



Our Mission

“To provide outstanding, progressive care in a nurturing environment that prioritizes individual treatment, with accountability to standard of care; where rehabilitation, fitness, performance and an overall healthy lifestyle contributes to best serving our patients and the community.”

Common Shoulder Injuries

Free! Paula Nickel, MSPT will be discussing common shoulder injuries and what you can do about them. Come with your friends and questions March 10, 2009 at the Fort Collins Club.

Ask the Physical Therapist:

Is there a question that you would like to ask a Physical Therapist?

Here is your chance for an answer. Send your questions to ppt@frii.com, and your question will be answered and possibly printed in the next newsletter.

*Going Green! Please email us if you would like to receive this newsletter via email.
Contact: ppt@frii.com*

Performance Physical Therapy (970) 493-8727 www.performance-physicaltherapy.com

Symptoms and Treatments for Back Pain

Ricardo A. Nieves, M.D., FAAPMR

Back Pain is a common reason for consulting a physician. It ranks fifth as a reason for all physician visits. Here are a few statistics to be aware of: 80 percent of adults of working age get back pain at some time; 15-20 percent of the population has an episode of pain in any 12 month period in the United States; every year back pain occurs in 50 percent of working age adults; back pain disables two percent of the US population.

Mechanical low back pain can also be called discogenic pain. The discs are gel filled sacs between each of your vertebrae. The roles of the discs are to provide shock absorption. Symptoms can be isolated to the low back, but can vary with referral to the buttock, thigh, calf or foot. The pain can be exacerbated by activities that load the disc, such as sitting, rising from a seated position, awaking in the morning, bending, sneezing or coughing. Symptoms in lieu of pain can be numbness, tingling or weakness in the extremity.

There are non-surgical medical specialties that focus on spine care, one being a Physiatrist. A Physiatrist typically treats low back, neck, extremity, joint pain, tendonitis, arthritis, osteoporosis, compression fractures, and sports injuries. Their goal is to decrease pain and restore function without surgery. They work closely with your physical therapist,

occupational therapist, primary care physician and spine surgeon, if required. Their ultimate goal is to allow patients to stay active as long as possible at any age.

Physiatrists attain a broad scope of expertise through four years of medical school plus a four-year hospital based residency training as a specialist in physical medicine and rehabilitation. Some physicians pursue additional advanced degrees in sub specialties, such as musculoskeletal rehabilitation, spinal cord injury, pain management, and sports medicine.

Physiatrists also have specialty training and diagnostic skills that help accurately pinpoint the source of ailments. They can design treatment programs that can be done by the patient themselves or with the help and guidance of their physical therapist. A few will have extensive knowledge of Mechanical Evaluation or the McKenzie Evaluation to determine appropriate reasonable diagnostic and treatment interventions.

Mechanical low back pain can be treated conservatively with physical therapy, education and exercises. If the symptoms are radiating into the buttock, leg or foot, the first goal is to centralize the symptoms, i.e. move them up towards the back. Often times, using the McKenzie Method to assist in diagnosing the source of the problem is an effective and less costly

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“When treating mechanical low back pain, it is important to recognize that the non-surgical approach, such as physical therapy or injections, can avoid less extreme interventions and costly procedures.”

method to quickly identify who will respond to conservative care and who may not and need more aggressive interventions.

When treating mechanical low back pain, it is important to recognize that the non-surgical approach, such as physical therapy or injections, can avoid less extreme interventions and costly procedures. If you have questions or concerns about your back pain, make sure to talk to your healthcare provider.

To locate a rehabilitation physician in your community, or to learn more about the specialty, visit the AAPM&R website at aapmr.org

Ricardo A. Nieves M.D. recently moved to Fort Collins from New Mexico. He is Board Certified in Physical Medicine and Rehabilitation, Electrodiagnostic Medicine, Independent Medical Examiner and Pain Management. He also has sub-specialty Board Certifications in Sports Medicine and Pain Medicine (American Board of Medical Specialties.)

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Yoga Basics and Tips for Getting Started



What is yoga? From the Sanskrit word “yuj” means to yoke or bind and is interpreted as “union” or a method of discipline. Men who practice yoga are referred to as “yogis” and women are “yoginis.”

