Movement For Life

Cioffredi & Associates

THE CENTER FOR PHYSICAL REHABILITATION

Specialists in Spine Care

MISSION ACCOMPLISHED!! A COMPLETED THRU-HIKE

Our June 08 newsletter highlighted Betsy Maislen who had just finished her treatment in preparation for her thru-hike of the Long Trail. Her last visit with Bill was focused on loading her pack and making the final adjustments to distribute the weight appropriately in preparation for the 272 mile hike from Canada to Massachusetts. Betsy had always wanted to do this hike and last winter she had been so disappointed when her medical situation had made her feel she had waited too long and now, it wasn't a reality.

"Key to reaching this goal was that Bill cared and told me I didn't have to live in pain. He was careful to go at a pace that helped me strengthen without hurting myself. He knew when to push me and when not to. One day each week, I would walk 5 miles to work and I was anxious to use my pack. Bill held me back on carrying weight until he felt I was good to do it. With regards to balancing my pack, he showed me how to adjust it for best posture. Then, while hiking, I actually did recognize my pack wasn't balanced because it was causing me pain. I stopped, redistributed and centered it and carried on without pain! I told him if he showed me what exercises to do I would do them faithfully every day, and I still do."

Mt. Ethan Allen

Mt. Mansfield summit

With better posture and strength in her back and neck, any pain Betsy had was minimal and it never stopped her. Cold nights were no bother and as she walked she stretched. Even the wet weather of July didn't dampen her spirits—she was accomplishing her goal! She's been bragging to her doctor and you can hear the excitement in her voice when she describes her hike. This is the success we want for our patients.

Congrats Betsy!

Bill Cioffredi, PT Founder / CEO

Patient Results:

WRIST

" Coming to occupational therapy was one of the best things that could have happened. I went from pain 24/7 and little to no mobility, to gaining a great deal of ROM and less pain. I was taught how to position my wrists correctly for daily life activities. I feel I was educated enough from my experience to help reduce my chances of re-injury."

K.B. 9/08

" I had been having trouble with my wrist for 9 months prior to surgery. I had constant pain with frequent swelling. At times, I couldn't even hold a glass of water without dropping it. After surgery and rehabilitation, I have been able to do the dishes, go canoeing, fishing, open doors and sleep without pain. Kelly has been very helpful with stretching and strengthening to get me back to normal function. I am so happy to be pain free with *no* swelling!"

J.D. 8/08

NECK

"I came in with neck and shoulder pain after a car accident. With manipulation and exercise, I am in much better condition. My shoulder was a chronic problem from a basketball injury 17 years ago that had been aggravated by the car accident. My shoulder has not been this pain free in 17 years."

A.U. 9/08

BILATERAL KNEE PAIN

"I have met all my goals that I came here with. In the beginning, I could only ride a bike for 10 minutes on the easiest setting. Yesterday, I rode 6 miles on a road with hills, and at times, at the hardest setting. I wanted to be in shape for the ski season and I am well on my way. I wanted to dance at my wedding and be able to dance more than one dance. I danced the whole night."

E.D. 10/08

Success Stories

Joint Replacement

LEFT HIP JOINT

Margaret Greene underwent a total left hip replacement in April 08. This followed fractures to her right foot and left hip suffered while in Europe the year prior. She had been warned by her doctor after her hip surgery that her recovery would take twice as long because of the ten months she had spent with pins in her hip.

"By identifying the muscles which had not been properly activated during those ten months and prescribing the necessary exercises to reactivate them, Bonnie provided we with the basis for my recovery. By August I was off the cane and was able to walk over to Main St. from my home in Hanover. I gradually developed greater stamina and attained my goal of dancing at my daughter's wedding in mid-August."

Margaret Greene 9/08

Follow up 7 weeks later:

During three weeks in Europe in September, Margaret was able to walk quickly through airports to make her connections, to climb the many steps to castles, to spend hours standing in museums, to take trams in Vienna and subways in Budapest. On her return home to Maryland, Margaret realized that she had gained in strength during her trip but that complete recovery, i.e. to play doubles tennis, would require resuming therapy.

