

Spring 2008

**Need a little maintenance?
Exhausted insurance benefits?
Visit Denver's Drop In Clinic
Every Friday, 9:40-10:20 am
Call for details**

Our Pilates Therapists

Krista Cable, MSPT
Nicole Dority, DPT
Sara Randolph, DPT
Becky Schwartz, MSPT

Lone Tree Clinic

We have partnered with the Renewal Performance and Wellness Center to provide high quality strength and conditioning training for our patients as they return to function and resume their recreational activities.

9777 S Yosemite
Suite 110
Lone Tree, CO 80124
303.333.3493



President's Message

Spring has sprung at Cherry Creek Wellness Center and it's time for you to experience all the great services we offer! Our main focus at all of our clinics is to help you achieve overall health and well being in addition to assisting you with injury recovery through the use of physical therapy, massage therapy and pilates rehabilitation. At this time, both private and group pilates classes are made available to you at 3 out of our 4 clinics. Our vision is to expand our Denver clinic's space to

provide you with one on one personal training sessions to further meet your strength and conditioning needs.

You can recover, achieve personal fitness goals, and relax all in one visit by exceptionally trained professionals. We are grateful for your continued support and we look forward to seeing you soon!

R. Dean Hasse, PT, MT

— CCWC Specialties —

Imagine an exercise program that you look forward to, that engages you...

Pilates is a system of movement implemented in both rehabilitative and health club settings, due to the variety of benefits it has to offer. Pilates improves strength and core control through stabilization exercises. It enhances flexibility, mobility, facilitates better breathing strategies, and improves postural awareness and balance. Pilates is beneficial for people of all ages and fitness levels, as all of the exercises can be modified to meet every individual's needs and abilities.

At CCWC pilates is integrated into our physical therapy rehab programs to speed recovery, increase control and function, and prevent injury. We also offer individual and group pilates classes at our Denver, Stapleton and Wheat Ridge clinics instructed by 1 of our 4 Polestar certified physical therapists.

Sign up now!

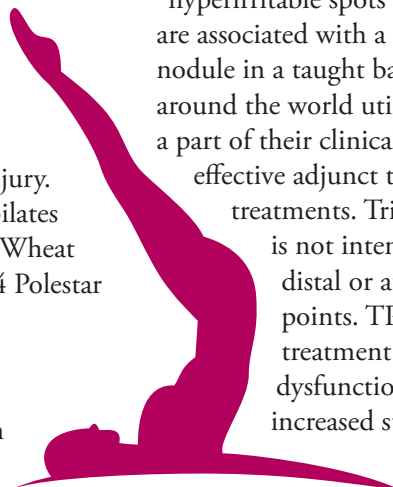
- *Denver clinic:* Wednesdays 6:30pm – 7:30pm

- *Stapleton clinic:* Thursdays 6:00pm – 7:00pm

- *Wheat Ridge clinic:* Tuesdays and Thursdays 6:00pm – 7:00pm

Trigger Point Dry Needling

Trigger Point Dry Needling (TPDN), also referred to as intramuscular stimulation (IMS), is an invasive technique in which an acupuncture needle is inserted into the skin and muscle. TPDN is directed at myofascial trigger points which are defined as "hyperirritable spots in skeletal muscle that are associated with a hypersensitive palpable nodule in a taut band". Physical Therapists around the world utilize this technique as a part of their clinical practice and are an effective adjunct to other physical therapy treatments. Trigger Point Dry Needling is not intended to stimulate any distal or auricular acupuncture points. TPDN is a valuable treatment for any musculoskeletal dysfunction but has notably increased success rates with treating headaches, chronic



back pain, postoperative symptoms, tendonitis, and radicular symptoms, just to name a few. Utilization of this technique can significantly decrease recovery time, provide relief for chronic pain and improve overall treatment outcomes.

Like any treatment there are possible complications. Your practitioner will go over the possible risks with you in detail.

Jaime Davis Leleszi, MSPT, MTC, MT, CSCS at our Wheat Ridge clinic has had 46 hour of training in this procedure (in addition to 7 years of experience and advanced education as a physical therapist) as required by the Colorado Department of Regulatory Agencies, and is qualified to perform this skill.

Movement Related Dizziness?

Our balance is based on our eyes, ears, joints and our brain coordinating where our bodies are in space as well as keeping our view of the world level and still. Problems occur when the brain receives contradictory or delayed information. With positional vertigo, one ear is sending a signal of movement and the other ear is not and the brain does not know how to respond. As a result, individuals can experience the sense of spinning, falling motions, or nausea as the brain responds inappropriately to the mixed signals. Often times the balance receptors or the neural pathways are slow and the brain does not get the information fast enough or clear enough to make appropriate changes.

Vestibular rehabilitation is designed to address the unique problems of individuals suffering from vertigo, dizziness or a sense of imbalance through the use of specific physical therapy techniques. The success rate for treating these disorders is as high as 90 percent.

So if you are or know an individual with balance or dizziness issues consider seeing **Michael House, MSPT** at our Wheat Ridge clinic to ensure a better and safer lifestyle.

What is Lymphedema?

Lymphedema is an abnormal accumulation of protein-rich fluid in the superficial tissue that causes swelling, most often in the arms and legs, due to insufficiency of the lymphatic system. Lymphedema can develop when lymphatic vessels are missing or malformed (primary), or when lymph vessels and nodes are damaged or removed (secondary) as a result of surgery, infection, trauma, or the side effects of radiation therapy for cancer.

