



Cayuga Orthopaedic and
Sports Physical Therapy

37 W Garden Street, Suite 103 | 315.253.3291
Auburn, New York

Helping you Stay Healthy
Through the Marathon of Life

COAST Physical Therapy Newsletter - Autumn 2018



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 interesting and lesser known diagnoses that we see (information referenced from the rack cards in our waiting room and from www.moveforwardpt.com):

BALANCE PROBLEMS: September 23 is National Falls Prevention Awareness Day. Did you know that Physical Therapy can help prevent falls? A fear of falling along with limited balance will result in you being less active in your normal daily activities. This can result in several health related problems. We can restore your confidence and mobility, and keep you active. The specialists at COAST Physical Therapy offer individualized programs to help you restore your balance and stability on your feet. Our programs addressing balance dysfunction have helped many patients feel better and return to normal lives. We can help manage your fear of falling, build strength in your legs, increase your mobility, improve steadiness, gain confidence, and conquer your fear of falling. If you have had a fall or feel as if you are at risk of falling, do not wait. Contact your physical therapist today to get started on improving your balance and thus reducing your fall risk.

SACROILIAC (SI) JOINT DYSFUNCTION: Sacroiliac joint (SIJ) dysfunction is a lower back/pelvic condition that can result from joint stiffness (hypomobility) or slackness (hypermobility) at the sacroiliac joints in the pelvis. The condition can affect both men and women of all ages, but is more common in females. Symptoms typically are present on 1 side of the back, and affect 10% to 25% of patients with complaints of low back pain. Physical therapists design individualized treatment programs to address SIJ dysfunction based on the specific cause of each person's condition, and treatment goals. The sacroiliac joint is a joint between the sacrum and the ilium, or pelvic bone. The 2 sides of the sacroiliac joint normally work together. If 1 side becomes stiff, they will not move together and this causes pain or muscle stiffness in the area. Pain is often made worse with walking and bending activities. It is also possible that 1 side may become too loose (lax) as well, resulting in SIJ dysfunction. This may occur during the menstrual cycle or pregnancy due to hormonal changes that cause the ligaments to become more lax. SIJ dysfunction can occur with injury, such as when a person falls and lands on 1 side of the body and alters the position of the joint, or when an athlete overtrains. Muscle imbalances and hip problems, such as hypermobility or dysplasia, may also lead to SIJ dysfunction. Physical Therapy can help improve alignment with manual therapy techniques, help improve strength and flexibility within the affected region, decrease pain, and teach proper body mechanics.

NEW EMPLOYEES TO WELCOME!

We would like to welcome two new employees to COAST PT and celebrate the promotion of two of our current employees. Kayla Bernhardt is our new front office receptionist so you will see her smile as soon as you enter our doors! Please say hello to Kayla! Dr. Connor Delaney is our newest doctor of physical therapy. She joined us in July and is doing great so far. Welcome, Dr. Delaney! Heidi Church is our new Office Manager, and she's doing great in her new position! Angelica Wiczorek is our new Billings Manager so if you have any billing questions, she's the one to ask! Congrats to Heidi and Angelica on their promotions, and welcome to Kayla and Dr. Delaney! Our staff is the best!

