



Our Mission

“To provide outstanding, progressive care in a nurturing environment that prioritizes individual treatment, with accountability to standard of care; where rehabilitation, fitness, performance and an overall healthy lifestyle contributes to best serving our patients and the community.”

Calendar of Events

Included in this issue is a calendar of upcoming events. See Page 3.

Ask the Physical Therapist:

Is there a question that you would like to ask a Physical Therapist?

Here is your chance for an answer. Send your questions to ppt@frii.com, and your question will be answered and possibly printed in the next newsletter.

Going Green! Please email us if you would like to receive this newsletter via email. Contact: ppt@frii.com

Performance Physical Therapy (970) 493-8727 www.performance-physicaltherapy.com

TMR Therapy Improves Strength, Balance

Total Motion Release (TMR) is an approach to therapy using a series of exercises to balance strength and range of motion. It was developed by Tom Delanzo-Baker, a physical therapist and former high school math teacher who saw a need to incorporate data into a patient's home program so they and the therapist could see which exercises were most beneficial and document the response to each.

This systematic approach starts by finding the “issue of the session”, i.e. a movement or position that consistently reproduces pain or shows a decrease in range of motion. We then test the FAB5 motions involving large joints of the body and compare right to left, then rank them in order of significance.

Exercises are then performed to balance the right and left, using a series of repetitions or sustained holds on the “good” side and rechecking the “bad” to see how it responded. This is recorded on a form so it can be easily determined whether an exercise is working or changes need to be made. The idea of using the opposite side to affect the involved side may be a little difficult to believe at first... here's an example off the Total Motion Release website... (try this only if you are pain free.)

Go to a leg extension machine (or any fitness piece of equipment) and test your sides. Continue increasing the weight until you can tell a 50% difference between the sides. Now, the traditional thinking process is that

in order to strengthen the weak side you must exercise the weak side. Let's see if that is true or false. Go ahead and perform 2 sets of exercises on the good side. Do as many reps as possible, aim for 12. Once you have completed the 2 sets, go back and re-test the weaker leg and see if it has changed. Make sure you re-test with the same weight that you had when you tested originally. Do you still think weakness comes from a strength deficit? Absolutely not, it comes from a balance discrepancy. If you realign the balance of the body, weakness instantly fixes.

The results from Total Motion Release can be interesting and surprising to you. A sit-to-stand exercise can help correct an elbow issue, a trunk twist can increase shoulder range of motion. This is not surprising to a therapist who looks at the body as a whole, we are an interrelated group of muscles, joints and connective tissue that truly attach from our ear to our big toe. Looking locally at the point of pain may help, but the best way to correct a recent injury or a long time problem may be to eliminate the imbalances in the entire system.

Case Study:

49 y/o female with 2 weeks of right shoulder pain from yard work and gardening. Issue of the session: Reaching out and rotating back produces pain in the back of the shoulder, 40/100%. Testing the FAB 5

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TMR Therapy Improves Strength, Balance Continued from Page 1

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exercises shows the most significant difference in order... Sit-to-Stand, Arm Raise, Twist, Leg Raise, Bent Knee Toe Reach. We start with the most significant, Sit-to-Stand and perform 2 sets/12 reps on the Left, the "Good" side. Retesting shows 20/100%, a reduction from 80/100%, much easier now on the right. Retesting the "issue", reaching out and rotating the right shoulder improved from 40/100% to 20/100%, a 50 % decrease by just performing a leg exercise! We continued exercising the Sit-to-Stand until the left and right balanced out and the shoulder issue was now at 15/100%. The next exercise in ranking was the arm raise. This was also performed on the "Good" side until

balanced. The "issue" of rotation was now down to 6/100% and we moved to the third ranked, the twist exercise. We performed this until the issue was 2/100. The total time was 20 minutes and the pain was completely gone with full range of motion the next day.

We here at Performance Physical Therapy have been using Total Motion Release as an adjunct to all our other techniques or sometimes as a stand-alone treatment. Visit the Total Motion Release website at www.totalmotionrelease.com to view the demonstration videos.

Eliminating Pain Without Medication

"No matter what part of your body hurts, a physical therapist can help you alleviate or manage pain without costly medication or other invasive methods."

Many types of pain and inflammation can be reduced with the help of a physical therapist, including low back pain, which affects up to 80 percent of Americans during their lifetime. Physical therapy that mobilizes the spine along with specific exercises can help alleviate the pain and can have long-lasting effects.

If you are at risk of heart disease, the American Heart Association encourages seeing a physical therapist for the initial treatment of pain resulting from tendinitis/bursitis, degenerative joint problems (osteoarthritis), and inflammatory joint problems (rheumatoid arthritis), rather than prescription pain medication.

Physical therapists are a great alternative to medication and surgery for musculoskeletal pain. Research shows individuals who receive active physical therapy experience greater improvement in function and decreased pain intensity.

No matter what part of your body hurts, a physical therapist can help you alleviate or manage pain without costly medication or other invasive methods.

Because physical therapists are experts in knowing how the body works, they are able to design personalized treatment plans to reduce the risk of injury whether in everyday activities or sports.

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Eliminating Pain Without Medication Continued from Page 2

For example, women perform athletic tasks in a more upright position, putting added stress on parts of the knee such as the ACL, resulting in less controlled rotation of the joint. While men use their hamstring muscles more often, women rely more on their quadriceps, which puts the knee at

constant risk. To combat these natural tendencies, your physical therapist may develop a treatment program to improve strength, flexibility, and coordination, as well as to counteract incorrect existing patterns of movement that may be damaging to joints.



Physical Therapists Can Help You Avoid Painful, Invasive and Expensive Surgery.

Research shows that physical therapy combined with comprehensive medical management is just as effective at relieving the pain and stiffness of moderate to severe osteoarthritis of the knee as arthroscopic surgery. In addition, a combination of manual physical therapy and supervised exercise can delay or prevent the need for surgery.

Water walking, swimming and flexibility exercises can help you

avoid surgery. Pursuing an exercise program designed by a physical therapist can be one of the best protections from injury and surgery.

Explore the many ways in which a physical therapist can help you improve your mobility.

One study found that Physical Therapy helped **92 percent** of patients with low back pain.

“Water walking, swimming and flexibility exercises can help you avoid surgery.”

Upcoming Events to Mark on Your Calendar

Pelican Fest Triathlon

May 23, 2009

www.pelicanfest.com

Wellington Dog Show

June 27, 2009

www.wellingtoncoloradochamber.net

Friends of Lory Trail Day

June 28, 2009

Information and registration at
www.overlandmtb.org

Bike to Work Day

June 24, 2009

To find locations of breakfast stations see:

www.fcgov.com/bicycling

Dizziness and Vertigo

Thursday July 9, 2009

Talk at the Senior Center
Call to sign up: (970) 472-9798
10:00-11:30 am



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Physical Therapists

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Barbara Feller, PT

Barb Allan, PT

Cathy Wilson, PT



Suggested Websites

www.theprrt.com

www.vestibular.org

www.muscleactivation.com

www.totalmotionrelease.com

View video of MAT and PRRT
techniques on our website!

We're on the Web!

See us at:

www.performance-physicaltherapy.com