



Common Aches and Pains

What You Need To Know and
How *Physical Therapy* Can Help

Gretchen Roman, PT, DPT



Background

- ⇒ Quinnipiac University, Hamden, CT
Bachelor of Science in Physical Therapy, 1996
- ⇒ New York University, New York, NY
Master of Arts in Deafness Rehabilitation, 2000
- ⇒ LaGuardia Community College, Queens, NY
Certificate in ASL/English Interpreting, 2003
- ⇒ Massachusetts General Hospital Institute of
Health Professions, Boston, MA
Doctor of Physical Therapy, 2009



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Physical Therapy Services

⇒ Orthopaedics

- **Shoulder**
- Elbow
- Wrist
- Hand
- Finger/Thumb
- **Spine**
- Pelvis
- Hip
- **Knee**
- Foot/Ankle

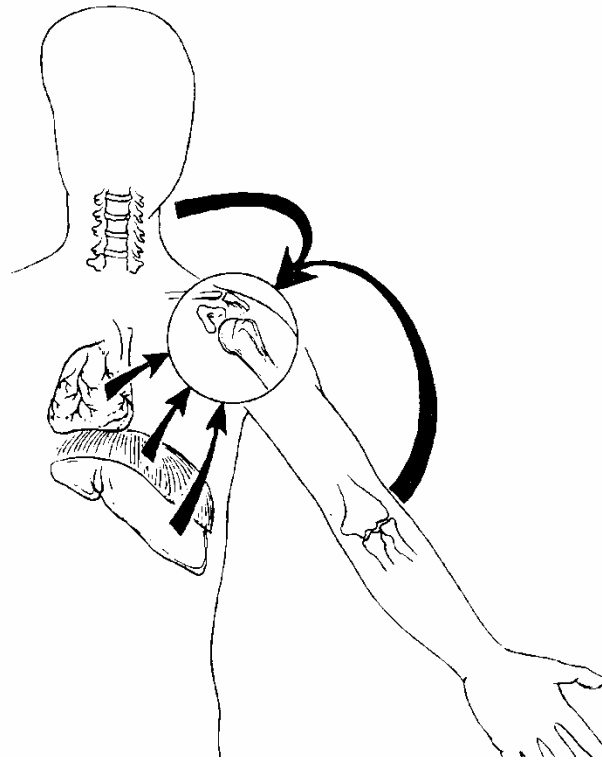
⇒ Post-Surgical Rehabilitation

⇒ **Women's Health**

⇒ **Geriatrics**

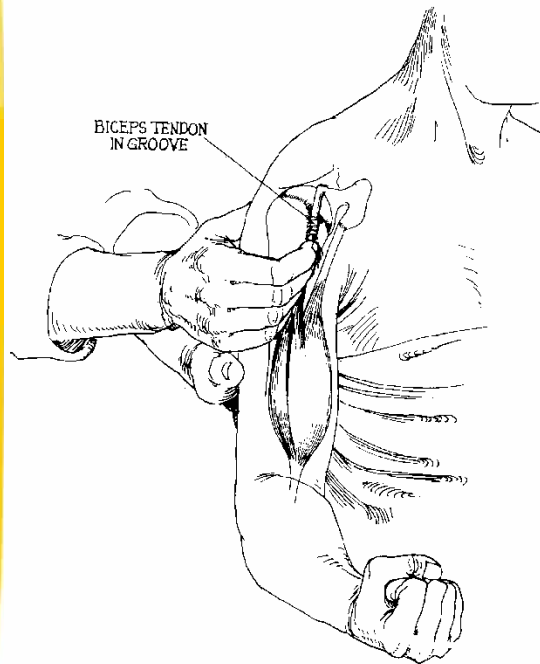


Shoulder

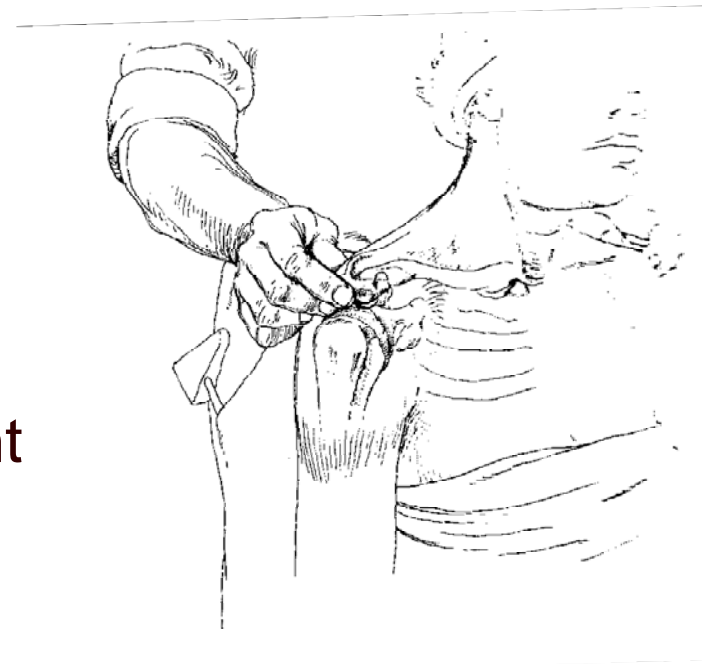




Shoulder



- ➔ Rotator Cuff Tendonitis
- ➔ Shoulder Impingement
- ➔ Bicipital Tendonitis
- ➔ Bursitis





