

# the NEXT STEP

Excel Physical Therapy's Newsletter

## Please Welcome Aaron Howley, PTA



We are excited to welcome a new staff member to our growing physical therapy practice. Aaron recently moved back to Jackson after getting his PTA degree from Loma Linda University in California. He had previously lived in Jackson from 2009-2014 and fell in love with the area. He is excited to be back in the valley and working for Excel and he's looking forward to being part of our active community's rehabilitative team.

During PTA school, Aaron also received a Certification of Athletic Training and has other certifications in:

- Dynamic Taping
- Vestibular Rehab
- Concussion Management

His work experience includes:

- Postural training
- Sport rehab/training

- Manual therapy
- Functional movement
- Stroke
- Pediatrics
- Pre and Post-surgical rehab



Aaron's PT tip: *Rehab is like sailing: you are the boat, therapy is the wind in your sails, and physical therapists are the rudders that guide you. Successful navigation requires all three parts.*

Aaron will be primarily working at our Southpark Drive Location inside Wright Training and looks forward to serving 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

## Are you a Wyoming Worker's Comp Patient?

If you have been injured on the job and are in need of physical therapy, we're here for you and have lots to offer... Here's what is available to you through Excel Physical Therapy:

- Physical Therapy Services
  - Including a variety of manual therapies, exercises and pain management modalities
- Massage Therapy with our Licensed Massage Therapist, Laura Moyer
- Trigger Point Dry Needling
- Neurofeedback/Injury Recovery Coaching with Nick Krauss, our Board-Certified Neurofeedback practitioner
  - Includes focused treatment to help balance the mental, emotional and nervous system states which helps promote physical recovery
- Therapeutic Pilates and Yoga

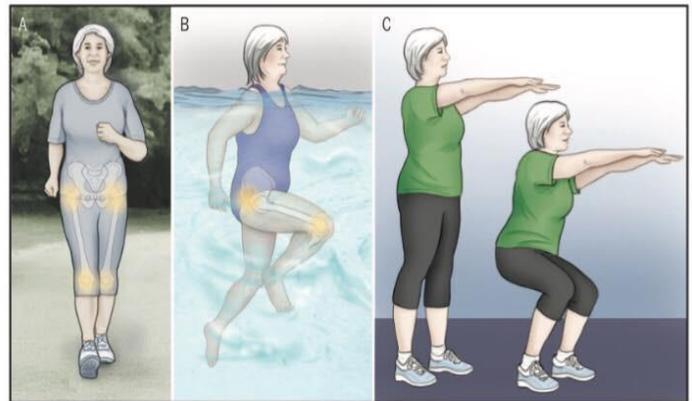
Please call to schedule your appointment today and make sure to ask your Physical Therapist which of our added services might be appropriate for your specific condition or injury.

## Exercise is Medicine

We recently reviewed an article published in the *Journal of Orthopaedic and Sports Physical Therapy*, which stated that exercise therapy is very helpful in decreasing pain associated with osteoarthritis (OA) and can also improve joint motion. The article specifically focused on hip and knee OA, and offered 7 key recommendations:

1. Exercise and physical activity should be tailored to your needs and preferences
2. Consider water exercises if it's too painful to exercise on land
3. Supervised exercise therapy over a 6-week period is often helpful to get you started
4. Some people may need 12 weeks of supervised therapy to begin
5. After you complete supervised therapy, you may need periodic "booster sessions" to help with long-term management of your OA pain and overall health
6. Home exercises should be performed to optimize your outcomes
7. You should be sure you understand how to manage flare-ups in pain and how to modify your exercises when pain increases.

The benefits of exercise and physical therapy are numerous—in addition to helping reduce OA pain and improve mobility, they help fight cancer, heart disease, diabetes, osteoporosis and improve your mental health.



Here at Excel Physical Therapy, our highly trained and licensed physical therapists can help design the right program for you. We can guide you through an exercise program one-on-one in our clinics as well as provide you with a customized home exercise program to keep you going.

In conjunction, we also offer rehabilitative classes through our affiliate Medicine Wheel Wellness, which can offer you guidance and supervision with your exercises after your course of formal physical therapy has been completed. Please feel free to call with questions on how we may be able to help you or to schedule your appointment today—307.734.9129

Reference:

*J Orthop Sports Phys Ther* 2018;48(6):448. doi:10.2519/jospt.2018.0507

## Featured at Excel Physical Therapy

### Community Dry Needling Clinic

#### What is Dry Needling?

Dry Needling is a highly effective treatment for many types of conditions, including: back pain, arthritis, muscle strains, myofascial pain, herniated discs, sciatica, knee injuries/knee pain, shoulder injuries, as well as tendon and ligament injuries.

Dry Needling is an effective anti-inflammatory therapy that is also a natural treatment (vs. medication), using the body's own self-healing mechanisms to help decrease pain and restore itself to full health. All Dry Needling is performed by a licensed Physical Therapist.

#### Why use Dry Needling?

Physical Therapists use this intramuscular technique to treat a variety of dysfunction. It has been shown to relieve pain, improve range of motion, reduce inflammation and restore normal function through its diverse mechanisms of action on multiple body systems. Often the pain relief is immediate and can facilitate a quicker recovery and return to activity.

Community Dry Needling Clinics are held monthly at Excel Physical Therapy on Wednesdays from 6-7pm. Cost is \$30. Call or check our website for specific dates and times, [www.excelptjackson.com](http://www.excelptjackson.com). The clinics have limited space and fill up fast, so call today to schedule your appointment. 307.734.9129