

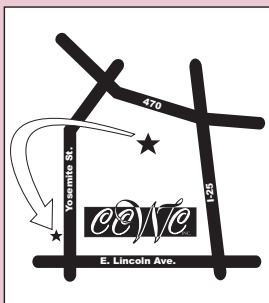
Winter 2008

**Need a little maintenance?
Exhausted insurance benefits?
Visit Denver's Drop In Clinic
Every Friday, 9:30-10:30 am
Call for details**

CCWC Opens New Lone Tree Location

Pete VanDoren, MSPT will be moving from our Stapleton location to manage the Lone Tree clinic. Pete will be accepting physical therapy patients as of February 18th. This location will be housed in the same building that contains a full day spa and fitness center that specializes in personal training. Our Denver clinic will be scheduling patients until Lone Tree officially opens. We will be accepting the same major insurance plans as our other locations.

9777 S Yosemite
Suite 110
Lone Tree, CO 80124
303.333.3493



President's Message

Hello everyone! Once again we start a new year and resolve to improve our lives for 2008. At CCWC, we have also made some resolutions. First, we have committed to sending out our quarterly newsletter and sticking to it. We will use this newsletter to update you about changes within the CCWC offices, insurance world, and inform you of new ideas/approaches to treatment. We will also include a coupon to say "thank you" for choosing us as your provider of choice for physical therapy, massage therapy and pilates.

Second, we have resolved to continue to provide the best care possible for our patients. We want to go the extra mile for you. It's important to us to not only eliminate your pain and help you accomplish your goals, but to also give you the tools necessary to keep yourself healthy.

Third, we have resolved to continue to be a resource for your medical needs. If you need a primary care provider or a specialist, we can help. We work closely with a large number of providers and can assist you in finding one that will meet your needs. If you have questions about your condition, even after you have been discharged, give us a call or take advantage of our drop in clinic on Friday mornings. Please contact us with any questions or concerns, we are happy to help.

We wish you a happy and healthy 2008 and we look forward to assisting you with your health and wellness needs. Happy New Year!

R. Dean Hasse, PT, MT

CCWC Integrates Women's Health Program

What is Women's Health Physical Therapy?

As the physical therapy scope of practice expands, the specialized field of women's health continues to develop with great need. Women's health encompasses a wide variety of diagnoses, with everything from urinary incontinence to pelvic pain, to promote and advance health in women of all ages and populations. Physical therapists with specialized knowledge and skills can address the unique health problems



of women by providing assessment of the pelvic floor and low back/sacral musculature to determine muscle strength, endurance and tonicity. Working with a patient specific program of neuromuscular reeducation, soft tissue work, joint mobilization, biofeedback, stabilization, kegels, and neural mobilization, we address the entire pelvic and lumbosacral system as a whole to ensure success for our patients. Short and long term goals, patient home program and education are established and completed from the first day of care. Facilitating independence is our primary goal, allowing our patients to take a more active role in managing their health.

Women's health physical therapy can help minimize or even relieve the symptoms associated with the following conditions that a woman may experience at some time in her life:

General

Musculoskeletal low back/pelvic and hip dysfunction
Stress, urge incontinence or overactive bladders
Pelvic pain/dysfunction
Interstitial Cystitis (IC)

Prenatal/Postpartum

Back Pain
Weak Abdominals (w/possible muscle separation)
Urine Leakage w/coughing or sneezing
Pelvic Floor Dysfunction
Sacral iliac joint dysfunction
Sensory Changes/Leg pain
Postural Changes

For our postpartum clients we have developed a safe exercise program explaining the benefits of exercising after giving birth.

Benefits:

1. Improved mood and feeling of normalcy in your body
2. Decreased urinary urge or stress incontinence
3. Decreased low back and sacral pain
4. Increased energy and return to favorite activities more quickly
5. Improvement of diastasis recti (separation of the right and left rectus abdominus muscle) symptoms and problems

New News

Denver

- Welcomes Andrew Amino, MT
- Sara & Krista completed the Polestar Pilates Certification and will be teaching classes starting in March
- Jessica obtained her Lymphedema Therapy Certification including Manual Lymph Drainage and Complete Decongestive Therapy. She will specialize in treating upper and lower extremity swelling as a result of surgery or more commonly, the side effects of radiation therapy for cancer
- Jennifer Osborne-Kernan recently held a course in her specialty "Treatment of upper cervical pain and TMJ disorders" that several of our PT's attended
- Amber is attending continuing education courses in Muscle Activation Techniques
- Lea & Nikki will be offering a "Mommies and Me" class in the spring

Wheat Ridge

- Welcomes Nick Holm, MSPT
- Becky, Nick and Jaime attended Jennifer's TMJ course and are excited to start treating this complex joint
- Michael has recently completed a Vestibular course and is excited to offer this specialized skill
- Stephanie is teaching a class at the Wheat Ridge Senior Center called Bodies N Motion

Stapleton

- Welcomes Kim O'Hare, MSPT
- Pete will be moving to become clinical manager for the new Lone Tree location in February
- Laura will transfer to Stapleton full-time to be their massage therapist and front office staff person in mid February

Welcome to all of our new staff!