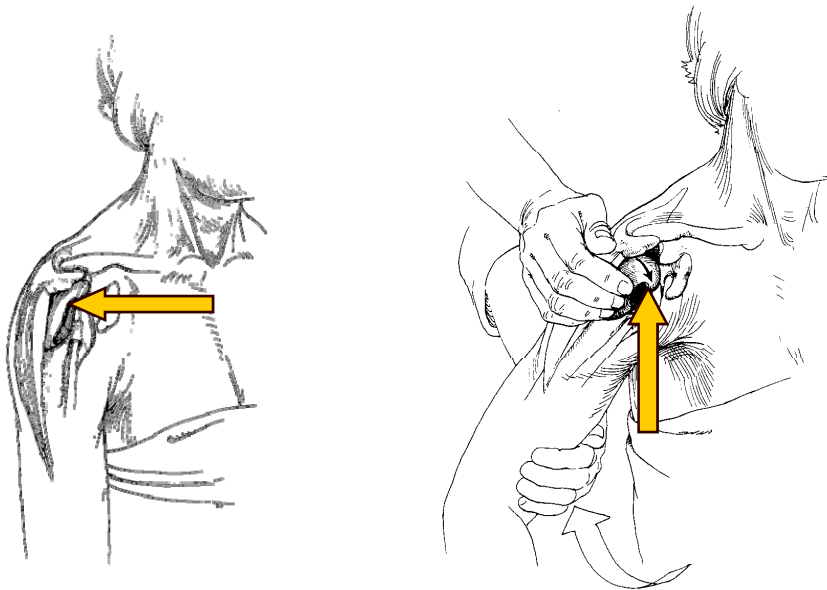
Shoulder

➔ Rotator Cuff Anatomy

- Supraspinatus
- Infraspinatus
- Teres Minor
- Subscapularis



Shoulder



➔ Subacromial and Subdeltoid Bursitis

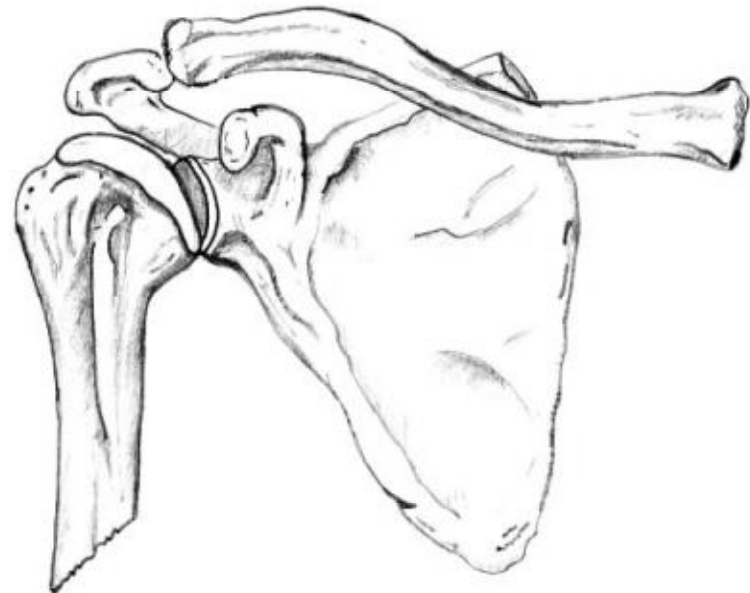
Bursa= sac of fluid that serves as a gliding surface to reduce friction



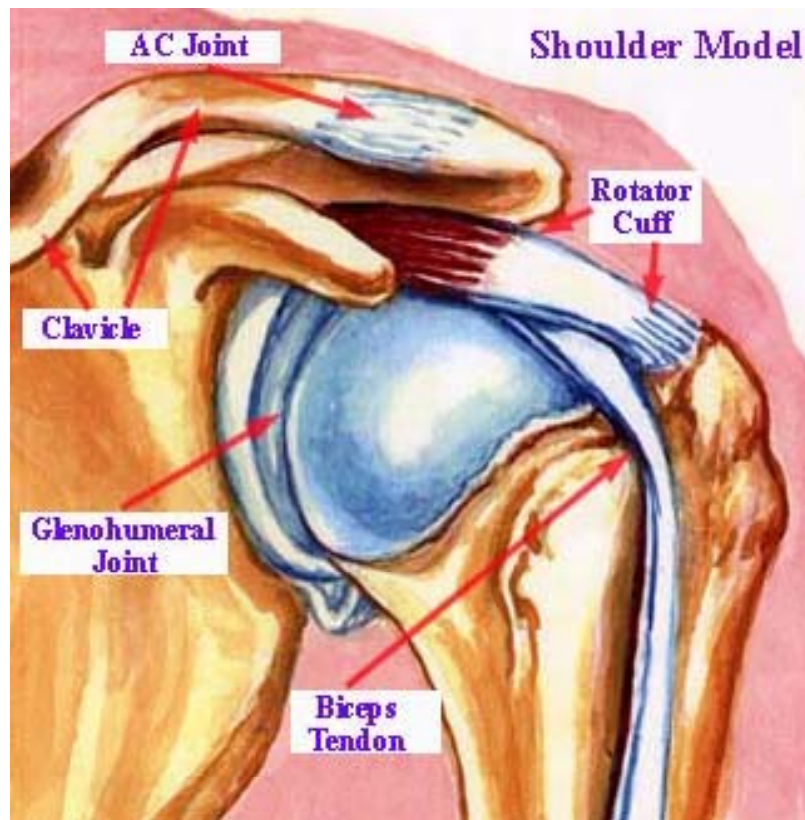
Shoulder

➔ The shoulder complex is comprised of **4** different joints:

