

Special Thanks!

We want to thank all of our referral sources for giving us the opportunity to work with your patients. We have been fortunate in the past 19 years to assemble an amazing group of therapists, managers, front desk and billing personnel with the collective goal of being the best. We have not lost our zeal to improve as a company or as individuals and we will continue to strive for the best possible product.

Jeff DeRaps *Travis Smith*



ROSEVILLE
HEALTH & WELLNESS
CENTER

Roseville: 916-677-1210

fax: 916-677-1214

1650 Lead Hill Boulevard • Roseville, CA 95661
www.rosevillehwc.com



FOLSOM
HEALTH & WELLNESS
CENTER

Folsom: 916-932-1210

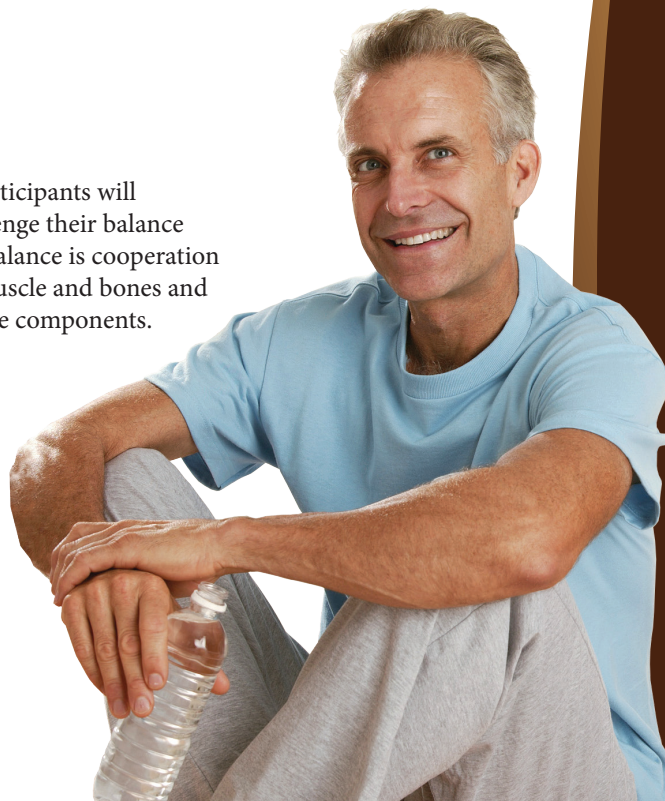
fax: 916-932-1205

2575 East Bidwell • Folsom, CA 95630



Fall Prevention Program: Participants will incorporate movements that challenge their balance while simulating daily activities. Balance is cooperation between brain, nervous system, muscle and bones and the class will encompass all of these components.

The ACL Injury Prevention Program emphasizes balance, power, agility and alignment. Plyometric exercises and balance drills help improve neuromuscular conditioning and reaction time and may decrease the risk of ACL injuries for young athletes.



Roseville's
Bryan Phillips PT &
Kristin Wetter PT voted
**"BEST PHYSICAL
THERAPIST"**
in Roseville Style Magazine
two years in a row!

*Sacramento
Spine
&
Physical
Therapy*

www.sacramentospine.com
sacspine@msn.com

Roseville:
916-677-1210

fax: 916-677-1214

Folsom:
916-932-1210

fax: 916-932-1205

INSIDE THIS ISSUE

- **Building Joint Stability:
An Essential Part of
Lower Extremity Rehab**
- **Success Stories**
- **Boston Marathon
Bombing Hits Home**
- **Special Thanks**

*“Please understand
my friend, that
where you find
yourself tomorrow
is a function of the
positive decisions
and actions you
take today.”*

Building Joint Stability

An Essential Part of Lower Extremity Rehab

After an injury or surgery it is essential for the joints of the lower extremity to return to proper alignment. A comprehensive physical therapy program will include a myriad of exercises that target joint stability.

The first step for achieving joint stability following a lower extremity injury is to assess the joints for misalignment or structural defects. Your physician or therapist will check the joint alignment and test for weakness or deficits in soft tissues (tendons, ligaments and cartilage). Correcting these deficits may require taping, bracing, or surgical intervention. Once the joints are returned to proper alignment, joint stability is addressed. Specific exercises are prescribed to restore function. These exercises target balance, proprioception, range of motion, flexibility, strength and endurance.

