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Conclusion

The use of Instrument Assisted Soft Tissue Mobilization specifically, the Graston Technique is a cost effective and efficient solution for the treatment of soft tissue hip dysfunction. If you are experiencing hip pain presently, notify your physician and ask if you are a candidate for Physical Therapy. Orthopaedic Rehab Specialists has staff trained in the Graston Technique at both Jackson and Holt locations. For more information call Pam Gordon, PT or Jerry Malone, PT at 1-877-202-2175.



by Pam Gordon, PT

PREP ATHLETES

Congratulations to the April Prep Athletes of the week!

Log onto our website to listen to the ESPN Radio spot at www.orsmi.com

- April week 1: **Jordan Herron**, Basketball, Junior, Holt HS
- April week 2: **Dylan Schuette**, Basketball, Senior, Hanover Horton HS
Leslie McComb, Track, Senior, Waverly HS
- April week 3: **Emma Beringer**, Soccer, Freshman, Northwest HS
Tyler P. Baker, Baseball, Senior, Grand Ledge HS
- April week 4: **Ryan O'Dowd**, Baseball, Sophomore, Hanover Horton HS
Ryan Guidroz, Track, Senior, Webberville HS
- April week 5: **Monica Terry**, Softball, Senior, Corunna HS

Thanks to ESPN radio 1450 WIBM and WVFN 730AM The Game with Tim Staudt

May 2011

www.orsmi.com



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Jackson, MI 49201
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2040 N. Aurelius, Suite 5
Holt, MI 48842
517-268-9040

Getting-You-back to working playing & living!

★ May employee of the month:

Michelle Moraska

Michelle has been very flexible with working between our locations. She has played a major role in starting up the Women's Health Therapy, and works hard to keep it running smoothly. **Thank you Michelle for your flexibility and hard work!**



★ May patient of the month:

Logan B.

Logan is a great kid. He comes to therapy 3 times a week with a smile and good cheer. He is going through a lot while he is recovering from surgery and chemotherapy for a brain tumor. He works hard and loves to play games and sports. He is very competitive and beats his therapist in crab walk races and army crawl races. **We really enjoy working with him and the challenge of making things fun for a 10 year old boy!** Thank you Logan!

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Want email updates about ORS? Email: Bekah@orsmi.com to be added to our e-newsletter mailing list or go to www.orsmi.com and click the link



"My experience from day one was exceptional. I was treated with respect, all the staff was professional and explained everything. I would highly recommend ORS for therapy to anyone. I'm glad I came here." -Jim F.



Nick VanBogelen
Tyler Cortright
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OPS now has online scheduling!
www.orsmi.com



Orthopaedic Rehab's Therapists are trained in Women's Health Therapy and can help you take control. Call today with any questions, or stop by and pick up our Women's Health brochure. Look for the link on our web-site www.orsmi.com



Contact Us!

www.orsmi.com

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Cheryl Kennedy, DPT
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Adrienne Tawney, DPT
Pamela Gordon, PT
Michelle Moraska, DPT
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Michelle Dominick, PTA

Angie Fiedler, PTA
Taryn Holt, PTA
Shayna Phillips, PTA
Jason Sheets, PTA
Julie Albin, PTA
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The Healing Hands

There are many different massages with many different benefits. Massage benefits you physically, mentally and emotionally.



Massage improves circulation which delivers nutrients, oxygen and arterial blood components to the local area being manipulated. The benefit of circulation improvement is the improved filtration and elimination of carbon dioxide and metabolic waste. Improved circulation also will generally enhance the ability of the structures to benefit and support normal function. Massage directly benefits restriction to muscle tissue function. Mechanical effects on the muscular tissues include influence on stretch receptors and direct manual stretching of the muscle fibers. Massage therapy benefits conditions by encouraging the body through the phases involved in rehabilitation, restoration, normal functions and abilities.

Therapeutic massage has a range of health benefits. Physical benefits include alleviating pain, improving immune function (massage increases the number of natural killer cells, which has implications for those with acquired immunodeficiency syndrome (AIDS), cancer, and viral diseases), reducing the effects of stress along with actual stress, diminishing premenstrual symptoms, and reducing pain and increasing range of motion in individuals with low back pain. Mental benefits includes providing a relaxed state, reducing mental stress, improving ability to monitor stress signals and respond appropriately, enhancing capacity for calm thinking and creativity. Emotional benefits include satisfying the need for caring and nurturing touch, creating a feeling of well-being, and enhancing self-image.