Visit our website, www.cherrycreekwellnesscenter.com for full bios on each employee!

Background:

A majority of the literature published provides vague guideline in regards to resumption of physical activity postpartum. The American College of Obstetricians and Gynecologists states that “pre-pregnancy exercise routines should be resumed gradually, based on a woman’s physical capability.”

Once you have received the consent of your physician/healthcare professional, it is highly recommended that you begin working on your core musculature to offset the effects that pregnancy and childbirth has on posture, pelvic floor musculature, and your basic center of gravity. The core musculature consists of the Transverse Abdominus, Multifidus, Diaphragm, and the Pelvic Floor muscles. Your core musculature serves to work synergistically to provide support and stability for the lumbar spine and pelvis. Please keep in mind that it is important to not “jump out of the gates” by resuming sit ups and leg lifts. Instead, we recommend first working on the deep core muscles (as described above) to provide proper coordination and support for your low

back and pelvis. As this area improves in function, then resumption of higher level activity will be appropriate.

The following exercises are appropriate to begin as soon as 24 hours after giving birth to 6 weeks postpartum, whether you give birth naturally or via cesarean section. Of course, ensure you get approval from your physician before resuming any exercise program:

1. **Diaphragmatic Breathing**
2. **Pelvic Floor activation, better known as Kegels**
3. **Transversus Abdominus contraction exercise**
4. **Multifidus exercise**
5. **Pelvic tilting exercise**
6. **Gentle Articulated Bridging**

Refer to our website for complete instruction on performance of these exercises and further women’s health recommendations or contact Nicole Mercaldo Dority, MSPT, DPT at the Stapleton office 303-388-8188, or Lea Schlipman, MSPT at the Denver office 303-333-3493.

Our Women’s Health Specialists

Nicole Mercaldo Dority, DPT, MSPT, CSCS **Women’s Health Specialist, Polestar Pilates Certified**

Nicole is a graduate of the University of Miami, where she received her bachelor of science in Biology/Chemistry and pre-Physical Therapy. Upon graduation, she was commissioned as an officer in the US Army in the Medical Service Corps branch, where she served for 5 years in various healthcare administration jobs. She received her Masters Degree in Physical Therapy at the University of Colorado Health Science Center, where she discovered a passion for manual therapy and women’s health therapy. She also served as a Laboratory Assistant at the graduate PT program at CU. Additionally, Nicole went on to receive her Doctorate in Physical Therapy from the University of Colorado Health Sciences Center. Nicole joined the Cherry Creek Wellness Center in fall of 2004; she is now the clinical manager at the Stapleton location. She treats urge and stress incontinence, pelvic pain syndromes including pudendal neuralgia and levator ani syndrome, partum and postpartum care for any sort of musculoskeletal diagnosis, sacroiliac and lumbar dysfunction and pain. Nicole utilizes her manual therapy skills coupled with her Pilates and stabilization training to help return people to recreation and function.

Lea Schlipman, MSPT **Women’s Health Specialist**

Lea Schlipman, MSPT has been practicing as a physical therapist since December of 2001, and has been with Cherry Creek Wellness Center since June of 2004. She is now the clinical manager of the Denver clinic, and began specializing in women’s health in September of last year. Previously, she has focused on her manual skills using neuromuscular massage, muscle energy techniques, and joint manipulation. Lea’s passion for treating patients suffering from neck and low back/sacral pain has led her to prenatal and postpartum therapy. In listening to her patients and reading about women’s health, she realized that many patients struggling with low back pain, sacral dysfunction, or hip pain often times have pelvic floor dysfunction. So, she pursued her women’s health certification and now enjoys treating pelvic pain and incontinence in addition to treating a wide variety of other diagnoses. Lea looks forward to better serving her patient population, especially postpartum women.

"New Year, New You"

Thank you for choosing CCWC. Bring this coupon in for
\$10 OFF a 1 hour massage, gift certificate or any massage package
(not valid with other coupon or special offer, expires April 30, 2008)

Call **303.333.3493** or stop in today

HAPPY NEW YEAR from CCWC!



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