



CHERRY CREEK WELLNESS CENTER, INC

NEWSLETTER

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Chiropractic care at our Lone Tree clinic



We are pleased to announce that Patrick Noel, DC, now works out of the CCWC Lone Tree office. Dr.

Noel specializes in treating work-related conditions and sports medicine. He is certified in chiropractic sports medicine, and is experienced in ergonomic assessment and occupational safety.

Although his practice is separate from CCWC operations, Dr. Noel is conveniently located for clients who come to our Lone Tree office for physical therapy and massage services.

To learn more, visit www.noelchiropractic.net; to make an appointment with Dr. Noel, call 303-346-5524.

Welcome New CCWC Staff!

Denver

Kate Coffman - front office

Visit our website for bio information on clinical staff

President's Message



What does wellness mean to you? Exercise and physical fitness probably come to mind. Good nutrition, maintaining a healthy weight and not smoking might also be on your list. These certainly contribute to a well person in the bodily sense.

But wellness means more than strong muscles, smoke-free lungs and eating your vegetables. At Cherry Creek Wellness Center, we recognize that wellness is a broad concept that reaches into many aspects of our lives.

For instance, relaxation is a part of wellness. Do you give yourself time — and permission — to take it easy now

and then? Reading, napping, throwing a ball to the dog, getting a massage, taking a drive in the mountains — these are just a few ways you might choose to relax and take your mind off your responsibilities.

Spirituality is part of wellness for many of us. Whether or not you're a church-goer, you probably have core beliefs that sustain you. You may find moral elevation in a conventional worship service or by walking in the woods. Regardless of how you draw inner strength, take time to recharge.

Giving to others, caring for a pet, learning, laughing and even good hygiene all contribute to health in mind as well as body. Wellness encompasses many components. How many do you embrace?

R. Dean Hasse, PT, ANMT
President, CCWC

Physical therapy for TMJ disorders, pain

Physical therapy can be a solution for temporomandibular joint (TMJ) disorder. Your TMJ is located on each side of your head in front of your ears. It allows you to talk, chew, yawn and laugh. People with jaw pain often say "I have TMJ" — but this simply means that they have a jaw joint. They really mean that they have a TMJ disorder.

Pain in the TMJ has many causes, including arthritis, a jaw injury, a misaligned bite, persistent jaw clenching or teeth grinding. Sometimes, however, the cause is unknown.

A TMJ disorder can cause a number of symptoms, most commonly:

- Headache
- Pain in your jaw with chewing
- Ear pain
- Aching on the side of your face
- Jaw locking
- Clicking, popping or grinding when you open and close your mouth

Physical therapy for TMJ pain

Physical therapy (PT) for TMJ problems focuses on the relationship between your jaw and neck and how these parts interact. PT aims to restore normal joint motion and muscle tone to bring about pain relief.

A physical therapist will note your medical history and the details of your TMJ problem. Then the therapist will:

- Observe the range of motion in your jaw and neck, and feel the soft tissues of your jaw and neck to determine the location of the pain
- Listen for unusual jaw sounds
- Ask you about your stress level
- Describe the mechanics of the jaw and explain how TMJ pain occurs
- Determine a treatment plan for your specific needs, including simple exercises to reduce pain and increase mobility
- Work with you to achieve your goals

Health Care Reform

Coverage options: What you can do right now

By Jenny Backus, principal deputy assistant secretary for Public Affairs,
U.S. Department of Health and Human Services

from www.healthcare.gov, Sept. 7, 2010

A number of visitors to www.HealthCare.gov have told us they'd like to know more about what options they may have today to find new coverage or make their health coverage work better. Here are a few programs and initiatives under the Affordable Care Act you should consider checking out:

Find Insurance Options

This tool will help you find the health insurance best suited to your needs, whether it's private insurance for individuals, families, and small businesses, or public programs that may work for you. It was created to help consumers under the health insurance reform law, the Affordable Care Act.

Pre-Existing Condition Insurance Plan (PCIP)

The Pre-Existing Condition Insurance Plan is designed to make health coverage available to you if you have been denied health insurance by private insurance companies because of a pre-existing condition and otherwise meet the program's requirements.

Coverage for Young Adults

Until now, most young adults "aged off" their parent's health insurance when they turned 19 or graduated from college. Under the Affordable Care Act, as of September 2010, if you're currently covered under your parents' policy, you may be able to remain covered up to age 26.

In addition to these pages, the [Medicaid and Children's Health Insurance Program \(CHIP\) page](#) may be of interest. Each state operates a Medicaid program that provides health coverage for eligible families and children, pregnant women, elderly persons, lower-income individuals, and people with disabilities. The eligibility rules for Medicaid differ for each state, but most offer coverage for adults with children at or below a specified income level. The Children's Health Insurance Program (CHIP) helps ensure that all eligible children have coverage. (In fact, your children are likely to be eligible for coverage if your income is up to about \$45,000 per year [for a family of four].)