- 1) Scapulothoracic joint
- 2) Glenohumeral joint
- 3) Acromioclavicular joint
- 4) Sternoclavicular joint



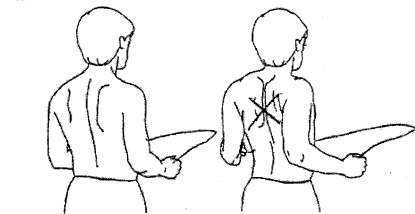
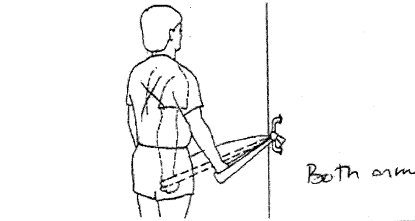
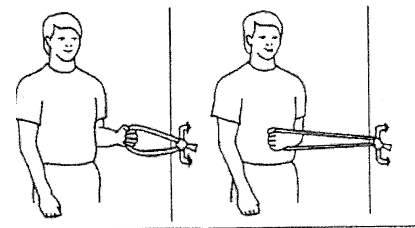
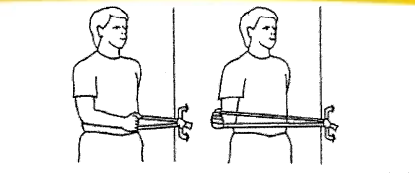
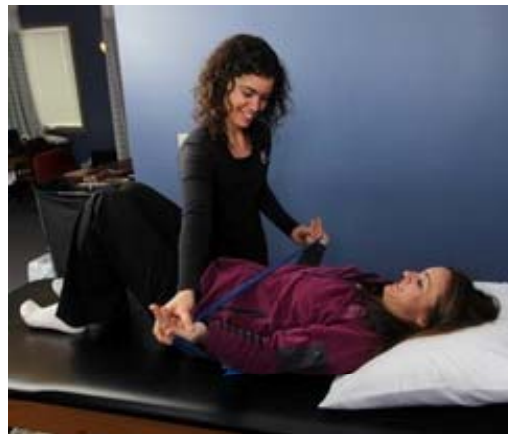
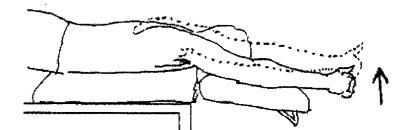
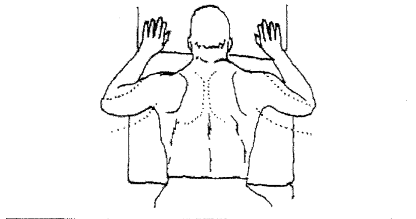
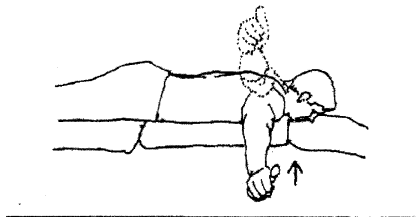
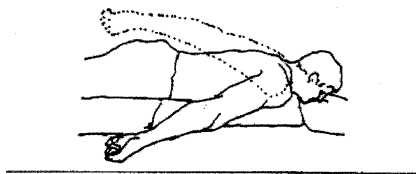
Post-Surgical Shoulder



- Rotator Cuff Repair
- Shoulder Decompression
distal clavicle excision
and/or acromioplasty

