

Summer 2013

PT INSIGHT

A Publication of Drevna Physical Therapy Associates.

The DPTA Team:
Experienced. Caring.
Results-Driven.

Lisa Goussetis
-Physical Therapist

DIRECT ACCESS

Did you know you have Direct Access to your Physical Therapist? In Pennsylvania, a Physical Therapist with a direct access license can evaluate and treat you for up to 30 days without a referral! Call our office at 717.569.4184 to see if your insurance will cover direct access services and to schedule an appointment.



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MEET LISA GOUSSETIS

Lisa Goussetis was born in Norfolk, VA and raised in Flemington, NJ.

She graduated from Boston University in 1983 with a B.S. in Physical Therapy. She practiced in Harvard University teaching hospitals while living in Boston for 13 years, developing a specialty in the treatment of neck and TMJ injuries. She has practiced in outpatient settings in Massachusetts, Ohio and Pennsylvania for 28 years. Lisa and her family settled in Lancaster 8 years ago, and she recently continued her education at Drexel University in 2009-2010.

Lisa specializes in treating cervical conditions, TMJ and surgical spinal cases, and in injuries of the shoulder, arm and hand. She is currently pursuing certification as a Hand Therapist (CHT). She is also a certified Pilates instructor. Lisa is a member of the American Physical Therapy Association (APTA) and the Hand Rehabilitation section.

Lisa resides in East Hempfield with her husband and three children. She loves the Lancaster area and enjoys community service and outreach, baking bread (12 kinds!) and cheering on her children's softball, cross-country and dance activities.

CLINICAL EDUCATION

This past Spring, Kristin Kissling completed her last clinical affiliation with Drevna Physical Therapy Associates. A graduate student from Lebanon Valley College, Kristin was completing her final outpatient orthopedic clinical experience during an eight week rotation at our office.



Her expertise in orthopedics and manual therapy was evident during her time with us, as well as her professional, caring demeanor.

Kristin received her Doctorate degree in Physical Therapy on May 11, 2013 during commencement exercises at LVC. We wish her much success in her future endeavors, and look forward to working with her as a colleague in the future.

NECK PAIN

Combining Exercise and Manual Therapy for Your Neck and Upper Back Leads to Quicker Reductions in Pain

Neck pain is very common, but the good news is that most neck pain is not caused by serious disease. "Mechanical neck pain" is the name healthcare professionals use when joint and muscle problems result in neck pain. Current evidence suggests that a combination of manual therapy and exercise is effective for patients with mechanical neck pain. A variety of manual therapy treatments for the neck and upper back are currently used to try to lessen neck pain. These treatments include mobilization, which slowly and repeatedly moves the neck joints and muscles, and manipulation, which delivers a single, small, quick movement to the joints and muscles. A research report published in the March 2013 issue of JOSPT focused on finding which combination of exercise and manual therapy was more effective in quickly reducing neck pain.

NEW INSIGHTS

In this study, researchers treated 64 patients. All of the patients were prescribed mobility exercises and received mobilization of their neck.

About half of these patients also received a manipulation of the upper back. After 1 week, patients who performed the exercises and received both mobilization of the neck and manipulation of the upper back noted greater relief of their neck pain. In the group that received both manual therapy techniques, 75% had significant pain reduction and 70% experienced noticeable improvement in their ability to perform daily activities. When patients only received neck mobilizations, only 19% found that their pain was reduced, and only 23% saw an improvement in their disability. The researchers concluded that the combination of exercise with neck mobilization and upper back manipulation was more effective in reducing pain in the first week of treatment.

PRACTICAL ADVICE

Patients with typical neck pain may benefit from a physical therapy program that includes exercises combined with neck mobilization and upper back manipulation. Potential benefits include less pain and improved ability to



TREATMENTS. All patients were given mobility exercises and received cervical mobilization. About half of the patients also received upper back manipulation. The group that received all 3 treatments had greater pain reduction and improved ability to perform daily activities 1 week after treatment began.

perform daily activities. Although this treatment was very successful for this group of patients with neck pain, it may not be effective or appropriate for all patients with neck pain. Your physical therapist can perform an evaluation to help determine if you are a good candidate for this treatment. The benefits in this study were only determined for the first week after treatment, so more research is needed to discover which treatments are better long term. For more information on the treatment of neck pain, contact your physical therapist specializing in musculoskeletal disorders.

For this and more topics, visit JOSPT Perspectives for Patients online at www.jospt.org.



Mark Your Calendar

Patients, friends and family are invited to attend seminars and classes presented by the Drevna Physical Therapy Associates professional staff.