*Get your health insurance questions answered and receive price quotes for coverage from a local source. **Quotes Made Simple** is a local, online insurance agency that represents all major insurance carriers in Colorado. Obtain instant quotes for individual insurance or find options for your small business. Visit us online or call 720-887-4000, ext. 1.*

Physical therapy for TMJ disorders, pain (continued)

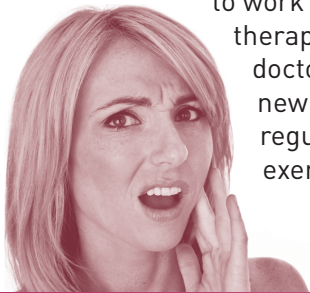
Treatment for TMJ disorder

PT offers a number of treatments to ease jaw pain and correct the function of your TMJ and joints in your neck:

- Manual therapy - Hands-on treatment of the jaw, head and neck to encourage proper alignment.
- Exercises - Specific movements for the jaw and neck help restore joint mobility.
- Posture education - Posture improvement — especially while at a computer — can directly affect the way your TMJ works.
- Trigger-point dry needling - Insertion of thin, sterile acupuncture needles into the involved muscles of the jaw, face and neck. The needles, sometimes combined with slight electrical stimulation, help the muscles relax. Trigger-point dry needling requires specialized training.
- Ultrasound - High-frequency sound waves that penetrate and heat the soft tissue around the TMJ to ease pain.

Your role in treating TMJ disorder

Self-treatment is a significant factor in overcoming TMJ pain. Although a physical therapist can provide expert therapy and advice, you play a key role. You will need to work closely with your physical therapist as well as your dentist or doctor to break old habits, learn new ways of using your body and regularly perform your home exercise program.



Drop in and see us

CCWC offers same-day visits at all four metro-Denver locations. A 15-min. consultation with a therapist costs only \$30. Call to check for an opening and then stop by if you need a refresher on your prescribed rehabilitation exercises, want advice from a professional physical therapist or have exhausted your PT insurance benefits.

Call **303-333-3493**, and specify the clinic you want to visit: Denver, Wheat Ridge, Stapleton or Lone Tree.

The wellness continuum

By Peter C. Van Doren, MSPT, STC, CSCS, YFS

Wellness is a central concept to the treatment philosophy at Cherry Creek Wellness Center (CCWC). It helps guide the decision-making of our physical therapists, massage therapists and personal trainers. Consider wellness as a cycle of health that we move within as conditions change. Through the phases of health maintenance, injury/illness, recovery and health improvement, the wellness continuum can help us make decisions about what services to use and when to use them.

To read the rest of this article, go to cherrycreekwellnesscenter.com, choose the Patient Education link from the top menu bar, and under the Wellness heading, click on "The Wellness Continuum."

CCWC Office Bulletin

Nick Holm, PT, in our Lone Tree office completed his Fitness Instructor Level 3 Medical Professional certification. Nick now has the skills and knowledge to work with PGA and LPGA golfers for injury management, injury prevention and performance improvement.

Several CCWC physical therapists are trained in **trigger-point dry needling**, an advanced technique for pain relief. **Dean Hasse, PT, ANMT**, and **Bob Mathewson, PT** in the Denver office, **Nicole Webb, MSPT** and **Donna Martin, PT** in the Stapleton office, and **Jaime Leleszi, PT** in the Wheat Ridge office are skilled in this highly effective therapy.

Michael House, PT, MSPT, OCS, CMPT, in our Wheat Ridge office has completed a doctorate in orthopedic manual therapy (DScPT). "The schooling was a structured means to further my knowledge, so my assessment and treatment are more reasoned and specific," he says.

Amie Nangle, DPT, in our Stapleton office joins **Lea Klein, PT**, in the Denver office and **Nicole (Nikki) Dority, DPT, MSPT** in the Wheat Ridge office as a specialist in **women's health**. Amie focuses on pelvic floor pain and dysfunction, incontinence, pregnancy and postpartum issues, breast cancer and other conditions.

Nikki Dority is back in the Wheat Ridge office after a stay in Connecticut. In addition to PT for women's health, Nikki also performs orthopedic manual therapy and teaches Pilates.

*Enjoy the
Benefits*

\$20^{OFF}

Save \$20 on a one-hour massage, Pilates mat package, personal training package or gift certificate. Call 303.333.3493 or stop in today

Offer Expires: March 31, 2011

Recommended Recipe

Spicy sweet potato and coconut soup

Try this winter warmer

From the Post Punk Vegan Kitchen website (www.theppk.com)

Prep time: Less than 30 minutes. Cooking time: About 1 hour. Makes 4-6 servings.

1 1/2 pounds sweet potatoes, rinsed
1 Tbsp. vegetable oil
1 onion, roughly chopped
1 2-in. piece of ginger, peeled and thinly sliced
1 Tbsp red curry paste
1 15-oz can unsweetened coconut milk
3 cups vegetable broth
3 1/2 Tbsp. lemon juice
1 tsp. sea salt
1 Tbsp. sesame oil
1/2 cup fresh cilantro sprigs

Preheat oven to 400 degrees. Bake sweet potatoes about 45 minutes or until tender. Remove from oven and let cool. Heat the vegetable oil in a large saucepan over medium heat. Saute the onion and ginger for about 5 minutes, or until the onion softens. Stir in the curry paste and cook for 1 minute. Whisk in the coconut milk and broth and bring to a gentle boil. Reduce the heat and simmer, partly covered, for 5 minutes.

Skin the sweet potatoes and cut into 1-inch chunks. Add them to the soup and cook for 5 more minutes.

Stir in the lemon juice and the salt. Divide soup among bowls, drizzle with the sesame oil and throw a bit of cilantro on top.

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