There are many different techniques and strokes used in massage. Here are just a few and the benefits of them. Compression is used to spread the muscle fibers causing the blood vessels to become highly dilated and allowing efficient transfer of the body

fluids and to transport more nutrition and oxygen into the area. Effleurage is used to warm the tissues by increasing circulation to the area preparing for deeper techniques, and to move fluids toward the heart for recirculation. Petrissage is used to help remove the waste products and congestion from the tissues, to improve cellular nutrition, to produce an analgesic effect by stimulating the nervous system resulting in the release of endorphins which are the body's pain relieving chemicals, and to stimulate nerve endings. Friction is used to separate muscle fibers which breaks up scar tissue and abnormal adhesions which may interfere with normal muscle contraction and strength, to free and relax hardened congested or chronically tight areas, to increase circulation locally by the loosening of scar tissue and separation of the muscle fibers therefore moving nutrients and oxygen into the strained area, and to remove wastes more efficiently from an injury site through increased circulation. Vibration is used to stimulate circulation and to stimulate nerves coming from the intervertebral foramen when applied alongside the spine. Tapotement is used to increase the blood supply to the surface of the skin which increases capillary circulation, to stimulate the function of deeply situated muscles, organs and arteries, to specifically aid in expectation of lung congestion in the treatment of chest or pulmonary disorders.

There are many benefits of massage to help your body function well and feel good. There are still contraindications to be aware of. You can talk to your doctor or massage therapist about if you have any contraindications.



by Amanda Soltis,
Massage Therapist

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Graston Technique helps with the treatment of hip dysfunction



Sources of hip pain are many. Greater Trochanteric Pain and Iliotibial Tract Syndrome are two common pathologies that manifest as anterolateral hip pain. The pain may be aggravated by stair climbing, sit to stand transfers and side lying on the involved hip.

The addition of Instrument Assisted Soft Tissue Mobilization (IASTM) using the Graston Technique is a strategy that is increasingly being employed by over 9000 clinicians worldwide. Initially, soft tissue restrictions surrounding bony landmarks such as the iliotibial band / lateral fascial line at the greater trochanter and para – patella are released by framing. This technique uses the smaller, sharper treatment edge of GT3 (a tongue depressor shaped tool) and the knobs or angles of GT2 (commonly referred to as the bottle opener). Soft tissue structures that attach at and around bony landmarks are lifted away from their convex bony attachments, adjoining tendons and muscle bellies.

Framing of the Greater Trochanter / Iliotibial Band (ITB) and Lateral Fascial Line is performed with the patient side lying. It is preceded by a sweeping technique using GT4 around the lateral hip and trochanter. A star burst pattern of J – strokes using GT3 follows framing the proximal tissues as well as the quadriceps / hamstrings interfaces. This often results in a significant increase of ITB flexibility.

M. Terry Loghmani, PT MS published a case study in THE EDGE where IASTM and the Graston Technique were used on a 25 year old male basketball player. He had a 2 month history of left hip pain. His chief complaint was sharp anterolateral hip pain following playing of basketball. No trauma was recalled and his symptoms were aggravated by stair climbing, laying on his left hip and transferring from a sit to stand position.

His Initial Assessment revealed a pain rating of 8/10 and a self – reported Functional Limitation of 15.4% according to the Musculoskeletal Function Scale. Restricted Hip Flexibility was exhibited as evidenced by Hamstring Length of – 44 degrees, + Ober Test of 15.2 cm and a Thomas Test of 90 degrees. Palpation of the ITB, TFL, and Vastus Lateralis detected nodular and gravel – like restrictions.

Intervention:

The patient was seen for 6 sessions over a two – week period. Treatments consisted of Instrument Assisted Soft Tissue Mobilization using the Graston Technique, stretching and strengthening exercises concluding with icing. The Graston Technique was performed for 5 – 12 minutes sessions over the TFL, & ITB borders. As tolerated the lateral gluteal region, Anterior/Lateral and Posterior thigh regions were also mobilized. Muscle Length deficits detected in the hamstrings, ITB and Rectus Femoris were addressed by stretching exercises. Weakness of the gluteus medius was emphasized by strengthening in open and closed chain positions. Pylometric exercises were initiated prior to his return to sport activities.

Outcome:

After six sessions, the patient rated his pain as 2/10, his Musculoskeletal Function Score was 0%, his hip flexibility of his hamstrings was improved by 50%, his ITB by 65% and the soft tissue restrictions were resolved. He was asymptomatic with laying on his left side, stair climbing, transferring from a sit to a stand position as well as return to sport activities for 90 minutes.

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