# Movement For Life

# Cioffredi & Associates

## THE CENTER FOR PHYSICAL REHABILITATION

## *Specialists in Spine Care*

### A CALL AFTER A YEAR OF PAIN

"Hi Betsy. How can I help?"

***'I developed this pain on the right side of my neck and upper back last summer when I was hiking. Many days I have a constant toothache like pain. I can't turn my head to see traffic or play the piano without aggravating it but I want to hike the Long Trail this summer. I had a work up and there's severe degenerative arthritis on x-ray. Maybe I just have to accept it. Do you think you can help me at all?'***

"Betsy, studies have shown that a lot of people have abnormal x-rays and MRI's who don't have pain. You don't have to necessarily live with this pain for the rest of your life. Let me do a thorough exam and I can better answer you."

Betsy was a great patient. She exercised regularly and therefore was more fit than many people her age. There were, however, some areas of her body that were particularly stiff and weak and some of her incorrect movement habits fell into this irritated area. This was evident from her initial examination and from her answers to my questions.

We worked together for about 6 weeks. It required manually loosening some specifically restricted areas and selecting exercises to target her weak areas. We also worked on some awareness to change existing movement habits. By then, Betsy could again drive and play the piano without restriction or pain. At her last visit, we loaded up her pack and made final adjustments to distribute the load appropriately in preparation for her hike.

Bill Cioffredi, PT Founder / CEO

## Patient Results:

### ANKLE

" I was sent to Cioffredi & Associates by my PCP after not recovering from an ankle sprain. David was able to determine that I had little or no balance and not much strength in my ankle from years of having sprained ankles in sports throughout my life. I was able to begin to run and go to the gym with little pain and more flexibility in a balky ankle joint. David soon had me performing stretching and muscle building techniques to isolate my ankle."

E.F. 2/08

### BACK PAIN

"This experience exceeded my expectations. In the space of 2 appointments-one just for follow up– Bonnie had identified the source and cause of my back pain, reduced my pain immediately , gave me exercises to strengthen, and ways to avoid re-injury. There are no activities I avoid or can't do now and I have full mobility."

O.P. 2/08

### NECK/SHOULDER PAIN

"I can move far more and with more ease now than I have been able to in more than a year."

B.M. 3/8

### SHOULDER/ELBOW PAIN

"Relieved shoulder pain and elbow pain. More important, however, is that Bonnie focused my attention on the importance of strengthening shoulder muscles to avoid long term spinal curvature."

D.N. 4/08

# Success Stories

## Joint Replacement

### A TALE OF 2 KNEES

Ken Cucuel, an active Masters international level squash player, had dealt with achy knees for years. He also had noticed that his recovery time between training days was longer. After squash games throughout the week, he needed the weekend to recover. A combination of a worn right meniscus, arthritis and growing knee and outside thigh pain prompted his surgery in Mar 08. Ken had the VNA for 2 weeks and then began outpatient treatment a month after surgery to regain knee flexion and extension, range of motion and gait mobility. After 1 month his knee flexion goal has been met, he has little difficulty left with walking and stairs and he has almost full knee extension. Dedication to his home exercise program, admittedly with prodding from his wife, Barbara, has made Ken well on his way to discharge and preparing for his 09 squash tournaments. Thanks Barbara!

Improvement of knee extension after 1 month .

# Hand Therapy

By Ruth Cioffredi, OT

### BASAL JOINT ARTHRITIS

Have you noticed that your fingers or the base of your thumb feels stiff or painful upon waking in the morning or after pinching or grasping an object for a few minutes? You might be experiencing the early signs of osteoarthritis in one of the most commonly affected areas – the basal joint. Basal joint arthritis or osteoarthritis is the "normal wear and tear" arthritis that affects primarily the weight bearing joints in our body. It causes a breakdown of the smooth, shiny cartilage that covers the ends of our bones.

Osteoarthritis is a chronic condition so the most important thing you can do is learn how to effectively manage your symptoms and reduce the pain and inflammation in your joints. You might have noticed that your fingers/ thumb feel better after taking a warm shower or washing the dishes. Mild warming is one method to reduce joint stiffness. Gentle, pain free stretching is another.

Because the symptoms of osteoarthritis can resemble some other types of conditions, it is important to have this diagnosis appropriately identified by a health care provider. Once diagnosed, our goal is to provide you with information and techniques to allow you to be independent in managing your symptoms effectively at home. Reducing the stress that is applied to your joints through everyday activities can allow for healthier and longer lasting finger and thumb joints.

A different perspective on total knee replacement is C. Peter Jorgensen. Mr. Jorgensen came into our clinic one week after a total right knee replacement and having not yet begun therapy services. He was in constant pain day and night, had great difficulty negotiating stairs, had limitations to mobility and sitting tolerance because of knee flexion range of motion, was dependent on a rolling walker and had limited knowledge of pain management techniques, positioning and exercise. He had an increase in range of motion with his first treatment. Mr. Jorgensen was a man on a mission from the start and stuck with his treatment plan of frequent appointments and targeted home exercise.

