

## SPECIAL THANKS!

We want to thank all of our referral sources for giving us the opportunity to work with your patients. We have been fortunate in the past 16+ years to assemble an amazing group of therapists, managers, front desk and billing personnel with the collective goal of being the best. We have not lost our zeal to improve as a company or as individuals and we will continue to strive for the best possible product.

*Jeff DeRaps*   *Travis Smith*

### Two convenient locations to serve you!



ROSEVILLE  
HEALTH & WELLNESS  
CENTER

**Roseville: 916-677-1210**

1650 Lead Hill Boulevard • Roseville, CA 95661  
[www.rosevillehwc.com](http://www.rosevillehwc.com)



FOLSOM  
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**Folsom: 916-932-1210**

2575 East Bidwell • Folsom, CA 95630



Sacramento  
Spine  
&  
Physical  
Therapy

[www.sacramentospine.com](http://www.sacramentospine.com)  
[sacspine@msn.com](mailto:sacspine@msn.com)

**ROSEVILLE:**  
**916-677-1210**  
FAX: 916-677-1214

**FOLSOM:**  
**916-932-1210**  
FAX: 916-932-1205

Sacramento  
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IN THIS ISSUE

**PAGE 1:**  
Spinal Fractures  
**PAGE 2:**  
Success Stories  
**PAGE 3:**  
Football  
Concussions  
**PAGE 4:**  
Roseville &  
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Wellness Centers

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# Sacramento Spine & Physical Therapy **NEWS** 2010



## Spinal Fractures: Are you at risk?

Age related bone loss occurs silently and without warning. Your bones may not feel weaker, but back pain and postural changes could be an indicator of bone loss.

Women lose bone mass at an accelerated rate in the first 5-7 years after menopause. The skeleton is comprised of two different types of bone; Cortical bone, found in the long bones of your legs and arms, is dense and designed for strength. Trabecular bone, found in your wrist, ankles and spine, is more flexible and therefore, susceptible to fracture. Most age related fractures occur in the trabecular bone of the spine.

Fractures can occur during everyday activities, such as bending over to pick something up or carrying a bag of groceries. What may initially feel like ordinary back pain could, in fact, be a spinal fracture. This type of fracture can cause pain ranging from sudden and severe to persistent and dull. Having one spinal fracture increases your chances of having another. Over time, multiple fractures can cause a forward curvature of the spine (dowager's hump) that can compress your chest cavity affecting breathing, eating and sleeping.

What can you do? Report back pain and postural changes to your physician. An exam, X-ray and bone mineral density test can determine if you have a spinal fracture.

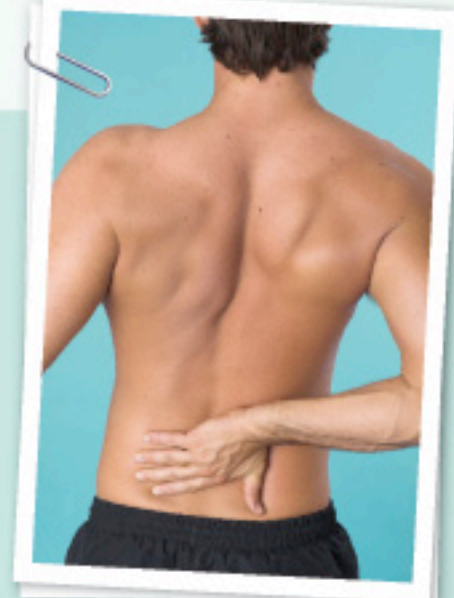
As your body heals from a spinal fracture (or fractures), you may be referred to Physical Therapy to help you return to a more normal life. Initially you may be required to wear a brace to support your spine while it heals, but then you also have to strengthen your body so that it's not dependent on the brace.

A physical therapist can work with you to strengthen your spinal muscles so that your spine is more supported and functions better. Spinal fractures change the way your spine functions. The spine is set up so that the stacked vertebrae carry your weight and control your movements; even a minor fracture can make the rest of your spine readjust how it carries your weight. This added stress can strain the muscles that support the spine.

The physical therapist will teach you various exercises and stretches that will focus on your back and core muscles. He or she will work with you to make sure you do them correctly, and instruct you on a home exercise plan. Physical therapy is a vital part of your recovery from a spinal fracture. Additionally, Physical Therapy can play a significant role in preventing spinal fractures through education and exercise.

### REFERRAL INFORMATION:

Have a patient who would benefit from the area's largest and most comprehensive physical therapy facility? Looking for an indoor warm-water pool or a facility that teaches patients healthy lifestyles and exercise programs? If you have never referred to Sac Spine, give us a try. We are preferred providers for all major PPO insurance companies and accept Workers Compensation, Medicare, Auto, Hills Physicians HMO, Sutter Medical Foundation and liens. To request Rx pads, please contact 916-677-1210 or email: [sacspine@msn.com](mailto:sacspine@msn.com).