Hatha yoga is a very general term that encompasses many of the physical types of yoga. If a class is described as a Hatha yoga class it is generally slow paced and gentle to provide a good introduction to basic yoga poses. Hatha yoga can also be meant to include the physical types of Ashtanga yoga, which may be referred to as “power yoga” and Vinyasa or Vinyasa flow yoga.

Ashtanga yoga is characterized by breath-synchronized movement. There are six series of postures which are always done in the same order. This style of yoga can be very physically demanding. **Vinyasa or Vinyasa flow yoga** is

a graceful, flowing style of yoga in which movement from one asana to another follows the breath. This style varies in intensity. If you enjoy a style that is unpredictable and you like to move, Vinyasa is probably for you.

Kundalini yoga combines movement, sound, breath and meditation to help the individual achieve balance, health and energy. This style of yoga is considered the most powerful of all styles of yoga. It combines static and dynamic postures and may involve the teacher leading the class in call and response chanting. **Iyengar yoga** is pioneered by B.K.S. Iyengar and focuses primarily on physical postures (asanas.) Close attention is paid to alignment and the use of props (blocks, straps, ropes, blankets.) This can be physically demanding but in using props it can be modified to suit any person.

“If you enjoy a style that is unpredictable and you like to move, Vinyasa is probably for you.”

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Yoga Basics and Tips for Getting Started Continued from Page 2

Bikram yoga also known as “hot yoga” is a series of 26 asanas that are practiced in each class. Classes begin and end with breathing exercises and the studio is between 98 and 105 degrees Fahrenheit. Bring a towel, a large bottle of water and dress appropriately for the heat.

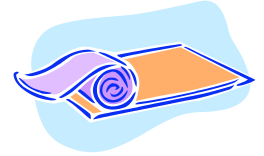
These are the most popular forms of yoga, but there are at least 22 different styles of yoga practiced, ranging from physical to complete meditation or spiritual.

Question: How do I pick a type of yoga and get started?

Answer: If you are brand new to yoga, you may want to take a few hatha classes to learn the basic poses. However, hatha is usually slow paced, so if you are the kind of person who

likes to move around more, hatha may turn you off. Even if you are already in great shape, take a few beginner classes to learn the poses and avoid the risk of injury. And while there are many great yoga books and videos available, there is no substitute for learning directly from a good teacher in a yoga class. I encourage you to find a class and let books and videos be a supplement.

To get started with a yoga class, it is usually beneficial to visit the location ahead of time. Often times yoga mats are available to use (possibly for a fee) or you can purchase a yoga mat of your own (\$15-\$20.) You want to wear comfortable clothing that allows you to move freely. If it is hot yoga, bring a towel and a water bottle.



“Even if you are already in great shape, take a few beginner classes to learn the poses and avoid the risk of injury.”

Testimonials from Performance Physical Therapy Clients

When I came in my arms were hurting and I was unable to lift my right arm above my head without a lot of pain. I also had pain extending into my neck and shoulder. After therapy, I can lift my arm comfortably and my neck and shoulders also. Nita

I came to physical therapy with severe pain in my upper right leg. That pain has completely gone. I have also been given instruction and follow-up on how to alleviate the pain in the future, which was primarily caused by stress. My experience at this facility has been very positive and I would return in the future, if needed. NT

When I came to PT my right sciatic was causing me a lot of pain especially when I drove for more than 15 minutes. After three visits,

the pain has disappeared for the most part. I feel 100% better. NO PAIN!! ☺ MN

When I first came in, my face and neck were swollen and I could hardly turn my head. Nearly all the swelling is gone now and I can turn my head easily. I also have less pain in my leg and can go upstairs normally instead of one at a time. I am so pleased with the results! JS

My results: much greater range of motion, swelling totally gone, no weird sensations. My skin feels normal. I feel strong and confident about ankle. DD

When I came, I had a lot of pain and had stopped running as a result. Now I can run again and really feel improvement all over. SS



**Performance
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Get Results!!

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Barb Allan, PT

Cathy Wilson, PT



Suggested Websites

theprrt.com

vestibular.org

muscleactivation.com

totalmotionrelease.com

View video of MAT and PRRT
techniques on our website!

We're on the Web!

See us at:

www.performance-physicaltherapy.com

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