

PHYSICAL THERAPY HELPS WITH MORE THAN YOU MAY KNOW!

Ever wonder what medical diagnoses we see at COAST Physical Therapy? You may know that we treat your specific diagnosis, but you may be surprised at some of the other diagnoses that we see and successfully treat. In this section, we will share with you some diagnoses that our awesome physical therapists work with at COAST Physical Therapy. We won't have room for ALL of the areas and diagnoses that we treat, but it's a small sampling of them, and we'll continue to share more in future newsletters. This newsletter, we will touch on two orthopedic diagnoses that we see (information referenced from the rack cards in our waiting room and from www.moveforwardpt.com):

Hip Bursitis — Hip bursitis can have many causes, but the most common is a repetitive activity, such as walking or running on an uneven surface, which creates friction in the hip area. Athletes often develop hip bursitis after running up and down hills repetitively. The condition can also be caused by abnormal walking, such as limping, due to an uneven leg length, or arthritis in the back, hip, knee, or other joints in the leg. It can also occur without any specific cause. Hip bursitis (also called trochanteric bursitis) occurs when one or both of the 2 bursae (fluid-filled sacs on the side of the hip) become damaged, irritated, or inflamed. Bursitis ("-itis" means "inflammation of") means the bursa has become irritated and inflamed, usually causing pain. Normally, the bursa acts as a cushion for muscles and tendons that are close to it. Certain positions, motions, or disease processes can cause friction or stress on the bursa, leading to the development of bursitis. When the bursa becomes injured, those muscles and tendons don't glide smoothly over it, and they can become painful. Physical Therapy will help reduce pain and swelling, improve motion and flexibility, improve strength and balance, and help you get back to walking and running without pain.

Iliotibial Band Syndrome — Iliotibial band syndrome (ITBS) is one of the most common causes of knee pain, particularly in individuals involved in endurance sports. It accounts for up to 12% of running injuries and up to 24% of cycling injuries. Iliotibial band syndrome occurs when excessive irritation causes pain at the outside (or lateral) part of the knee. The iliotibial band (ITB), often referred to as the "IT band" is a type of soft tissue that runs along the side of the thigh from the pelvis to the knee. As it approaches the knee, its shape thickens as it crosses a prominent area of the thigh (femur) bone, called the lateral femoral condyle. Near the pelvis, it attaches to 2 important hip muscles, the tensor fascia latae (TFL) and the gluteus maximus. Irritation and inflammation arise from friction between the ITB and underlying structures when an individual moves through repetitive straightening (extension) and bending (flexion) of the knee. Typically, ITBS pain occurs with overuse during activities such as running and cycling. Physical Therapy will help decrease pain and inflammation, improve range of motion and strength as well as educate the patient on proper walking & running mechanics, proper footwear & prevention tips.

EMPLOYEE RECOGNITION - Here at COAST Physical Therapy, we think our employees are pretty awesome. We would like to take a moment to recognize the exceptional work of this employee:



Megan Smith — Megan is a very kind person who is always willing to help out when needed. She has a very friendly personality and is always so polite and helpful to the patients and her coworkers. Megan enjoys meeting new people and seeing every patient from start to finish with their therapy. Megan was a teacher for 10 years before joining us at COAST PT. She enjoys cooking and baking, spending time with her husband and family, and she enjoys being active in the gym and outside!

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COAST Physical Therapy Awarded 2017 Small Business of the Year

COAST Physical Therapy is VERY proud to be awarded the Cayuga County Chamber of Commerce 2017 Small Business of the Year Award, for a business open longer than five years. On May 18, Dr. Chad M. Pens, Dr. Maria K. Shepherd, and Vice President of PR & Marketing, Mike Giltner, accepted the award at a luncheon at The Springside Inn, honoring all of the 2017 award recipients. The Cayuga County Chamber of Commerce recognizes the unique contributions of Cayuga County businesses to the economy and overall development of Cayuga County. The Small Business Award recipient specifically demonstrates the ability to overcome adversities in the ever-changing business environment and staying power with a commitment to community involvement. We are honored to receive such a prestigious local business award. We are very grateful to all of our patients, patients' families and friends, the entire Auburn community, our dedicated staff members, and the medical community that voted for us and believe in us. We are proud to serve the Auburn and surrounding communities. Thank you for choosing *COAST Physical Therapy*.



COAST PT LOVES BASEBALL!

We are very excited to be present in the Auburn Doubledays stadium again this year. Look for our COAST Physical Therapy advertisement in the game brochure. We will also get to throw out the first pitch in a few Doubledays games this season, so be looking for our very own Vice President of Public Relations & Marketing, Mike Giltner, and owner, Dr. Chad M. Pens, to throw out the ceremonial first pitch! Please stop by our table to say hello at the games! We are also very proud to be a sponsor of a local youth baseball team in the Auburn Little League again this year. Please help us cheer on the COAST Physical Therapy team! Play Ball!



COAST PT IN THE COMMUNITY

COAST PT clinical staff has been busy, once again, speaking at various locations throughout Cayuga and Onondaga County. In February, Dr. Chad M. Pens spoke at a Cayuga County Chamber of Commerce *Business at Noon* meeting about **Success and Results with COAST Physical Therapy**. He spoke about what COAST PT has to offer and why we are the best choice for rehabilitation in Auburn and the surrounding areas. In March, Dr. Pens spoke with the Cayuga Leadership Program about **Personal & Workplace Wellness**. In April, Dr. Chad M. LaChance spoke with the Auburn Shrine Club about **Falls Prevention**.

With the outdoor running season upon us in Central New York, COAST Physical Therapy will be out and about within our community helping local recreational athletes stay healthy and injury-free this year. Be sure to look for our COAST PT tent at local events. We will definitely be at Majorpalooza on Sunday, May 28 and The Great Race on Sunday, August 13. If you are interested in having one of our specialists speak at your place of employment, local community center, or racing event, please contact Mike Giltner at 315-253-3291. We love being present and active in our local community!

COAST Physical Therapy...Helping you stay healthy through the marathon of life.