



Sport and Spine @ Dry Creek
7340 South Alton Way, 11-D
Centennial, CO 80112

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Volume 10, Issue 1

Published by Sport and Spine Physical Therapy, Inc.

March 2011

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CLINIC NEWS

- For your convenience we now have centralized scheduling, please call 720-493-1181 if you need to schedule an appointment at any of our 3 locations.
- Join our e-newsletter list! It's easy, simply visit our website at www.sportandspine.net and sign up.
- Congratulations to Michelle and Brad Wulf on the birth of their baby girl, Audrey, in December!
- We are excited to offer Fundamentals of Pilates classes to students of all abilities and ages. Please call 720-493-1181 for details.
- How are we doing? Has Aqua Therapy, Dry Needling and/or Pilates helped you recover from an injury? We'd love to hear from you! Please share your story with us by sending an email to marketing@sportandspine.net.
- Do you have a topic that you would like for our Physical Therapists to address in future newsletters? If so, please submit your discussion topic(s) to marketing@sportandspine.net.
- Release tight muscles, increase blood flow, boost your energy, relax and get a massage at Sport and Spine. Our massage therapists are available Tuesdays, Thursdays, Fridays and Saturdays!

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
Littleton - 10146 W. San Juan Way, Suite 120, Littleton, CO 80127 • 303.933.9057 • Fax 303.933.9108

TENNIS ANYONE?

Hello again from us all at Sport and Spine Physical Therapy. We hope that you are all healthy and doing everything that you want to do, but just in case you are not, we are here for you!!

To minimize our "carbon footprint", we are now going electronic with our newsletter! We are going to be doing email blasts when something exciting happens and a digital newsletter at least three times a year. We hope you appreciate the new delivery and still like hearing from us! If you are not on our email list but would like to be, please sign up by visiting our website at www.sportandspine.net.

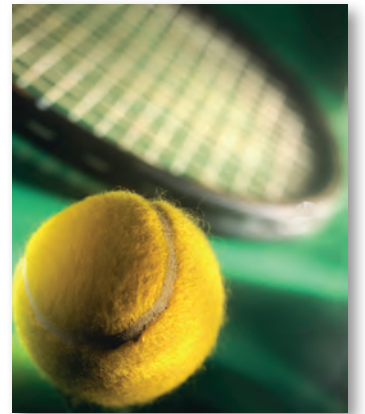
Spring is not in the air at the moment as we have just had two weeks of cold and snowy weather, but spring will come soon enough! With the advent of warmer weather, comes the beginning of outdoor activities in this great state of ours and that includes tennis. Tennis is a very popular sport in Colorado and we have one of the highest participation rates of any city in the US. In fact in 2010, tennis league participation in Denver grew by 8%!

As many of you know my great love is tennis, playing and watching and now I have the great honor of working on the WTA (Women's Tennis Association), the professional tour, as a Physical Therapist. I am also the Physical Therapist to the USA Women's tennis team. Here in the clinic, I also have a large case load of recreational tennis players that I treat. In the spring, everyone dusts off their rackets and gets going!

The great thing about tennis is that it is a sport that you can play for life, and many of my recreational tennis player patients have started playing tennis later in life too! People often ask me what are the most common tennis injuries, and it really depends what level you play at. On the professional tour, we see a lot of muscle strains, back injuries and lots of feet issues. No tennis player has good looking feet! Under their shoes and socks and hidden away from the TV cameras is a lot of tape and protection to avoid blisters and other foot injuries, and some very unattractive feet!

In the recreational athlete, one of the most common injuries we see is tennis elbow. On the professional tour, we see no tennis elbow injuries! This is mostly because

tennis elbow is frequently a result of poor stroke mechanics or the wrong grip or the wrong racket. With all my tennis elbow patients I recommend a lesson with a teaching professional, and I really enjoy doing racket and grip assessments with my patients. Tennis elbow can be notoriously difficult to resolve, but we have a great success in our clinic in treating this condition. Do not dally in seeking treatment since it is much easier to treat tennis elbow when it first starts!



If you have any kind of nagging injury either from playing tennis or that affects you when you play tennis, come and see us. We have a special interest in tennis, so come to the clinic that knows tennis!

Thank you again for your continued support of our clinic and the referral of your friends and family. Remember we are also here for advice. If you need a Doctor for a certain orthopedic problem, a PT in some other state, give us a call! Every day I get questions about all of these things, and we are more than happy to point you in the right direction. We even have a list at the front desk of all the people we recommend!

Enjoy the rest of the winter months, but start thinking about being ready for the spring season!

