



# Rock Run Physical Therapy **Revue**



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### Goal Statement:

- **Value your time**

We make every effort to ensure that your appointments are scheduled to work best for YOU and that WE are on time.

- **Get to Know You**

We care about you as a person, not just a PT

- **Communicate Clearly**

We always keep you and your physician informed of the progress with your POC

- **Provide a Comfortable Atmosphere**

You can count on a clean and supportive environment each time you visit

### PATIENTS ENTER TO WIN!!

Find the misspelled word in this newsletter and call 801-985-2700 for your chance to win a

**\$10.00 gift card!**

**CALL 801-985-2700**

*Contest for past and present patients only.*

## Kinesio Taping: Friend or Foe?

If you watched the Olympics this past summer in Rio, you may have noticed the athletes wearing a brightly colored tape during their events. If you caught yourself wondering what it was and what it is used for... you weren't alone.



Kinesio tape is made of 100% elastic fibers that allows the tape to breathe. Physical therapists will use different tension strengths and techniques to allow the muscles and ligaments to have "help and support" when injuries occur, or to help allowing the body to recover in-between physical therapy sessions.

The great thing about the Kinesio tape is that it still allows for full range of motion and can be used for stabilization, alignment, and the treatment of pain. If there is bruising or swelling from an injury, there is a taping method that helps drain fluids into the lymphatic ducts to decrease swelling and help rid the body of bruising. Athletes like the ones we saw



in Rio, may use Kinesio tape to prevent any further injury during competition allowing their muscles and ligaments a chance to restore. **This past month Brenda attended a weekend class to learn the benefits and technique for Kinesio taping.**

Be sure to ask your Physical Therapist if Kinesio tape will benefit you!

# Q & A WITH DON CARTER

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## **Q: How long have you been at Rock Run?**

A: I have been at Rock Run for as long as it's been open, which is close to 10 years now. Time flies when you're having fun!

## **Q: How did you know Brandon?**

A: I first met Brandon when Fremont was playing Layton in a football game and he was helping Layton as one of the medical staff. He came over and introduced himself to me. I thought he was such a nice guy. We worked together at another physical therapy clinic before he opened Rock Run. He was nice enough to hire me, and it's been a pleasure to work with him over the years.



## **Q: Most patients don't know you are a Certified Athletic Trainer, what made you want to go into sports medicine?**

A: I have always loved and played sports my entire life and when I was deciding what career path to choose, I knew I wanted to stay involved with them in some way. I didn't play college sports, but at one point considered coaching. One day I was at the dentist's office while I was a sophomore in college and I read an article in the waiting room about athletic training. I knew that was what I needed to do.

## **Q: How long have you been the Athletic Trainer at Fremont High School and what are your duties?**

A: I have been the Athletic trainer for Fremont High School for as long as it has been open. I think it's in its 23rd year. An athletic trainer is a health care professional that takes care of an athletic injury that takes place. This can range from prevention, care, evaluation, treatment, and rehabilitation. If you are watching a professional game on t.v. and you see an athlete get hurt, the athletic trainer is the first person to run out to them.

## **Q: What do you like to do in your spare time?**

A: Because I spend a lot of my time at games and practices, I love to come home and relax. I also really enjoy gardening and being able to get fresh fruit or vegetables to cook with. Fishing is also a great hobby of mine, and walking the stream while fishing for trout is a huge stress reliever. I even make my own lures. My biggest thrill fishing was when I caught a 30 lb king salmon on the Puget Sound in Washington State.

## **Q: What's the best part about what you do?**

A: Since I am a huge sports fan, it is pretty fun to get to be surrounded by sporting events all of the time. I also love working with the athletes that are eager to get back into the game and get healthy again. They work hard, and follow instructions so they can play again as soon as possible. Doing the high level rehabilitation with the athletes really keeps me on my toes.