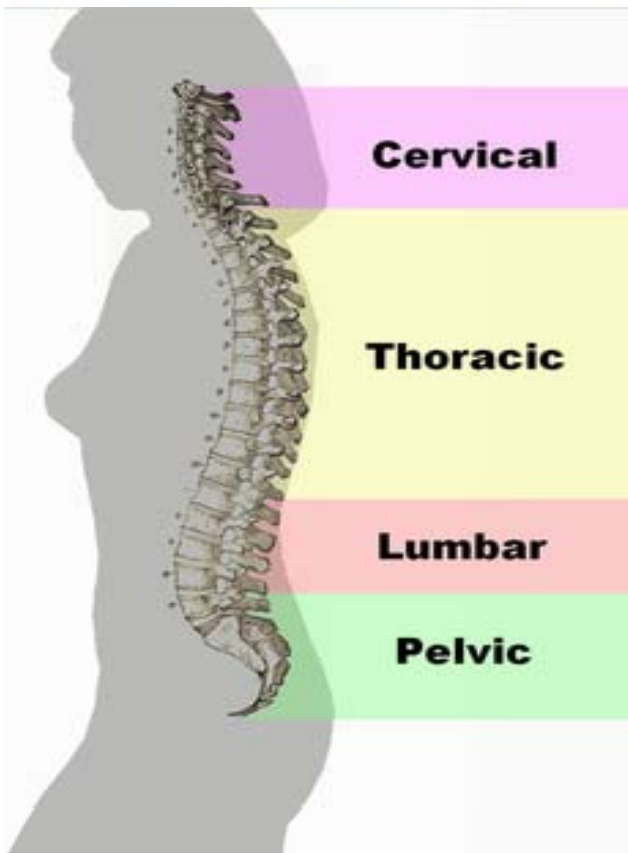


Shoulder Exercises





Spine



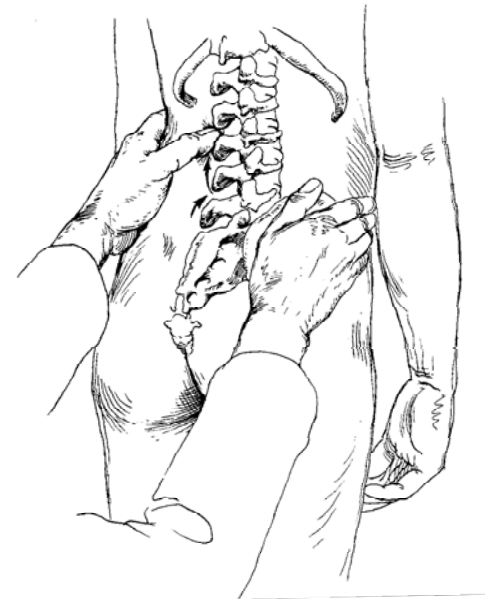
- ➔ 7 Cervical Vertebrae
- ➔ 12 Thoracic Vertebrae
- ➔ 5 Lumbar Vertebrae