The standard of care for this chronic condition is Complete Decongestive Therapy (CDT), which includes Manual Lymph Drainage (MLD), short-stretch bandaging, compression garments, exercise, skin care and patient education. The goal of CDT is to reduce as much fluid as possible in the affected area(s), prevent/eliminate infections, reduce fibrosis

New News

Wheat Ridge

- Nick has transferred to our Lone Tree location
- Shawndra has graduated from Metro College. Congrats Shawndra!
- Michael has recently completed a level 4 Manipulation Course with NAIOMT (The North American Institute of Orthopedic Manual Therapy) and plans to sit for the oral practical in November. He will also be taking his youth group on a trip to Louisiana
- Stephanie has increased her hours with us and plans to attend the NATA (National Athletic Trainers Association) conference in June
- Jessica just got back from her sister's beautiful wedding in Playa Del Carmen, Mexico
- Jaime completed the level II Trigger Point Dry Needling coursework. She also is going to Belize and Guatemala with her husband and parents

Stapleton

- We welcome Emily Moncheski, MSPT, who joined us in April.
- Nikki just had a baby boy, named Harrison JD
- Donna Martin, PT will be covering for Nikki while she is on maternity leave
- Laura Dahmer, MT will be pursuing studies in Mayan massage to assist in prenatal and postpartum care.
- Kim O'Hare, MSPT and Emily Moncheski, MSPT will be attending multiple Emerson and Shacklock continuing education courses in the upcoming months.

Denver

- We welcome Adam Aguilar, PTA, Katie Lillard, PT aide, and Shawna Koller, administrative assistant
- Amber had a baby boy in March, named Kaden Joseph
- Jenilee had a baby girl in April, named Aubrey
- Krista was married on April 19th in Indiana
- Lea is engaged and getting married in October
- Krista and Sara are now Polestar pilates certified

Lone Tree

- We welcome Thecia Hall, PTA and Carrie Gussenhoven, administrative assistant.
- Nick Holm, MSPT and Pete VanDoren, MSPT are our full-time PT's
- Our newest clinic has been open for 3 months and is experiencing steady growth as physicians and patients in South Denver are taking notice of site
- We offer discounted rates at the Renewal Day Spa for full-body massage, facials, manicures, pedicures, and skin treatments

or hardening of the tissue, enhance patient's functional status, and enable the patient to adhere to an independent self-care program. Other conditions that will benefit from CDT, include chronic venous insufficiency, post-traumatic edema (sprains and whiplash injuries), as well as post-surgical edema (plastic surgery, liposuction, and joint replacements).

Lymphedema has no cure but can be successfully managed following timely diagnosis and proper treatment. The leading cause of Lymphedema in the US today is cancer and its treatment.

Jessica Henry, OTR, ANMT, CLT is a certified Lymphedema Therapist at our Denver clinic, completing the required 135 hours through Klose Training and Consulting. Jessica has also attended their continuing education course on breast cancer rehabilitation.

Visit our website for additional information on the above specialties and therapists.
www.cherrycreekwellnesscenter.com

It's time to trade in the skis for running shoes....



...now that
the snow has melted and
warm days lie ahead.

A common foot injury associated with running is plantar fasciitis. Plantar fasciitis is inflammation of the band of tissue, or plantar fascia, which runs along the arch of the foot. It can come on gradually or all of a sudden. Common symptoms include pain/burning in the heel or arch. In the early stages symptoms may begin at the start of a run and then ease up after a few minutes. But with increased mileage the pain usually returns. Because the symptoms start out intermittently, runners often ignore them. However, as the problem gets worse, severe pain in the heel upon first stepping out of bed in the morning is common. This is because during the night, the feet are generally pointed downward due to our sleep position or blankets over the feet. This puts the plantar fascia in a shortened or contracted position all night. Subsequently, upon first stepping out of bed in the morning, tiny tears occur in the fascia as it is stretched by the weight of our bodies. Once the foot limbers up, the pain usually subsides, however, it may return again by the end of the day.

If you notice any of these symptoms, there are a few things you can try to nip the problem in the bud.

First, assess your running shoes. For those who run less than 20 miles per week, a new pair of shoes is recommended every six months or 500 miles. For those running greater than 20 miles per week, it's best to trade in your shoes every three to four months or 300 miles, or when you start to notice your foot bottoming out in your shoe as you run. Also, depending on your foot type, custom or semi-custom orthotics can help to extend the life of your shoes. There are running shoes tailored specifically for the overly pronated or supinated foot. Choosing a running shoe store that employs qualified staffers who evaluate your foot type, walking and running pattern is your best bet to make sure you are in the right type of shoe.

Second, make sure that you regularly stretch your calf muscles and Achilles tendon. This can be done effectively by placing your feet in a stride stance and then leaning forward while keeping your back heel on the ground. Hold the stretch for 20-30 seconds and then repeat with the back knee bent slightly. If you have pain first thing upon stepping out of bed in the morning, stretch your calf muscles in bed by placing a belt or towel around the ball of your foot and then pull back until a stretch is felt and hold 20-30 seconds.

Thirdly, you can work on loosening up the plantar fascia by rolling the arch of your foot on a bottle, rolling pin or tennis ball. You can put as much pressure into it as your pain tolerance allows. This can be done several times per day.

Finally, icing the arch or heel is a good idea to help decrease inflammation. You can ice for 10-15 minutes at a time, several times per day as needed.

If these suggestions still do not alleviate your symptoms, it's time to see your physician or physical therapist for further recommendation and treatment.

written by Kim O'Hare, MSPT

Enjoy the Benefits

Thank you for choosing CCWC.

Bring this coupon in for \$10 OFF a 1 hour massage,
gift certificate, pilates or massage package

(not valid with other coupons or special offers, expires August 30, 2008)

Call **303.333.3493** or stop in today



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