# PATIENT TESTIMONIAL

Joan was filling in to lead the music for the children in church and hurt her mid back - not a typical way to injure yourself, but it happens. She had a lot of pain and muscle spasms and stated that, "it felt like a rib was out of place. She decided to do what most of us do when we get hurt and wait and see if it would get better on its own. "I was having difficulty standing and working on anything - dishes, preparing food, etc. Vacuuming was very hard, and just walking around the grocery store wore me out." After a month of hurting and feeling it was not getting better, she decided to come and see us at Rock Run. Joan was diligent in attending physical therapy and doing her home exercise program. She states, "After a few weeks of therapy and exercises the pain began to lessen and my stamina was improved. Now at the end I can do all the exercises and manage any pain much better and I am able to do the activities I want to do!"

Good job Joan!



# PHOTO CONTEST WINNER

Congratulations to Vickie Grant, this issues winner of the Photo contest! Vickie took her copy of the Rock Run Revue to Nevada. She also won a 50.00 gift certificate!

The contest will go again for the next issue. Remember the rules:

- Take a picture with your Rock Run Revue somewhere, anywhere... on vacation, at a ball game, in your backyard, with your favorite animal, etc...
- Submit the picture with your name via email at [photo@rockrunpt.com](mailto:photo@rockrunpt.com) or text it to 801-698-4156
- Cross your fingers! It's that easy!



# WE WANT YOUR FEEDBACK!

Does Nutritional Counselling interest you? We are looking to add this service by adding a Certified Nutritional Therapist, but want to hear from you first! This would most likely be a cash based service as most insurance companies won't pay for this. Please e-mail [maddie@rockrunpt.com](mailto:maddie@rockrunpt.com) or call Maddie at 801-896-9200 and let us know if you would be interested.



5991 South 3500 West, Suite 300  
Roy, Utah 84067

rockruntherapy.com  
p. 801-985-2700  
f. 801-985-2707



# DO THERAPISTS TALK IN CODE?

## HERE'S A BREAKDOWN TO HELP YOU UNDERSTAND THEIR LANGUAGE.

OT = Occupational Therapy

PT= Physical Therapy or pt can = patient

TX= treatment

P.O.C = Plan of care

MD = Medical Doctor

RX= Prescription

DME = Durable Medical Equipment

ROM= Range of motion

DX= Diagnosis

HX= history

SX= Symptoms

NWB= Non weight bearing

OA= Osteoarthritis

Ther Ex= Therapeutic Exercises



# ATTENTION SCIATICA SUFFERERS



Do you or someone you know suffer from pain, numbness or tingling in your legs, feet, buttocks or lower back? Are you missing work due to back or sciatica pain? Are you missing out on activities because you're afraid to aggravate your sciatica?

Do you find yourself worrying more about your pain, numbness and tingling rather than living your life?

If you answered **yes** to any of these questions, then Rock Run Physical Therapy is here for you!

**Here at Rock Run we specialize in treating sciatica.**

Simply put, sciatica has 3 common causes:

1. Herniated discs
2. Stenosis or arthritis
3. Pelvic or SI joint problems

**When you match the right treatment with the right problem, the symptoms should go away... almost immediately** (with some exceptions, like; comorbidities, surgery, chronic injections and medications)



## **We're going to let you in on our best exercise for sciatica relief: The Standing Backbend**

(The most common cause of sciatica is a herniated disc. If this exercise does not help, call our office at 801-985-2700 to schedule an appointment.)

1. Standing with hands on hips, feet shoulder width apart
2. Bend backwards until a stretch is felt. Hold 5 seconds, repeat 20 times.

If you feel better, keep doing it (there is an entire series of more advanced exercises to do. We can show you if you need help.) We have attached a sciatica screening coupon, and one of our Physical Therapists will examine you and determine:

1. The cause of your sciatica
2. If you need an MRI or X-ray (Luckily, usually not.)
3. What a successful and natural treatment looks like for you.

We need to limit this to the first 10 people to call because of our therapist's schedules. If you need help, don't delay and give us a call today!

## **FREE Sciatica Screening Exam**

Call 801-985-2700 to schedule an appointment. Availability is limited, so act fast!

Coupon expires 10/28/2016