24 TOTAL

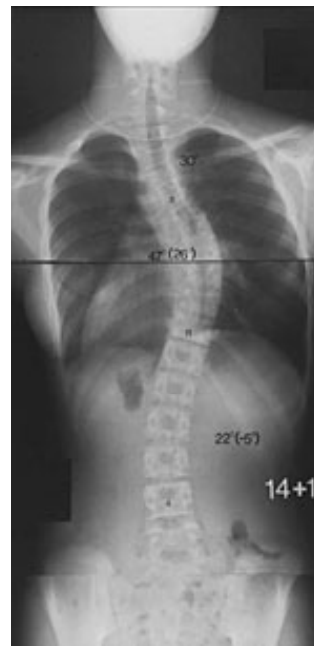


Spine

- ➔ Spinal Stenosis
- ➔ Disc Herniation



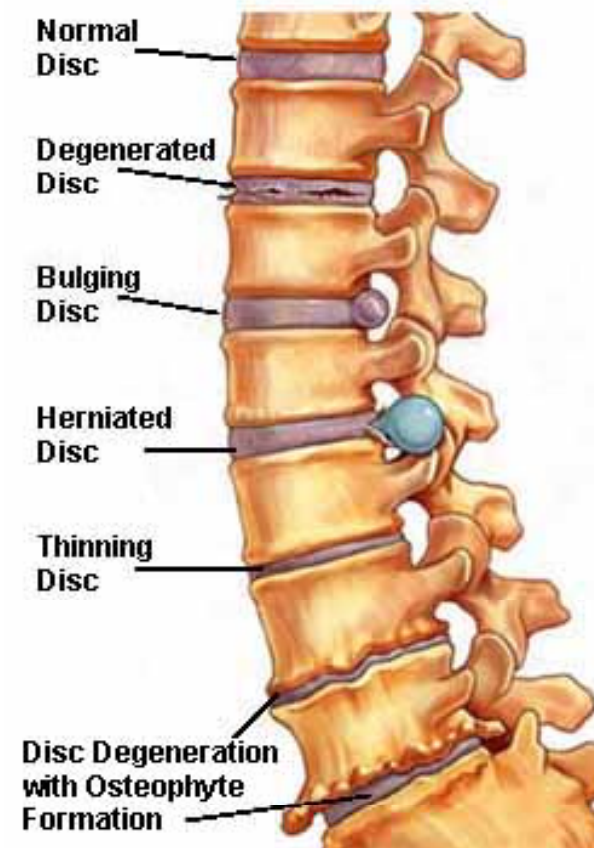
- ➔ Muscular Strain
- ➔ Scoliosis





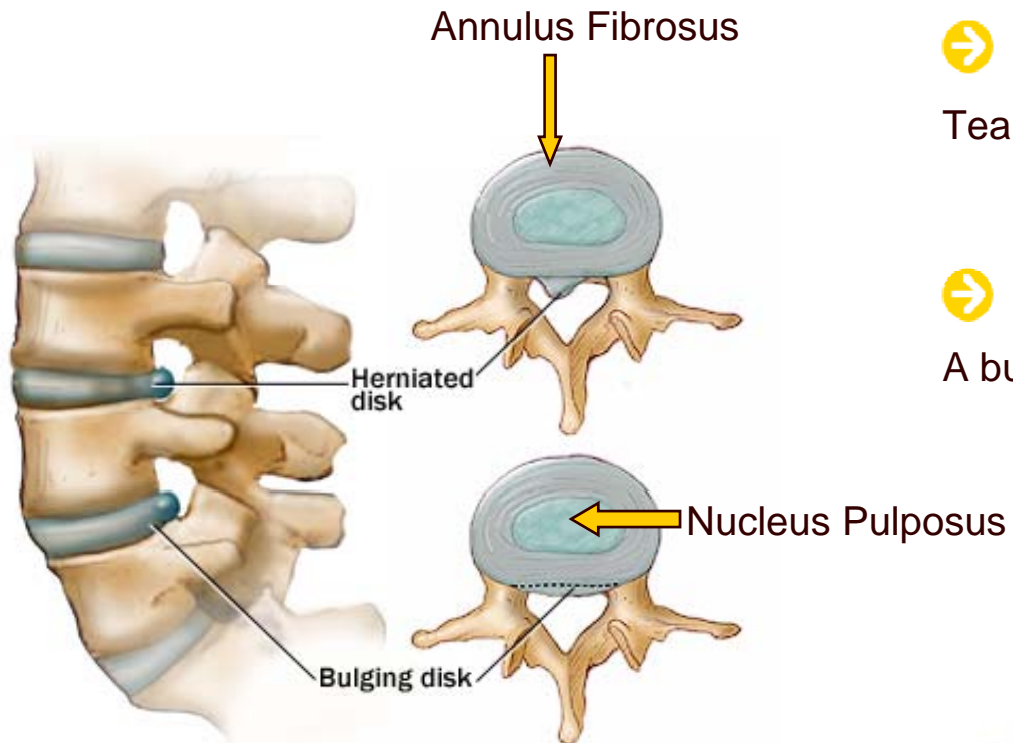
Spine

- ➔ Disc Bulge
- ➔ Disc Herniation
- ➔ Degenerative Disc Disease (DDD)
- ➔ Degenerative Joint Disease (DJD)





Spine



➔ Disc Herniation

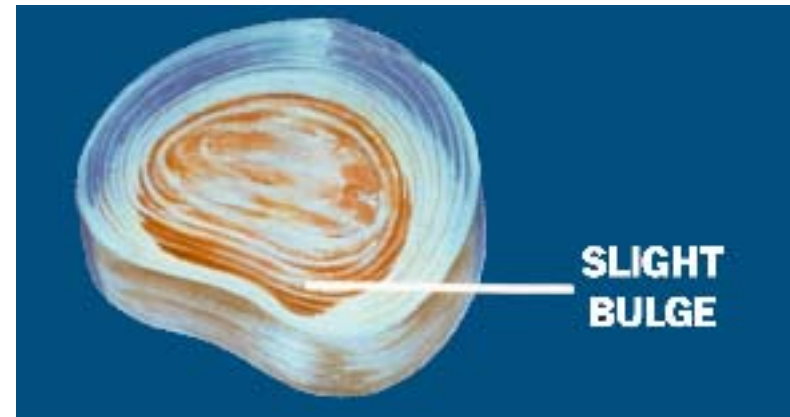
Tear in the annulus and the nucleus pulposus seeps out

➔ Disc Bulge

A bulging of the annulus



Spine





Spine

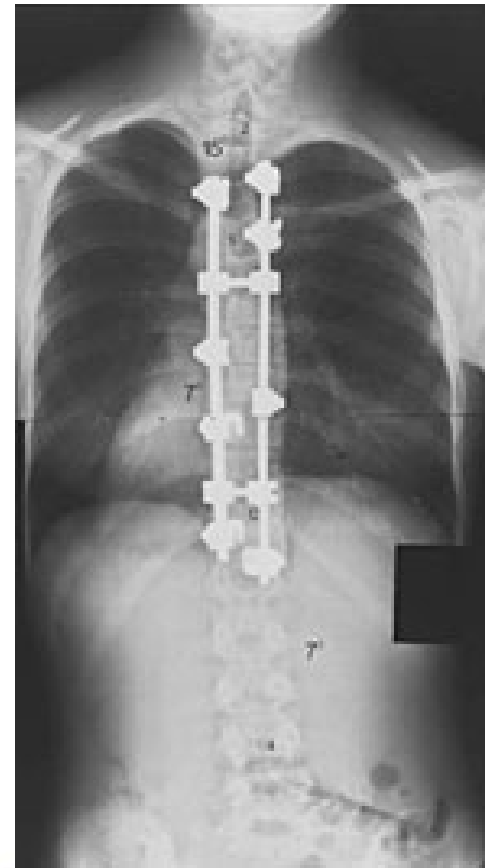
⇒ Jelly Donut





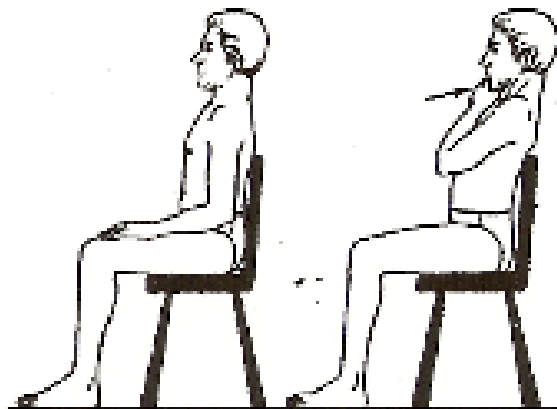
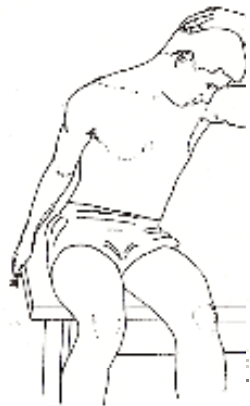
Post-Surgical Neck/Back

