



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

PRSR STD
US POSTAGE
PAID
Loveland, CO
#255



Volume 9, Issue 3

Published by Sport and Spine Physical Therapy, Inc.

October 2010

Joanna McCreight-Goldin, PT • Michéle Cherry, PT • Robbin Delva, PT • Susie Finley, MPT • Shawna Jamison, MPT • Elena Karpeisky, PT, DPT
Michelle Landow, MSPT • Keri Maywhort, MPT • Denise Van Epps, MSPT • Michelle Wulf, MPT, CSCS • Mary Sunland, RN, CES, CLT
Cynthia Cable, NCMT • Luise Willson, CMT • Mary Banerjee • Valerie McCarthey-Smith

Administration Staff: Andy Fishing • Kristy Anderson • Julie Butler • Karla Ellis • Emily Foster
Jesse McNeil • Anh Thu Nguyen • Karen Savage • Sophia Sun • Marilyn Wright

CLINIC NEWS

- Welcome Elena Karpeisky, PT, DPT!
- Joanna has been busy with her WTA duties and over the summer, spent a week in Istanbul, a week in Copenhagen and 3 weeks at the US Open in Flushing, NY.
- October is Physical Therapy month! In observation of our profession, enjoy 10% off any retail item (excludes USANA products).
- Would you like a chance to win an Apple iPad? Starting October 1, 2010 through November 30, 2010 simply email us your name, home address, city, state, zip code and most importantly your email address to marketing@sportandspine.net and you will be entered in a random drawing for a chance to win an iPad. See Page 3 for details!
- Our Aqua Therapy program is going strong please call us if you or someone you know may benefit from our program.
- Our newsletter e-blast project is well under way please, notify us if you would like to opt out of our printed newsletter and receive our electronic version starting in 2011. Call us at 720-493-1181 or e-mail us at marketing@sportandspine.net.

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

RETURNING TO THE VILLAGE

Hope you are all having a great Fall. As I am writing this, the weather is still in the 90s, and it really feels more like summer, but I know that the change will come any day, and I always welcome the cooler nights and crisp mornings.

Allow me to begin by welcoming our new Physical Therapist at our Dry Creek clinic, Elena Karpeisky, who started in July and has been a great asset to the clinic. She is working full time at the Dry Creek clinic and is fluent in Russian. We are very excited to feature her in this edition of our newsletter.

Having just returned from three weeks in New York at the US Open, it is always such a pleasure to return to Colorado. New York is fine for a short period of time, but the hectic pace and nature of the city gets to me after a while. I like to return to my "village". Most people would not describe Denver as a village, but I think that the sense of community that I feel living here is evident not only in the place that I live, but also at the place that I work.

Sport and Spine has now been in business for nearly eleven years, and sometimes it is good to reflect on the number of lives that we have touched - not only the lives that we have touched, but the relationships that we have developed with our patients. It is truly a privilege to be a healthcare provider that can have a close relationship with her patients, and one of the greatest things about our clinic is the amount of one-on-one time that we spend with our patients. Last week I had a patient return to the clinic who I had not seen in a couple of years; it was nice to see her (although unfortunately it usually means that they are in pain!) and of course I inquired about her husband, daughter and mother, who have all been patients at our clinic as well! In so many cases, we have treated whole families at one time or another.

I know that one of the best things about my job is the great discussions I have with my patients, so few jobs interact with so many different people on a daily basis, and I always say, if I need to know anything about anything, just ask my patients. For instance, we are off to Williamsburg, Virginia on vacation next month and one of my patients (a William and Mary alumni) brought me in a ton of information about what to do there and what



Want to win an iPad? See details on Page 3.

was happening at that time! Sometimes I know that my husband is horrified about the number of things my patients know about him!! If you are a patient of mine you are probably chuckling as you read this!

Word of mouth is still one of our biggest referral sources and living in Willow Creek, a neighborhood that is very close to our clinic has been a huge blessing. First, it is a great neighborhood to live in, but also we have become the neighborhood Physical Therapy clinic. Sometimes our waiting room vies with Starbucks as the neighborhood hangout. We also recently volunteered our time at the neighborhood swim meets and tennis tournaments.

Thank you again to all our patients for their ongoing referrals and faith in our clinic, it is so greatly appreciated and I thank you for making my "village" a great place to return to.

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

IN THIS ISSUE:

Spotlight - Elena Karpeisky, PT, DPT	2
Is There a Doctor in the House?	2
Win an iPad!	3
USANA Updates	3
Patient Testimonial	3
Clinic News	4

IS THERE A DOCTOR IN THE HOUSE?

By Elena Karpeisky, PT, DPT

Hello there. My name is Elena Karpeisky, PT, DPT.

What are all those letters after her name, you ask. Does it have anything to do with the Department of Public Transportation? Can she take care of my parking tickets or take care of my back?

The answers are no, no and yes. The fancy letters after my name stand for Doctor of Physical Therapy. So no, I'm not with the Department of Public Transportation, and no, I can not get you out of paying your parking ticket! But yes, I am ready to take care of your back and all sorts of musculoskeletal pains that you might be suffering from! I graduated from the Physical Therapy School at the University of Colorado, Denver in May 2010. I am not a Medical Doctor, but the Physical Therapy School is part of Medical School.