Don't Skip the Hip: The Importance of Hip Strengthening to Avoid Lower Extremity Injuries

Michael Beiler, MPT, DPT, CSCS

Thursday, June 20, 2013

6:30 pm to 7:30 pm at the DPTA office

Conservative Care of Knee Osteoarthritis: Delaying and Preventing Knee Replacement

Timothy Drevna, DPT,
OCS, CSCS, ATC

Tuesday, June 25, 2013

7:00 pm to 8:00 pm at the DPTA office

Running Basics: Training, Shoe Wear, and Tips on Preventing Injury

Chris Hudson, MSPT, DPT, CSCS

Tuesday, July 16, 2013

7:00 pm at the DPTA office

Fitness Activities for the Seasoned Adult

Dr. Roma discusses mingling Pilates, Tai Chi, and conventional exercises as you safely increase your activity level.

Anita Alonte Roma, PT, DPT, NCS

Tuesday, August 6, 2013, 7:00 pm

PILATES CLASSES

Introduction to Pilates

This class involves core strengthening to enhance ALL of your physical activities.

Appropriate for beginners or post-rehabilitation patients

Saturdays: June 22, 29, July 6, 13, 2013
9:00 - 10:00 am

Crazy Core Exercise Session: Great for Student Athletes!

Get a jump on strengthening your core through this special Pilates Program! Work on hip, abdomen, trunk, and pelvic areas with this training program. Class size is limited.

Thursdays: July 18, 25, August 1, 8, 2013
6:00 - 7:00 pm

***Pre-registration is required and seating is limited. Please contact our office for more information and to register at 717.569.4184.**



THE EXPERIENCE OF A LIFETIME

Benjamin & Mandy Zeamer have a successful day hunting turkey.

Benjamin Zeamer and his wife, Mandy, got married in September and "have been hunting and fishing together ever since," Benjamin reports.

The West Hempfield Township couple was sitting together in a ground blind May 4, hunting turkeys in Lancaster County.

It was a nice break from their jobs — Mandy is a physical therapist's assistant at Drevna Physical Therapy Associates in Lancaster, while Benjamin is an HVAC technician at Brethren Village in Lititz.

Benjamin also is a U.S. Army veteran, having served two tours in Afghanistan. He was making hen yelps with a slate call around 6:30 a.m., when a pair of jakes approached their setup from behind.

The birds worked their way around to the front, where Mandy dropped one at 10 yards, with a single shot from her 20-gauge shotgun. That bird — Mandy's first — weighed 16 pounds and sported a 5-inch beard.

At the shot, the second jake took off into the woods. The husband and wife were still high-fiving each other inside the blind, celebrating Mandy's success, when the other jake returned.

Benjamin grabbed his crossbow and bagged that bird less than a minute after Mandy got hers. The 15-pound turkey with a 4-inch beard was Benjamin's first with a crossbow.

"Within one minute we had two birds on the ground," Benjamin wrote in an email. "I knew I could have waited it out for a bigger bird to come along this season, but the chance to double up with my wife's first turkey was an experience of a lifetime!"

Article and photo courtesy of Lancaster Newspapers - Sunday News, May 11, 2013, by P. J. Reilly

TMJ

The temporomandibular joint (TMJ) is a very small joint between the mandible, or jaw bone, and the temporal bone of the skull. It is one of the most often used joints in the body, with up to 2,000 repetitions of motion per day!

The joint is often injured in conjunction with neck injuries sustained in a motor vehicle accident. The joint can also be affected by any injury of the upper body, including neck, shoulder, arm, or hand injury or surgery, stroke, and breast cancer resection. This is because changes in posture can affect the joint alignment. Any postural changes can also affect the way our teeth meet, commonly referred to as our "bite." This will strain the movement of the TMJ and cause abnormal alignment.

Signs and symptoms of TMJ dysfunction include pain with eating or speaking, limited jaw opening,

and joint noises or clicking. Many patients also report headache, dizziness, ear pain and ringing, facial pain, and sometimes difficulty swallowing.

At Drevna Physical Therapy Associates, we evaluate the jaw by doing a thorough postural assessment. We then test the facial muscles, neck, shoulder girdle, and arms for strength and normal movement. We evaluate the TMJ joint and its small muscles by taking measurements and assessing the jaw movements with a gloved finger, inside the mouth. Patients are given a written and photographic home exercise program on the first day of treatment. The goal of Physical Therapy: to re-establish the normal position of the head on the neck, and to restore pain free TMJ mobility. We work closely with dentists and maxillofacial surgeons, to attain the best possible outcome for our patients.

DREVNA PT JOINS FORCES WITH BAYADA HOME HEALTH

Starting in January 2013, Amy Humphrey, DPT, began providing home health services for Drevna Physical Therapy Associates through a contract with Bayada Home Health Services. This mutually beneficial relationship allows our practice to expand physical therapy services to adults who are recovering after a hospital or facility stay, or who may need additional support to remain safely at home while continuing their recovery process.

This relationship has been beneficial in establishing continuity of patient care. For example, Dr. Humphrey has been able to treat post operative joint replacement patients at

home. After their home health care rehab is completed, the patients are able to continue with Dr. Humphrey for their outpatient physical therapy at our North Pointe office. This provides the patients with consistent health care with a Physical Therapist who is aware of the challenges and goals experienced by the client during rehab.

Call us to learn more about this unique program at 717.569.4184.