- ➔ Spinal Fusion
- ➔ Spinal Laminectomy



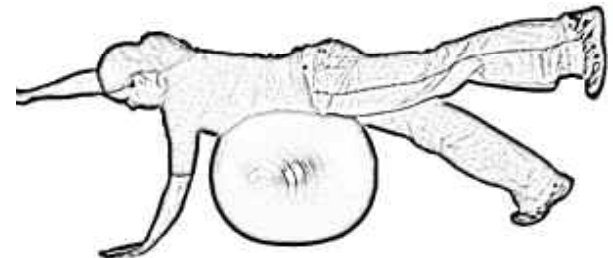
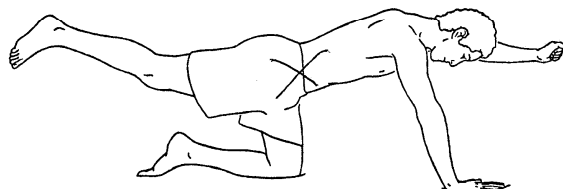
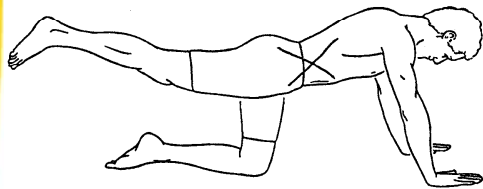
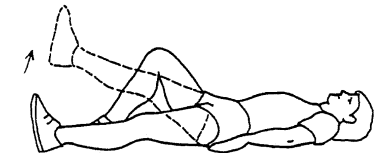
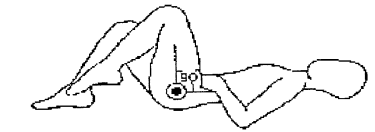
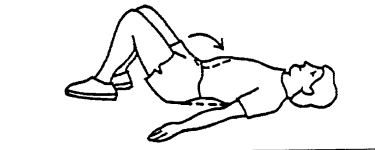
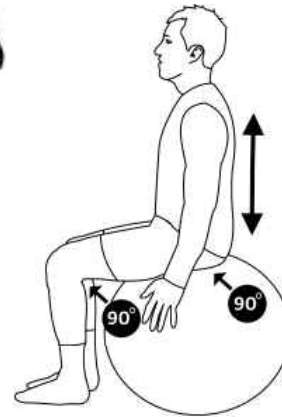
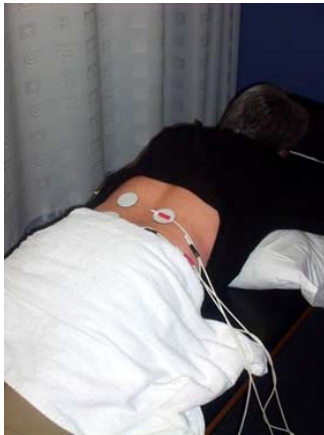