# Success Stories



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Darlene is a 76 y/o female who was referred to us following her second knee replacement. Prior to surgery Darlene became a member at the on-site Wellness Center exercising 3x per week in preparation for surgery. Her dedication to fitness proved to be time well spent. She required only six PT sessions and was discharged with full knee ROM/ strength and no functional deficits.

"My doctor calls me superwoman due to my speedy recovery, I have been part of the wellness center and Sac Spine thru all my surgeries with excellent outcomes. Everyone has been so nice and extremely professional, I feel fortunate to work with them"

Darlene is right back on track with her wellness routine three times per week and a great example of the benefits of a healthy lifestyle and proper pre and post surgical rehab.

*- Darlene*

As if being a kid these days isn't hard enough?!?! The last thing a young girl wants to deal with is the prospect of major ankle surgery and the general disruption of her transition into high school. This month's success story is a wonderful young lady named Sarah that was referred to Sacramento Spine with a torn Achilles tendon after an unfortunate accident on a trampoline. Concerned about a tremendous amount of pain and the potential surgery, Sarah was unsure if she would be able to return to cheerleading and the high level of activity she enjoyed prior to the injury.

Unsure of what to expect, Sarah came away pleasantly surprised by her rehab stating, "I loved all the games that Dave came up with in the pool and on land that did not seem like work. Going to physical therapy was fun!". In a long rehab, there are plenty of difficult times, but our primary concern is making sure patients are able to enjoy the experience while meeting the goals. And meet them she did, Sarah was able to join the high school cheer team and even run a 5k without any pain or limitations upon discharge!

Finishing with another quote from Sarah, "Working with Marsha and Dave was GREAT!! They were awesome with their patience and knowledge as I worked on rehabilitating my leg. I believe the success of my recovery was because they knew how to handle my type of injury. Thank You Sacramento Spine and Physical Therapy."

*- Sarah*



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**Get started today & be the next Success Story!**

## Football Concussions Most Common in High School

The popularity of the NFL along with all access media has raised awareness of the dangers of repetitive concussions in contact sports. In a highly publicized case in the NFL, Ted Johnson of my hometown New England Patriots suffered a series of concussions in 2002 from which he never fully recovered.

Johnson who suffered the initial concussion in practice alleges that he was returned to full contact status too early, a decision that led to more concussions, according to the Boston Globe. While he is officially listed as having had three or four concussions, he claims the number is closer to 30. He has been medically diagnosed with post-concussive syndrome and suffers from memory problems, chronic depression and amphetamine abuse.

Notwithstanding prominent cases such as Johnsons in professional football, concussions actually occur more often at the high school level. Using basic math reveals the reason. While roughly 2000 players suit up in an NFL season, more than 1 million teenagers play high school football each fall. Maturing brains also seem to be more susceptible to harm from multiple concussions. This is especially worrisome because youth sports - and not just football - have become more competitive and rigorous at younger ages.

Adding to the concern is the fact that athletes themselves do not appreciate the dangers associated with concussions. Athletes will shrug off a big hit as "getting your bell rung". The American Academy of Sports Medicine estimates that 85% of concussions go undiagnosed.

The American Association of Neurological Surgeons describes a concussion as "an injury to the brain that results in temporary loss of normal function and usually caused by a blow to the head". Telltale signs of a concussion include nausea, dizziness, blurred vision, slurred speech and headache.

In the event of a concussion it is critical to determine the severity of the injury. Diagnosis is based on physical and neurological examinations, the presence or duration of unconsciousness and amnesia. The Colorado Concussion Grading System is commonly used to determine return to play guidelines.

It is also recommended that all players complete a battery of neuropsychological test at the beginning of each season. These test then can be conducted again after a head injury to assess the mental status of the injured athlete.

In non-professional sports, current literature supports that a player who sustains any concussion be held from playing the remainder of the day, to be examined by a professional. Minor head impact after a concussion, even ones that normally would not cause a concussion, can result in fatal brain swelling/bleeding.

We need to continue to raise awareness in non-professional sports on the dangers of concussions. It is critical to take steps to reduce the risk of injury, such as teaching proper techniques for tackling and using the most protective headgear. Once an athlete sustains a concussion, a comprehensive assessment of the severity of the injury along with cautious return to play guidelines must be undertaken to help avoid long term health problems or death.

**"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."**  
**-Plato**



**What will matter?**

**It will not matter what you got but what you gave**

**It will not matter your success but your significance**

**It will not matter what you learned but what you taught**