*"I had my right knee replaced in early December and I fully anticipated 6 to 8 weeks of PT to be able to walk again without crutches or a cane. In a remarkable 4 weeks I was walking on my own and going up and down stairs. I took a 14 day business trip traveling all across the country by air within 5 weeks of starting therapy. This was nothing short of remarkable I am told by other people who have undergone total knee replacement. I regained 130 degrees of range of motion. Pre-replacement surgery I had only 138 degrees. I have met people who have never progressed past 115."*

*C. P.eter Jorgensen 2/08*

Patient follow up:

*" I drove to Virginia for the National N-SSA black powder shooting matches where I camped in my Airstream trailer for 5 days and walked nearly a mile every day carrying guns and equipment. I completely forgot that I had a new knee. No pain, no lack of mobility, just a perfect outcome."* *5/08*

# Staff News

**Amy Hayward** and **Mathew Zweeres** are responsible for billing and tracking insurance payments to make sure patient statements are both accurate and timely. This is no easy task as it seems the insurance companies are continually changing their rules with regards to coding and reimbursements. Amy at **ext 126** and Matt at **ext 121** are available to answer any questions regarding insurance payments or patient balances quickly and clearly. Cioffredi & Associates does have options available for those patients not covered by insurance or wishing to pay privately.

March 26th was **Job Shadow Day** through the Upper Valley Business and Education Partnership. Cioffredi & Associates hosted 3 students from Rivendell Academy, Hope Amadatidis, Kathleen McCarty and Karen Mitchell. The girls were a pleasure to have in our clinic and were very engaging with all staff and patient interactions. We continue to welcome supporting this event for the UVBEP.

Eric Ellingson creates a cast for a lab fabricated orthotic.

# Success Stories

## Sports Therapy

### REHABILITATION FOR ROTATOR CUFF REPAIR

Margaret Sullivan had tried for years to maintain her shoulder function with conservative care rather than surgery. This finally proved too difficult. She was having trouble sleeping through the night with her shoulder pain. Lifting and carrying, reaching overhead, house and yard work and even driving were all done with difficulty. Wanting to regain the quality of her life, she chose surgery and rehabilitation last fall.

*"On 10/24/07 I had extensive rotator cuff repairs to my right shoulder at DHMC. As soon as my surgeon would let me go to PT, I returned once again to Cioffredi's for the final steps in my rehabilitation. Cioffredi's has worked magic on my athletic injuries several times in the past 12 years. David Barlow worked on my shoulder and developed a home exercise plan which I followed religiously. David's expertise and guidance for 3 1/2 months has paid off-totally! My shoulder is now better than new and my golf game is sure to be much improved this summer. For the first time in years, my shoulder is pain free, strong and getting stronger. I can sleep at night without the pain waking me up. I can pick up my grandchildren without pain." Maggie Sullivan 2/08*

Patient follow up:
*"Since concluding my PT, I did ski in late March and now am able to kayak, play golf, and do yard work-pain free. My shoulder strength continues to increase with planned workouts." 5/08*

### 6 MONTHS BILATERAL ARCH/FOOT PAIN

This patient is a retired Physician's Assistant who had experienced a gradual onset of bilateral foot pain with her new found freedom in retirement. The increase in physical activity necessary for farm work and animal care was feasible, but not without pain and difficulty. She worked through constant pain. Careful examination found that limited flexibility in her hip musculature was contributing to hip and foot stress. As a result she had abnormal alignment of foot and ankle mechanics. She began stretching exercises and was cast for lab fabricated orthotics. Orthotics are used to control excessive motion and support a neutral position of the foot. They can reduce extreme forces placed on the hip, knee, spine, foot or ankle. Many of our patients who are treated with orthotics do not actually have foot issues despite foot pain. The root of the problem is in these other areas, which orthotics can help to correct.

*"My original complaint was foot pain with exercise. Thanks to good stretching exercises-pain is almost gone. Bill identified other problems that contributed to my foot pain and those are also improving. Orthotics feel good and I am confident they will prove to be beneficial."*
*L. J. 3/08*

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***Are you ready to get as much back from your next position as you put in?***

**Cioffredi & Associates Physical Therapy** is committed to making a difference in the lives of everyone who walks in our door by providing a supportive environment for both patients and employees. Our professional team is a close-knit group of individuals who love going to work everyday, and we are looking for more Physical Therapists and Physical Therapists' Assistants who share our commitment to delivering the highest quality of individual care.

If you truly want to make a difference with your patients, and in your career, please send us your resume or call Becky Kerwood, Vice President of Administration, to set up an interview.

*"I joined Cioffredi & Associates with minimal experience. I've had an excellent mentor to guide me through my profession. The staff has a variety of background and knowledge that create a unique learning environment that is truly hard to find."*

Kelly Fischer, OTR, who joined Cioffredi & Associates 2 years ago.

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***Movement For Life***

Cioffredi & Associates staff took part in the fund raising effort for ACTS-Americans, Caring, Teaching and Sharing– at the dance organized by our own Bonnie Kimmelman at the Hotel Coolidge on May 2.

The next event will be a Peonies/Bake Sale June 28 at the Lebanon Co-Op. Peonies provided by Harmony Farms Hartland, VT. Baked goods by Cioffredi staff members and patients.