Neck Exercises & Treatment



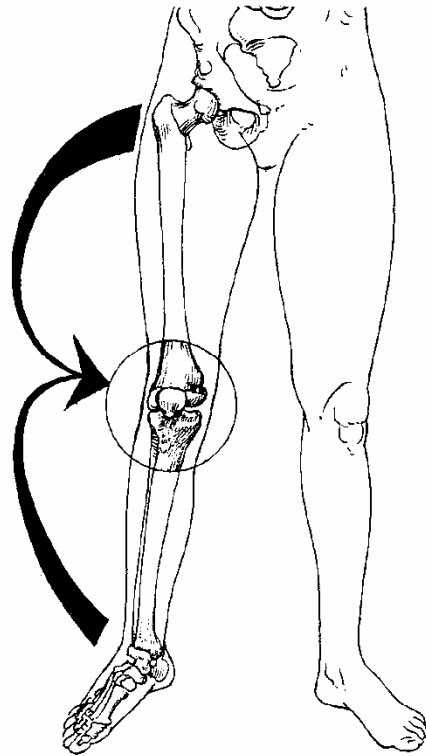


Back Exercises & Treatment





Knee





Knee

➔ Knee Osteoarthritis

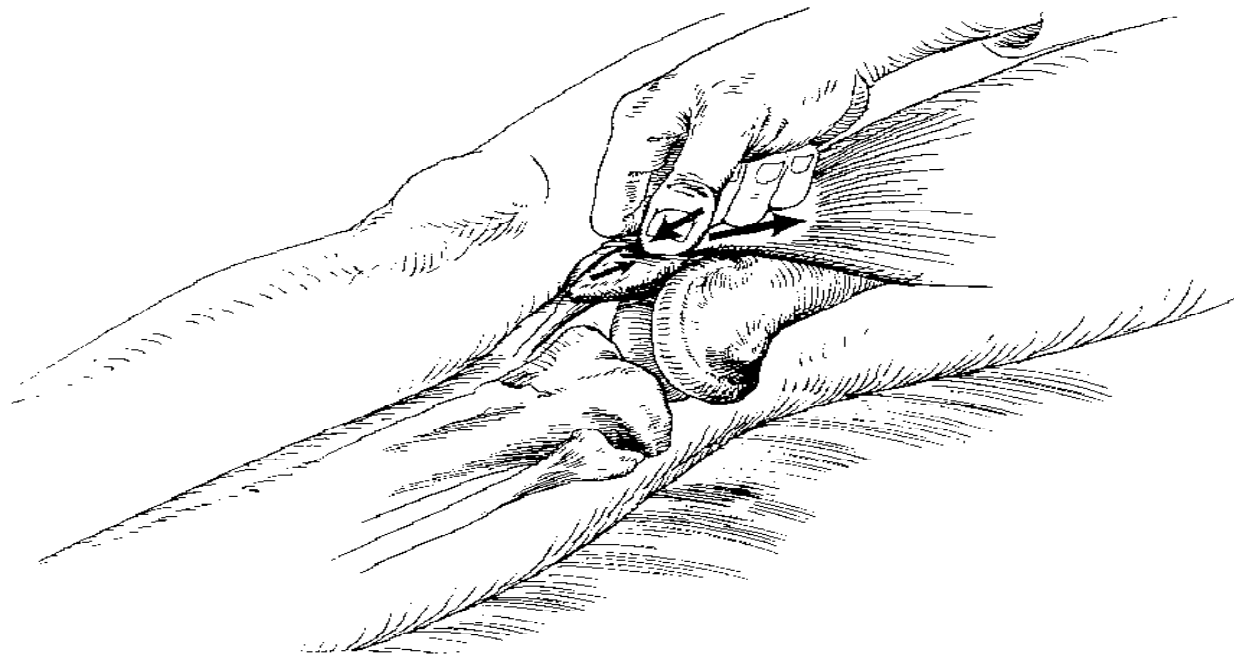


Osteoarthritic Knee



Knee

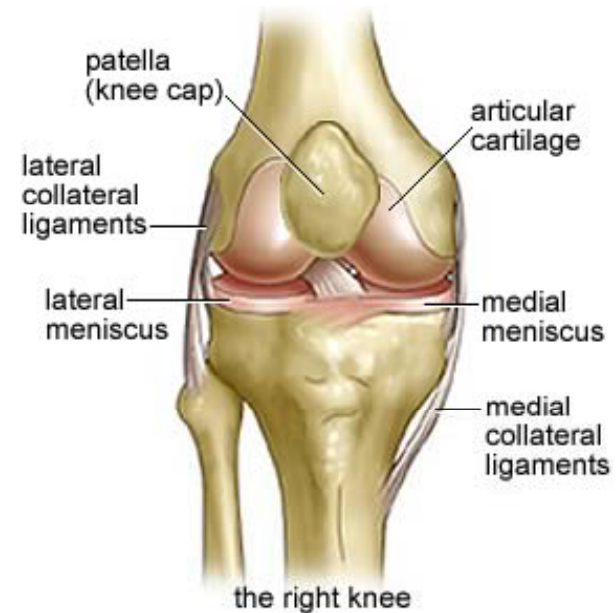
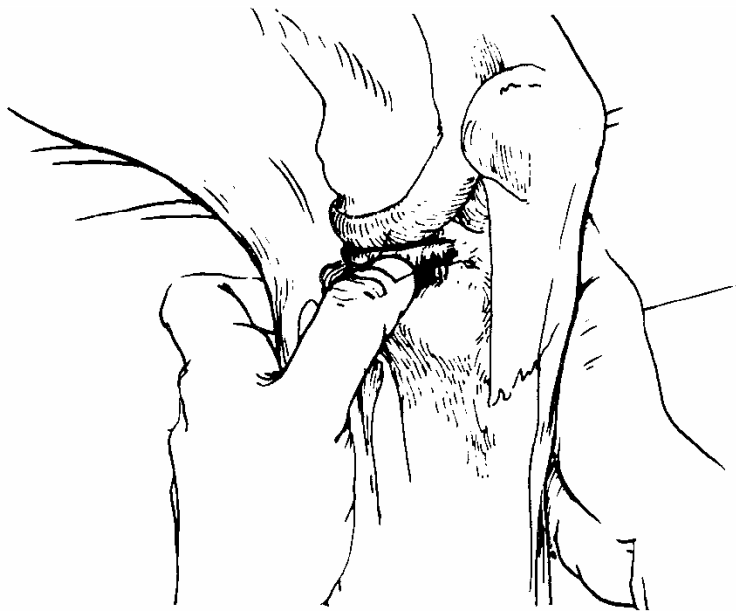
➔ Patellafemoral Syndrome





Knee

➔ Medial or Lateral Meniscal Injury





Knee

STRAIN

- ➔ Tendons connect muscle to bone

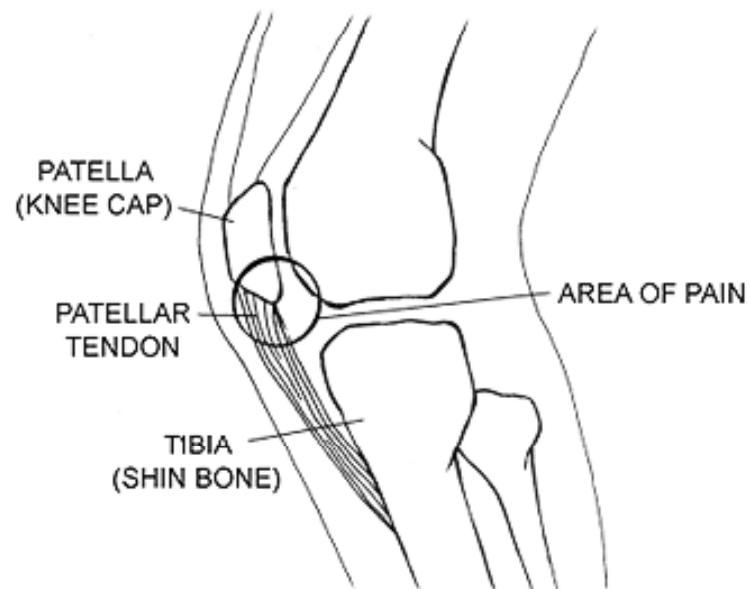
SPRAIN

- ➔ Ligaments connect bone to bone
 - Anterior Cruciate Ligament (ACL)
 - Posterior Cruciate Ligament (PCL)
 - Lateral Cruciate Ligament (LCL)
 - Medial Cruciate Ligament (MCL)