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

IN THIS ISSUE:

Foot Pain, Physical Therapy & Orthotics	2
Spotlight: Robbin Delva, PT.....	2
Patient Testimonials	3
Holiday Photos	3
Clinic News.....	4

FOOT PAIN, PHYSICAL THERAPY, AND ORTHOTICS

By Robbin Delva, PT

Foot pain is a very common complaint and can be caused by a variety of things. The more time one spends on their feet or the more vigorous their exercise routine is, the more likely they will experience some type of foot pain

Foot pain is most commonly caused by faulty foot and ankle mechanics. This can be a strength or stability issue. You may have had the same mechanics for a long time but develop symptoms when you increase your exercise program such as running longer distances or increasing speed. Also adding a new activity such as step aerobics or hiking can cause more stress to the feet.

Part of what determines your foot mechanics is your foot type. You may have a stiff foot that doesn't move easily at the fore-foot, mid-foot, or rear-foot. This will affect the shock absorption ability of your foot to cushion other joints in the leg and back. If your feet are too flexible and move too much during stance and gait you may be overstretching the soft tissues of the foot such as the plantar fascia.

Symptoms in the foot can also be caused by low back problems. Nerves from the lower spine can refer pain to the foot. Decreased hip stability can alter the mechanics of the lower extremity and lead to problems in the foot.

In any of the above cases Physical Therapy can help you. We start with a comprehensive evaluation to determine your strength, stability, and range of motion of your back, legs and feet. We will look at your standing alignment and gait pattern with walking or running. Once we determine the results of our evaluation we will devise a treatment plan that may involve joint mobilization, strengthening, stability

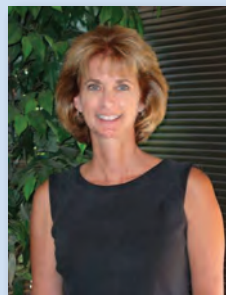


exercises, deep tissue massage, and modalities to decrease the pain.

We will also evaluate whether supports such as orthotics would help you. Some people may simply benefit from new shoes with better support. Some people can use standard orthotics for more arch support. Others will need custom fit orthotics to correct their specific issues. We are able to fit you for custom orthotics if the results of your evaluation indicate that is what you need.

Don't wait! If you are experiencing foot pain, Physical Therapy is a good place to start to resolve the problem. Please call us at 720-493-1181 to schedule your appointment.

SPOTLIGHT - SPORT AND SPINE PHYSICAL THERAPISTS



Robbin Delva, PT – Physical Therapist and Pilates Supervisor

Robbin graduated from the University of Colorado Physical Therapy program in 1979 and has been practicing physical therapy for over 25 years. She worked in the Neurological Rehabilitation Department at Craig Hospital. Then practiced home health physical therapy with senior citizens helping them maximize their potential for functional and recreational activities. After receiving her Polestar Rehabilitation Method of Pilates Certificate, Robbin joined Sport and Spine in March 2000. She started the Pilates program and presently supervises the program. Robbin has extensive training in manual therapy and combines it with Pilates to rehabilitate patients. She also specializes in patients with scoliosis and evaluating patients for orthotics. Robbin enjoys water-skiing, skiing, inline skating, yoga and reading.

GO GREEN!

Congratulations to Marie Eberly who won our "Go Green" Contest. She is the recipient of an Apple iPad. As part of our "Go Green" efforts at Sport and Spine, we are cutting back on print campaigns and increasing our email campaigns. Three times a year, we will send emails to share our newsletter and periodically share news about our clinic and the latest in Physical Therapy. We will never sell our lists so look for us in your in box...you never know when another iPad may be given away!

Not signed up to receive our electronic communications? Simply visit our website at www.sportandspine.net to sign up.



WE HOPE THAT YOU ENJOYED
A HAPPY HOLIDAY SEASON!



TESTIMONIALS

"I have always enjoyed coming into your office and I've received great care. Thanks for all of your hard work and very professional and especially skillful work!"

"The therapy I received eliminated all of my pain and gave me the tools to prevent the pain from returning."

"Pool therapy with Susie Finley has been of tremendous value and a big help. I am grateful for Susie's understanding of my physical needs and of her patience and persistence in working with me."

"I am extremely satisfied, got great results and felt that my therapists were very knowledgeable and just nice individuals to work with."

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.

Mega Antioxidant



Antioxidants are a popular subject when it comes to long-term health. That's because they fight oxidative stress—the cell-damaging process resulting from environmental pollutants and natural aging. With all the antioxidant products on the market, you want to make sure you are getting the nutrition you're paying for. Mega Antioxidant is a safe and advanced formula of powerful antioxidants in tablet form. It provides an unparalleled range of free-radical fighting antioxidants that can easily be added to your daily diet. You'll feel better knowing you are getting important antioxidants that are critical to healthy living—every day.* Also, USANA has the only products on the market with the benefits of patented OlivoI®. Taken daily combined with Chelated Mineral, Mega Antioxidant is part of the Essentials™ of great nutrition. New USANA customers start with the Essentials in order to build a strong foundation of health.