"When I went for an assessment appointment at Sibley Hospital's Rehabilitation Center at the beginning of October, I was gratified that the therapist prescribed exercises which built directly on what I had been doing with Bonnie. These exercises are taking me to another level of difficulty and I see the progress I have been making and the importance of continuing therapy until I reach my goal...playing tennis! My experience with Bonnie was extremely positive and she gave me a standard from which to judge the therapy I am receiving here."

Margaret Greene 10/08

TMJ

TEMPORAL MANDIBULAR JOINT

Peter Stettenheim is a 79 year old gentleman who had suffered a gradual pain and stiffening of his right lower jaw joint since the spring. Chewing was becoming more difficult over the summer on the right side of his mouth and he was aware of a popping sensation. He suffered these symptoms when he opened his mouth wide or tried to bite down hard.

"Thanks to eight sessions of treatments and exercises that I did at home, now there is much less pain. I can open my mouth wider and I have no difficulty biting. Mr. Cioffredi showed skill and sensitivity in diagnosing the condition and monitoring it's improvement. I admire his manner of allowing time for the various treatments to take effect, i.e., letting the muscles relax."

Peter Stettenheim 10/08

Patient Education

One of the most important things we can provide for our patients besides great care is the education that goes along with it. Part of taking care of people is sending them on their way with the tools to continue their progress and to prevent re-injury. Sometimes pain can be from years of incorrect posture or movement which are not easy things to recognize without help. They are just automatic habits done without thought. Corrections need to be identified, broken down and understood to allow change. A lot of focus needs to be directed at these areas for progress.

Learning proper body mechanics and body awareness can help by making corrections while in the moment. When these things are gradually pointed out during treatment, they become recognizable by the patient. The patient then becomes mindful of them as they go about their regular day. Now there is empowerment and a sense of taking control over ones health.

We know treatment and home exercise plans are only beneficial if they are being done and compliant patients generally have the most success. These treatment plans are specifically designed for each individual situation and staying well and in top form requires actively doing them. That continues after discharged and the patient begins the next phase of care—home maintenance. Part of patient education is identifying what stretches and exercises work the problem areas. These are things a patient will continually fall back on to maintain their health.

Follow up to some of the patients from our previous newsletters shows just this. They all recognize when they push too much and need to back off and to use those exercises to regain wellness. These patients are doing what they want to do. They are golfing, taking care of grandchildren, swimming, stacking wood and doing yard work. None of them have been back in for treatment. They have learned what is necessary to monitor and take care of themselves.

"The pain does come back occasionally but the exercises make all the difference. Bill tells us to keep doing them and we need to."

Carol Ufford discharged 08/07

"All is well here. I stacked 2 cords of wood with no issues this fall. Shoveled some dirt and raked some leaves. Still need to exercise every now and then when I feel a twinge but all is good. I'm doing GREAT."

Sam Sweet discharged 01/08

"My annual check-up was fabulous. I'm headed golfing right now."

Margaret Sullivan discharged 02/08

"I am definitely back to where I was before my injury. I still do back strengthening exercises to even out my shoulders."

Staff News

Cioffredi & Associates has new staff members to welcome to our team. **Michelle Vigneault-Brown**, Rehabilitation Aide, **Kate Janczak**, DPT, and **Cynthia Dague**, Physical Therapy Assistant.

Michelle in the rehab aide role, is responsible for the overall flow of patients through the clinic. She helps the efficiency of the therapists with their patients by keeping a watchful eye and by being able to anticipate what a therapist and/or patient may need before they need it. She keeps our clinic tidy, our equipment working, and supplies up to date.

Michelle also assists our Occupational Health Department in performing POPES (post-offer/pre-employment screening). These screenings help a company determine the individual best suited for the physical demands of a specific position. She brings to us another bright and outgoing personality, is fun to work with and is helpful to us all.

Kate joined us in Sep 08 and already has patients recommending her to others. She has a Doctorate in Physical Therapy from Sacred Heart University and has been a clinician, a clinical instructor and an adjunct faculty member in the Doctorate PT program there. While Kate is experienced in all aspects of outpatient rehab, she is particularly interested in lower extremities. She has effortlessly stepped into her position and is making an impact at our clinic with her skills.

