



2006

# Sacramento Spine & Physical Therapy **NEWS**

## SPECIAL *Thanks!*

We wanted to take this opportunity to thank all of our referral sources for giving us the opportunity to work with your patients. We have been fortunate in the past 11+ 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*  
 President Vice President

Sacramento  
 Spine  
 &  
 Physical  
 Therapy

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## Meet the Staff at Sacramento Spine & PT!

We believe that a world-class facility coupled with experienced physical therapist and excellent customer service is a formula for success. At Sacramento Spine and Physical Therapy we offer two state-of-the-art locations in Roseville and Folsom offering every piece of equipment imaginable, indoor warm water pools, and an extensive list of programs for patients guaranteeing successful outcomes. One hundred percent of our staff is licensed in Physical Therapy with extensive continuing education ensuring quality each and every visit. We are very proud of our physical therapy staff and wanted to take the opportunity to introduce them to you.

### Folsom Clinic



**Jason Hartsfield RPT**  
 Jason grew up locally graduating from San Juan High School. He was inducted into the National Football Foundation Hall of Fame for academic and football excellence. His interest in sports and exercise was influential in choosing his career in P.T.

Jason graduated from CSUS with a degree in physical education and physical therapy. Since graduation, his focus has been in orthopedic physical therapy. He has worked for SS&PT since 2003 and currently manages our Folsom office. He has completed the long-term manual orthopedic course for the spine as well as many additional con-ed courses. In his spare time he enjoys riding motorcycles, playing hockey and exercising at the gym.



**Kathy Silva-Lang RPT**  
 Kathy graduated with a BS in Kinesiology at CSUS and masters in PT at CSU Fresno and has been the Director of Aquatic Therapy in Folsom for over one year. Kathy's specialties are manual therapy, aquatic therapy and balance impairments in older adults.

She presented her research on balance impairments in the older active adult at the Chapter of the APTA and won an award for outstanding presentation. Kathy enjoys camping, cycling, movie night and a good pizza.

### Two convenient locations to serve you!



ROSEVILLE  
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 CENTER

**Call now! 916-677-1210**  
 1650 Lead Hill Boulevard • Roseville, CA 95661  
 www.rosevillehealthandwellness.com



FOLSOM  
 HEALTH & WELLNESS  
 CENTER

**Call now! 916-932-1210**  
 2575 East Bidwell • Folsom, CA 95630  
 www.folsomhwc.com



### Roseville Clinic



**Kevin Dumitru RPT**

Kevin graduated from Loma Linda University with a Masters in Physical Therapy in 1996. Kevin has been a manager at SS&PT since 1998. His hobbies are mountain biking and music with most of his time dedicated to his wife and 8-month-old son Rowan. He enjoys working at SSPT because it allows him to work 1 on 1 with patients giving each patient the individual attention they deserve. Con-ed courses he enjoys most focus on manual therapy of the spine and functional restoration.



**Bryan Phillips RPT**

Bryan graduated from University of Montana in 1994 with a BS in Physical Therapy. He worked at UCD Medical Center and did travel assignments before arriving at Sac Spine in 1998. He has completed dozens of con-ed courses related to both the spine and extremities. His hobbies include running 20 miles per week, water skiing, wake boarding and an extensive remodel of a 75-year-old four-plex in Roseville. Bryan enjoys the modern facility with the fitness and wellness center and his delightful co-workers.



**Andra Saxe RPT**

Andra graduated from The University of Miami with a MSPT degree and has been working in the physical therapy profession for 11 years working for Sac Spine since 2002. Andra enjoys having the warm water pool and wellness center on-site for our patients. Her con-ed concentration is manual orthopedic and sports related injuries. Her hobbies include golf, skiing, working out and chasing after her toddler.



**Kristin Wetter RPT**

Kristin graduated from the University of Buffalo N.Y. with a B.S. in Physical Therapy and biochemical Pharmacology. She has managed our Aquatic Therapy program since 2001 and appreciates the heated salt-water pool and a schedule that allows her to be in the water treating the patients. Kristin has enjoyed all con-ed courses with her recent favorites being scapula PNF and restoring LB & Pelvic function. Hobbies include rock climbing, skiing and mountain biking. She has climbed East Butthess of EL CAP and face of Mt. Whitney and skied off the summit of Shasta.



# SUCCESS STORIES

## MICHAEL MORGAN

*"I was told I may never walk again!"*



Mike was involved in an unfortunate accident at a construction site where he was a site supervisor. While testing water pressure a test gauge blew off a fire hydrant causing 71,000 pounds of water pressure to hit him in the back. He was rushed to the hospital with no feeling or movement in the lower extremities. A T-11 – L-2 fusion surgery was immediately performed. Mike's outcome was unknown but he was told he may never walk again.