Most of the Physical Therapy Schools in the United States have recently switched from conferring a Masters Degree to a Doctoral Degree for their graduates. Physical Therapists have become experts on movement and musculoskeletal pathology. The vision of the American Physical Therapy Association is that your Physical Therapist will become your provider of choice when you experience an injury or musculoskeletal pain. That way you do not have to suffer while waiting to see your primary care provider only to have them refer you back to us!

We are taught to diagnose and treat a plethora of musculoskeletal conditions. Also, we are trained to interpret x-rays and MRIs. Furthermore, we are trained to differentially diagnose, which means, for example, if your back pain is caused by a referral from something other than your muscles, bones and joints, we will send you to your primary care provider, an orthopedist, a neurologist, or whomever we find appropriate to give you the best

treatment. We also receive pharmacological training and learn about the side-effects of different medications that may affect your well-being. However, we can not prescribe them. We are trained to recognize "red flags", which are signs and symptoms of a serious pathology for which you may need immediate treatment. And lastly, we are taught to base all of our clinical decisions on evidence, which means that we only use methods that have been proven effective either by clinical experience or by published literature.

Physical Therapy can save money and stress to both the patient and the insurance company. Conservative (non surgical) treatment of a condition is much more cost effective than surgery.

The State of Colorado has "direct access" to Physical Therapy. This means that you do not necessarily need to see a doctor before you come to see your Physical Therapist. But, some insurance companies will require a prescription from a physician. If you are unfamiliar with your insurance plan requirements, please call our main office at 720-493-1181 and our billing department will be happy to check your benefits.

This is an exciting time of change for the Physical Therapy profession and I am excited to be a part of it and use my training to provide you with the best possible care. I am also extremely fortunate to be working at Sport and Spine with some of the best Physical Therapists in the area. Already, I am coming to see that Sport and Spine is the first stop for many patients that have musculoskeletal injuries. Many patients call us as soon as they are injured, they know that we will evaluate them, treat them, and/or refer them on as necessary.

SPOTLIGHT - SPORT AND SPINE PHYSICAL THERAPISTS



Elena Karpeisky, PT, DPT – Physical Therapist and Pilates Instructor

Elena graduated from the University of Colorado in 2010 with her Doctor of Physical Therapy degree. Prior to becoming a Physical Therapist, Elena was an established personal trainer and had clientele in Colorado and California. She is committed to life-long learning and is currently working on her Pilates and Manual Therapy certifications. She believes that merging physical therapy and fitness allows her patients to return to better health than their pre-injury state. Her philosophy is to empower her patients with education on their condition, treatment plans to get well and tools to prevent future injury. In her free time, Elena enjoys snowboarding, yoga, traveling and spending time with family and friends.

ENTER FOR A CHANCE TO WIN AN IPAD!

Want a chance to win an iPad? Help us go green! Starting in February 2011, our newsletters will be sent via e-blasts. Simply email your full name, mailing address, birthday and valid email address to marketing@sportandspine.net with a subject title "Go Green Contest" and you will automatically be entered into our contest. We will also have entry forms at our clinics. One email address per person please and you must be 18 or older to enter our drawing! The contest will run from October 1, 2010 to November 30, 2010 with the drawing held on December 1, 2010. Increase your chances by referring someone to our services. Upon completion of their first appointment you and the person you referred will receive an entry form. For full rules and details, please visit our website www.sportandspine.net. GOOD LUCK!



TESTIMONIALS

Joanna and Denise were amazing. Their knowledge and professionalism exceeded my expectations. The therapy I received eliminated all of my pain and gave me the tools to prevent the pain from returning. I am very appreciative of all their hard work.
M.Brandt

Shawna was a pleasure to work with during my treatment period. She communicated the details of my conditions and planned a treatment program thoroughly. She always answered my questions. I was very pleased with the treatment, facility, therapist and outcome.
R. Bielfeldt

USANA UPDATES -

USANA Updates - Experience how USANA's science-based products can make you look and feel your best. USANA products have been rated as some of the highest ranking supplements and endorsed by many professional athletic organizations.

Procosa II



You can mess with your family, your neighbors, and maybe even your boss, but one thing is for sure—you can't mess with your joints. Active adults and athletes all agree that joint problems can be an unforgiving and formidable foe that can cause you problems throughout your life. However, you're not helpless.

Clinical studies suggest that adding glucosamine to your diet helps maintain healthy cartilage and joints. Procosa II is not only an excellent source of glucosamine, it's formulated with vitamin C, manganese, and silicon to provide additional nutrition essential for optimal joint health.* Another advantage of Procosa II is that it contains turmeric extract, speeding the supplement's action to provide more immediate benefits. Procosa II is a great way to start taking care of your joints.

SPORT AND SPINE PHYSICAL THERAPY WAS A PROUD SPONSOR OF THE WILLOW CREEK INVITATIONAL TENNIS TOURNAMENT HELD SEPTEMBER 9-12, 2010!