Cynthia is our new PTA. She graduated from Hesser College and was awarded the 2008 Scholastic Excellence Award in PTA Procedures II and the PTA Clinical Excellence Award. We are thrilled to have an assistant for our therapists and patients who has been recognized for her abilities, especially for manual therapy and therapeutic exercise.

Cynthia does manual therapy with Alexandra Scudder

Success Stories

Back and Knee

SPINAL STENOSIS / CHRONIC KNEE PAIN

Millie Hubbard came to our clinic with a diagnosis of spinal stenosis and pain in her low back that moved down her leg. She also had a 3-4 year history of gradually increasing right knee joint pain that she was hoping to address. Her knee pain was possibly related to a fall she suffered 20 years ago. Millie is 82 years old and is very active by all accounts but the pain she was experiencing was causing her to decrease her usual activities. She has been active in her church, with local blood drives, and has been a driver helping others to appointments and such. The pain caused a strain on her independence when it reached the point she could hardly walk.

Millie's first 8 treatments were to address her back and leg pain with land and pool therapy. There was an increase in her range of motion after just 1 session. This was followed up with 3 sessions for her knee pain. By the end of treatment Millie had a significant increase in pain free range of motion, improved flexibility, strength and functionality in both her back and knee.

Millie demonstrates a stretch during a treatment session with Bonnie.

Bonnie performs ultrasound before the end of the session

" My diagnosis was spinal stenosis which had severely impacted the sciatic nerve and restricted bending my right leg. I also have significant arthritis in my right knee and hip, and my low back. I have always been busy and I wasn't looking forward to more of the same pain.

When I made my first appointment with Cioffredi & Associates, I expected little, especially given the time that had lapsed, the progression of the problem, and my age. My goals were to be able to walk, stand, and do stairs with less discomfort and without the aid of powerful pain meds. At the time of the first visit, performing any of those tasks was very painful and I didn't do stairs at all. After a careful assessment, Bonnie gave me a few simple exercises to stretch and strengthen my lower back and leg muscles. Even the first session helped. Then Bill worked in the pool with me, again concentrating on my muscles.

Just 10 weeks after beginning, I am pain and med free and steadily attaining all goals. The stairs are still not easy but after a couple more sessions with my knee, I expect to master that as well. You did turn my outlook for the future around."

Millie Hubbard 9/08

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Cioffredi & Associates
THE CENTER FOR PHYSICAL REHABILITATION

GAIN A CAREER WITH COMMUNITY IMPACT

We are a team oriented organization in Lebanon, NH. Opportunities are currently available for occupational and physical therapists to become involved in our expanding Occupational Health department working with local companies for on-site ergonomic consultative services. Whether you have extensive or limited experience or just an interest or passion in the field of Occupational Health, please consider this opportunity. We offer a variety of programs, including On-Site Job Task Analysis, Office and Industrial Worksite Assessments, Functional Capacity Evaluations, and in-services for Injury Prevention.
Mentorship is provided to assure a level of service that meets each individual company's needs. Please contact me if you would like more information regarding this employment opportunity.

"The Upper Valley provides a growing population of supportive employers who provide preventative measures for the well being and longevity of their staff. It's very rewarding to be considered an integral member of these teams, impacting people and practices throughout a variety of local businesses."

Michele Gerow, OTR
Director of Occupational Health

For consideration forward a resume via email or fax to Becky Ackerman, VP of Administration.
backerman@cioffredi.com ■ ph: 603-643-7788 ■ fx: 603-643-0022 ■ www.cioffredi.com

Movement For Life

Cioffredi & Associates is a corporate sponsor for High Horses Therapeutic Riding. These funds help support riding lessons for adults & children with physical, social, and cognitive special needs. 6 riders participated in the Special Olympics equestrian event held in Sep.

Randi Harron rode Louie in support of High Horses biggest fundraising event—the annual Ride-a-Thon in Oct.

The Cioffredi family ran for the Susan G. Komen Race for the Cure in support of breast cancer research, treatment, and awareness.

VP of Administration, Becky Ackerman had a birthday!!!!!!!!

Halloween week, we hosted a staff pumpkin carving contest for patients to judge. We had 16 pumpkins and a lot of patient participation to determine the 5 category winners which we will share next newsletter.