Mike started physical therapy with a great attitude and quickly became a favorite with the staff. He has exceeded the expectations of most and is currently walking with minimal assistance. Mike says he enjoys the friendly staff, thinks the therapist will do anything it takes to get results and he really looks forward to therapy each week. Mike's work ethic, positive attitude and determination to obtain a full recovery have been inspirational to all of us. ■

## JONATHAN STAUFFER

*"I stayed in bed on a CPM for literally 20 hours a day for a full 6 weeks..."*

After a 3rd ACL surgery, Jonathan was faced with a knee that was unlikely to return to normal. With an initial reconstruction and then a thermal shrinkage, his ACL still failed a 3rd time. "I stayed in bed on a CPM for literally 20 hours a day for a full 6 weeks until I came to Sac Spine". We knew after the extended bed rest Jonathan was going to require physical therapy that not only addressed his knee but his entire body.

Jonathan became re-invigorated in our environment and took full advantage of the state of the art facility. "Therapist really know what they are doing and I like the ability to use the gym even on off days". Jonathan has far outpaced expectations placed on his knee prior to this most recent surgery and is on track to return to full athletic participation.

In an example of the synergy created by the efforts of the surgeon, patient, and the physical therapy clinic Jonathan is the perfect example of what all outcomes can be. It has been a pleasure working with Jonathan. ■



## Fibromyalgia

Fibromyalgia is one of the most common diseases affecting the muscles, tendons, and joints in women. Many healthcare professionals still do not recognize the condition as a disorder, most likely because x-rays, blood test, and biopsies often show no prevalent evidence to support the patient's complaints. Symptoms include long-term muscle soreness, muscle stiffness, sleeplessness, fatigue, mood changes, anxiety and depression.

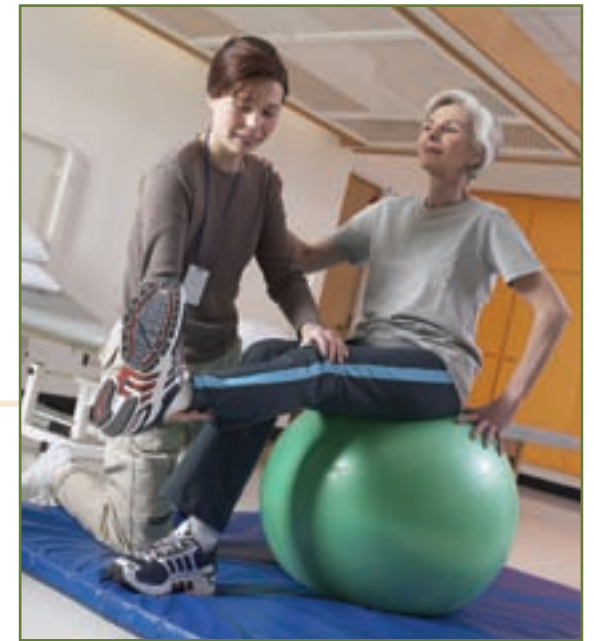
In recent years thermograph tests that measure the heat produced by areas of the body, have helped diagnose the condition. Studies indicate that fibromyalgia patients have decreased blood flow and decreased skin temperatures in sites of tenderness.

Many experts are researching the relationship between menopause and fibromyalgia. Most women are diagnosed with this condition between the

ages of 40 to 55, which is when menopause usually occurs, and approximately 90% of all reported fibromyalgia conditions are women. Low levels of estrogen and progesterone hormones, low thyroid function and the adrenal glands are all areas of research focus.

Treatments for women suffering from fibromyalgia vary according to the symptoms. In some cases physical therapy, warm water aquatic therapy or light exercise may decrease muscle and joint pain. The use of tricyclic anti-depressants usually used in treating depression has shown to be an effective medication.

Eating organic foods including mostly vegan choices has been shown to benefit patients. Lowering the intake of sodium rich foods and eliminating additives such as monosodium glutamate (MSG's) and artificial sweeteners, like Aspartame may relieve symptoms. Supplements such as



magnesium, B-12 vitamins and vitamin C may help as well.

At Sacramento Spine & Physical Therapy we have found that a well rounded program consisting of warm water aquatic therapy, stress reduction programs such as Yoga and Tai Chi and promoting healthy eating habits allows patients with fibromyalgia to successfully manage their symptoms. ■

## Illiotal Band Friction Syndrome

An overuse injury that primarily affects long distance runners is called iliotal band friction syndrome (IBFS). Statistically men are more likely than women to suffer from IBFS and the most common ages are from 20-40. Also, people who train on stairs or hills routinely seem to be more at risk for developing IBFS.

The iliotal band is a thickened strip of fascia that attaches some of the hip and gluteal muscles to the tibia. When the knee is repeatedly flexed and extended the iliotal band migrates across the lateral femoral condyle. This produces friction and subsequently, inflammation.

Symptoms of IBFS include pain along the outside of the knee and often a limp. The symptoms frequently appear after a long run or hike and

generally increase with increasing distance. Activities that call for an increased stride length may increase friction as well.

Patients can sometimes reproduce the pain by supporting their entire bodyweight on the affected leg with the knee held in about 30 degrees of flexion and gradually rocking over the top of the weight bearing leg. Sometimes a "creak" is felt while palpating the lateral knee during knee flex/ext.

Treatment for IBFS generally involves physical therapy, scaling back running or activities and oral anti-inflammatory meds. In some cases a steroid injection may be needed. Surgery is rarely indicated in the treatment of IBFS. ■

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