Neuromuscular training and proprioception is a key component to achieving joint stability. Neuromuscular control is an unconscious response to joint motions (think of a runner who adjust to uneven surfaces or shifts his/her weight to stay balanced on an incline). Proprioceptive information includes the ability to detect joint position, movement, direction, amplitude and speed. In theory, a joint that possesses a high level of neuromuscular control and a highly sensitive proprioceptive



feedback system can respond appropriately to variations in forces during activity and reduce risk of injury. Therefore, the goal of these exercises are to train the joint proprioceptors to adapt to stimuli during or prior to initiation of a deleterious movement.

***The first step for
achieving joint stability
following a lower
extremity injury is
to assess the joints
for misalignment or
structural defects.***

The final step is skills training to relearn movement patterns that were once automatic. One example would include an athlete performing sport specific exercises and movements to restore their ability to make adjustments quickly enough to reduce re-injury. As with all rehabilitation programs the patient must participate fully in their program to meet their full potential. ■

Success Stories

“My balance is back, my strength is back and I feel great.”



Charles came to us with an extensive medical history. “I had two major surgeries to my lumbar spine and two on my ankle. I was unable to progress out of a wheelchair for 9 months and suffered several falls due to poor balance”. Charles was a good candidate for aquatic therapy which allowed him to work on balance and strength in a safe environment.

After 12 sessions of aquatic therapy Charles has shown significant progress. “I cannot believe the difference, no comparison at all to the other clinics I

have been to. My balance is back, my strength is back and I feel great. I can go out shopping and am using a cane. I have feeling in my feet for the first time in 10 years and I have returned to doing the cooking, cleaning, laundry and even yard work at the house. Kristin (PT) is amazing and knows how to get the best out of me and the facility is wonderful.”

The combination of the optimal environment and hard work and dedication from Charles has allowed for him to progress rapidly. ■



Lisa came to us with a hamstring issue which we soon found out was not the root of her problem.

“Joe (PT) was wonderful, he peeled through all the layers and was able to resolve my issue 100%. I had both a comprehensive hands on program in the clinic as well as through a home program that enabled me to progress quickly.”

Being an athlete Lisa required a multi faceted approach so she could sustain a high level of performance. “I can’t say enough about how much Sac Spine and PT helped me, I was able to complete the Western States 100 mile run.”

Lisa has overcome the fear of re-injury and has the tools to continue to perform at a high level. ■

“...I was able to complete the Western States 100 mile run.”

Get started today & be the Next Success Story!



Boston Marathon Bombing Hits Home

In the 19 years Sac Spine & PT has been in business this is the first time I have interviewed my business partner but I wanted to share the experience in Boston with all of you. Since the bombings we have heard similar stories from patients, friends and business associates proving that a tragedy across the country hits home in a very serious way.

Travis, what were your reasons for running the Boston Marathon?

I wanted to run it because of the history of the event and because I felt like it would probably be my last marathon since I've gotten older and begun to have less motivation to run long distances.

How did you qualify?

I originally decided to do "one last marathon" and totally surprised myself by running fast enough to qualify for the current year. Unfortunately, my qualifying time was good for the following year and that year the standards became faster. So I missed out by 5 minutes. My family and friends all encouraged me to try another marathon to qualify. So a month later I ran another and somehow trimmed 8 minutes off my time and qualified!

Please explain where you were when the initial explosions occurred? When did you realize that it was an act of violence?

I was a block and a half away walking through the runner's exit corrals to the family meeting area. I was on the phone trying to locate my friend and we both heard the big boom. Then 10 seconds later another. It was clear that it was either malicious or a really odd coincidence that there were two big explosions.

Being down on the ground, we didn't know what was going on other than there were two big explosions and we were told many people were missing limbs and suffered injuries. It wasn't clear if it was a gas line, transformer or an act of violence to me until I made it to the airport later and watched the news.

What did you do following the explosions?

I made my way to meet my friend and basically tried to stay out of the way of all the first responders. I had a flight out in 2 hours and wasn't sure if I was going to make it out of the city to even get to the airport but things lined up and went exceptionally smooth considering what was happening. I made it home at 1:00 in the morning and honestly never felt so happy to be in my own bed! ■



REFERRAL INFORMATION:

Have a patient who would benefit from the areas largest and most comprehensive physical therapy facility? Looking for an indoor warm-water pool or a facility that teaches patients healthy lifestyles and comprehensive exercise programs? If you have never referred to Sac Spine, give us a try. We are preferred providers for all major PPO insurance companies and accept Workers Compensation, Medicare, Auto, Hills Physicians HMO, Sutter Medical Foundation and liens. To request Rx pads, please contact 916-677-1210 or email sacspine@msn.com.