mary's College in Los Angeles. Since that time she has specialized in manual treatment of spine dysfunctions and musculoskeletal conditions. She has worked in continuing education in the United States and abroad helping to teach other physical therapists the manual techniques for treatment of the spine. Since 2006 she has been involved with instruction of trigger point dry needling. Keri also received her Functional Movement Screen (FMS) and Selective Functional Movement Assessment (SFMA) certifications. She and her family enjoy all that the Colorado mountains have to offer including skiing, hiking and mountain biking.

ATTENTION COACHES, ATHLETIC DIRECTORS AND PARENTS

The Functional Movement Screen has been an effective injury prevention tool used by professional and college level sports teams, firefighters and military personnel around the nation. Be one of the elite teams in the greater Denver area to offer FMS to your team! Sport and Spine Physical Therapists will bring FMS to your practice courts or fields, we'll assess each team member and then show the team corrective warm-up exercises to strengthen the athletes' abilities while avoiding injuries. Please call 720-493-1181 for details.



TESTIMONIALS

"I was totally blown away by the speed of my recovery once I started working with Denise. I recommend her to anyone with a physical disability."

Jeff P.

"For two years, I was having severe back pain. Keri started with some basic therapy and then she mentioned "dry needling". Keri said that we would start out with just a few to see if it would work. Well, that's where the miracle began. From that point on I am a new person. She got me playing golf again and many other activities that I was not able to do."

Jan M.

USANA UPDATES -

Quality is the key when it comes to supplements. Be aware the less expensive brands are usually made with a large percentage of fillers versus the natural supplement and are less effective. Experience the difference with USANA products. They are rated as some of the highest ranking supplements and endorsed by many professional athletic organizations. Pick up your USANA vitamins and supplements at Sport and Spine Physical Therapy.

CoQuinone® 30



It's all about energy—especially energy on a cellular level. Alpha-lipoic acid is a powerful antioxidant that plays a crucial role in creating energy in the cells. Coenzyme Q10 helps in converting food energy into cellular energy. There is also a concentration of coenzyme Q10 in the heart and organs with high-energy demands. USANA combined alpha-lipoic acid with coenzyme Q10 to create CoQuinone 30, a fantastic supplement of these energy-supporting nutrients. The benefits associated with these nutrients include sound muscle function, healthy nerve function, and good cardiovascular health. As you age, your body naturally produces less coenzyme Q10. Fortunately, the proprietary CoQuinone 30 formula is clinically proven to deliver more CoQ10 to the blood stream than competing products.



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Cynthia Cable, NCMT • Luise Willson, CMT • Mary Banerjee

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CLINIC NEWS

- Welcome back Michelle Wulf, MPT, CSCS! Michelle is back from maternity leave and is working at the Inverness Clinic.
- Thank you Susie Finley, MPT for covering for Michelle at the Inverness location and Susie is back at our Littleton Clinic and dedicating Wednesdays for Aqua Therapy.
- Empower your mind and body with our Pilates classes! Are you new to Pilates? We offer a fundamentals class where you will learn mat exercises as well as reformer basics.
- Sport and Spine Physical Therapists were recently invited to participate at WildBlue's Employee Wellness Fair. We had a great day assessing injuries and sharing the latest on fitness and physical therapy. If you are hosting a wellness event, give us a call.
- Do your body good and get a massage at Sport and Spine – our therapists are available Tuesdays, Thursdays, Fridays and Saturdays!
- How are we doing? We would love to hear from you! Simply e-mail your comments or testimonials to marketing@sportandspine.net or fill out a comment card available at our clinics.
- For your convenience we now have centralized scheduling, please call 720-493-1181 for your immediate scheduling needs at any of our 3 locations.

SPORT AND SPINE LOCATIONS

Dry Creek - 7340 South Alton Way, 11-D, Centennial, CO 80112 • 720.493.1181 • Fax 720.493.1191
CAC Inverness - 374 Inverness Parkway, Englewood, CO 80112 • 720.873.6866 • Fax 720.873.6875
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