

the NEXT STEP

Excel Physical Therapy's Newsletter

We would like to welcome new staff physical therapist, Ariel Zablocki to our team. Ariel grew up in Pennsylvania and received her Bachelor of Science degree in Kinesiology from Temple University. She then received her Doctorate of Physical Therapy from University of Maryland, Baltimore.

She began her career as a traveling physical therapist, which provided her with the opportunity to work in various clinical settings and locations. This job brought her to Wyoming, where she worked in both Casper and Rock Springs before settling in Jackson.



Ariel is a holistic physical therapist, which means she integrates various therapeutic techniques to treat the whole person. She utilizes a combination of manual therapy, traditional and non-traditional techniques, and lifestyle management to help our patients meet their goals. Ariel enjoys working with all patients populations, but has a special interest in women's health and pelvic floor rehabilitation.

Ariel has experience and specialized training with:

- manual therapy, orthopedic and sports physical therapy, total joint replacement, shoulder dysfunction and chronic pain
- pelvic floor rehabilitation: including painful intercourse, pelvic floor weakness and incontinence
- pelvic pain: including pudendal neuralgia, vulvodynia, vaginismus, dyspareunia, painful penetration, muscle spasm, endometriosis, and painful menstrual cycle
- bowel & bladder dysfunction: including interstitial cystitis, urinary/fecal incontinence, urinary urge, urinary frequency, stress incontinence, pelvic organ prolapse, constipation, incomplete emptying, voiding dysfunction
- pregnancy & post-natal care: including symphysis pubis dysfunction, abdominal separation (diastasis rectus abdominis), pain or weakness, preparing the body for, during, and recovery from pregnancy, and painful/restricted scars
- women's health education

We are thankful to have Ariel as part of our team and to be able to offer women's health services to the Jackson Hole community.

We continue to strive to do what's best for our patients and community. Thank you for your continued support.

Maria Lofgren, PT & Francine Bartlett, PT, DPT, ATC
Owners Excel Physical Therapy

Chronic activation of the stress response can impair your health

- Chronic stress is unpleasant, whether something environmental or psychological, these stressful situations can trigger a cascade of stress hormones that then produce physiological changes—heart pounding, quickened breathing, tense muscles and sweating. This is known as the “flight-or-flight” response because it evolved as a survival mechanism, enabling humans to quickly react to life-threatening situations. Unfortunately, the body can also overreact to certain stressors that are not life threatening, creating a chronic stress pattern that has a negative effect on physical and psychological health. Chronic stress may also suppress the immune system, which may increase the risk of complications after injury or surgery, lengthen hospital stays, increase overall patient discomfort during the healing process, slow progress and inhibit return to activities of daily living.
- Here at Excel Physical Therapy we provide a comfortable and stress free environment at each of our locations. We also promote a variety of services to help reduce stress and give our patients a holistic approach to recovery. Our affiliates offer massage therapy and the MELT method to reduce muscle pain and myofascial dysfunction and for overall stress reduction; personal training and health coaching to help meet fitness and healthy lifestyle goals, which in turn reduces stress; yoga and Pilates to stretch, strengthen and balance the body as well as focus on breathing and relaxation to lessen the effects of chronic stress; and a variety of other services, including acupuncture to restore the body's natural energy flow, and mental and spiritual coaching as well as biofeedback and guided imagery to reduce and deal with the psychological effects of chronic stress. We feel all these services in collaboration treat the person as a whole being and not just a condition.
- Please visit our website for more information on our services and those of our affiliates.

Women’s Health and Pelvic Floor Rehabilitation

Many women are surprised to hear that pelvic physical therapy exists, and unfortunately, often don’t learn of it until they’re experiencing a pelvic floor issue like incontinence or pelvic pain. Pelvic physical therapists receive additional education and training to become musculoskeletal experts in the areas associated with the pelvis. They specialize in managing conditions related to the pelvis and have the ability to perform external and internal exams and are therefore able to provide clearer insight to the function of the pelvic floor.

A pelvic physical therapist typically sees women who are dealing with pelvic floor dysfunctions such as, incontinence (urinary, fecal, and/or gas), pelvic organ prolapse (a condition where the pelvic organs have lost structural support), pelvic pain, painful sex, diastasis recti, and back, hip, sacrum or coccyx pain. They also work with women who are not currently experiencing signs of dysfunction, but are looking to recover well from child birth. The American College of Gynecology recommends physical therapy as an effective treatment for the above mentioned conditions as well as prenatal and postpartum care.

As a patient, if you are suffering from some sort of pelvic floor dysfunction, a pelvic physical therapist will provide a thorough assessment of the body, focusing close attention to the abdominal wall, and the structures within the pelvis. After performing an external assessment, the therapist can then perform an internal assessment. It’s worth noting that the physical therapist will only perform an internal assessment after gaining consent and making sure the patient is comfortable. If an internal exam is something that the patient is not comfortable receiving, the therapist can still gain valuable insight from an external assessment alone.

This assessment provides feedback on the functioning of the pelvic floor, as well as the rest of the core system. Pelvic floor dysfunction is often due to a variety of causes and is not always related to muscle weakness. Therefore, it is a misconception that performing Kegel exercises will be the only thing necessary to return the pelvic floor to proper function. In fact, some women have a “hypertonic” or over-recruited pelvic floor, which equally can lead to dysfunction.

From a musculoskeletal standpoint, a person needs a well-functioning pelvic floor muscle group, abdominal muscles, hip muscles, diaphragm and low back muscles. Rehabilitation for the pelvis is much more involved than simply strengthening a muscle group. It involves restoring function: improving muscular support around the pelvis, and re-training body movements to allow for optimal organ and structural function. The therapist may utilize manual techniques, both external and internal to address muscle tightness and perform myofascial release. They may also prescribe targeted exercises to reduce faulty patterns of muscle recruitment. This may include postural training, relaxation facilitation and breathing exercises. The therapist can also address scar tissue and reduce adhesions in postpartum C-section patients, which can reduce pain and bothersome symptoms to help patients return to normal activities much sooner than if these issues are not addressed.

If you are a Physician, PA, Nurse, or Fitness Professional, please consider referring your patients and clients to a licensed physical therapist who understands this specialty field and can complement your care. If you are a patient, please share this information with your friends and family as well as your healthcare providers to improve awareness of this type of care available to you right here at Excel Physical Therapy.



Featured at Excel Physical Therapy

Mark Hibbard, MA, ATC

We would like to introduce our newest staff member, Athletic Trainer, Mark Hibbard. He is originally from Orange County, California. He attended Concord University, Irvine where he received both his undergraduate and graduate degrees. His main focus and passion is in Athletic Training as well as strength training and conditioning. Mark has experience ranging from high school athletes to professional rugby and soccer players. He started his sports medicine career as a massage therapist and expanded into the strength and conditioning world where he then became the head conditioning coach for a mixed martial arts fight team. Mark’s specialties and certifications include; Performance Enhancement Specialist, Corrective Exercise Specialist, MMA Conditioning Specialist, Crossfit Gymnastics Level 1, Hardstyle Kettlebell Certified, and Kinesiotape Certified.

Mark is the Athletic Trainer at Jackson Hole High School and will be working part time at our location inside Wright Training at 3620 Southpark Drive.