Knee

➔ Patella Tendonitis





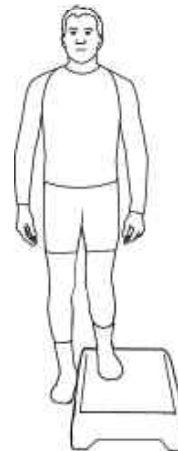
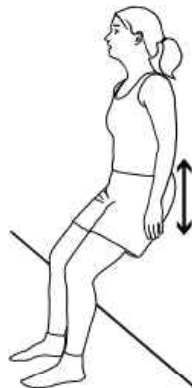
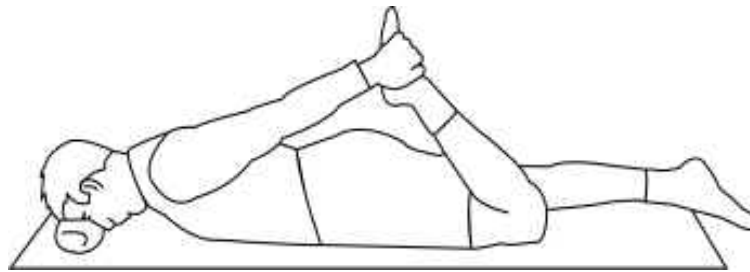
Post-Surgical Knee



Total Knee
Replacement



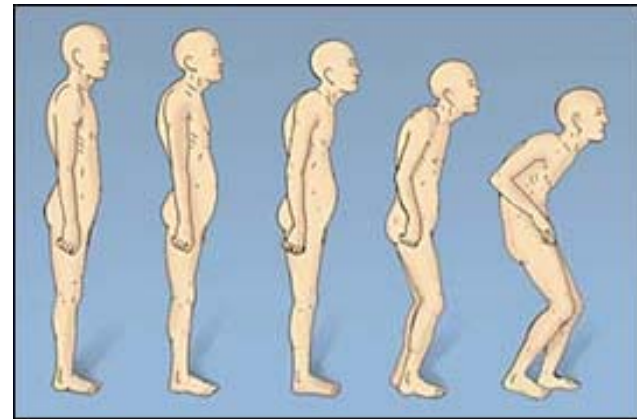
Knee Exercises & Treatment





Women's Health

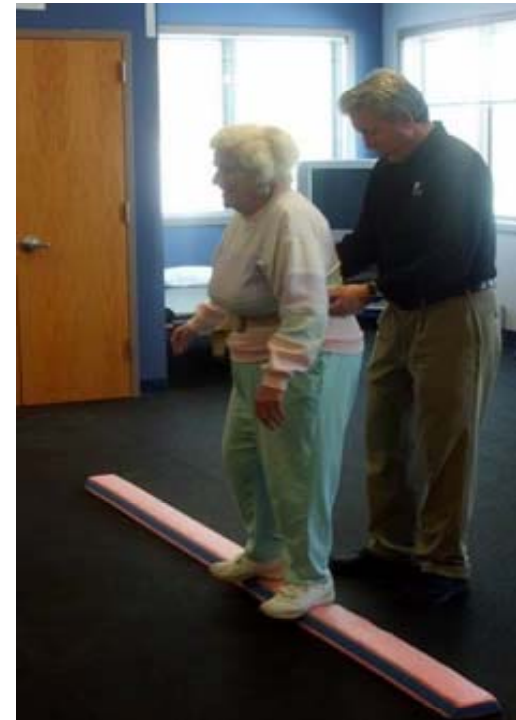
- ➔ Prenatal/Postpartum
- ➔ Osteoporosis
- ➔ Breast Cancer
 - post-lumpectomy
 - post-mastectomy
 - secondary lymphedema





Geriatrics

➔ Fall Prevention for Community Dwelling Elderly





EXERCISE!

Be Proactive About Managing Your Health



- ➔ Cardio
- ➔ Flexibility
- ➔ Strengthening





Physical Benefits of Exercise

- ➔ Enhances capacity to perform physical work, reducing chance of injury
- ➔ Improves strength and muscle tone
- ➔ Improves tolerance for physical stress
- ➔ Improves ability to sleep and the quality of sleep
- ➔ Helps stabilize or maintain weight



Psychological Benefits of Exercise

- ➔ Serves as a powerful stress management strategy
- ➔ Enhances feelings of emotional well-being
- ➔ Increases feelings of self-esteem
- ➔ Improves body image
- ➔ Increases ability to exert self-control



Body Mass Index (BMI) Chart

| WEIGHT lbs | 100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 | 165 | 170 | 175 | 180 | 185 | 190 | 195 | 200 | 205 | 210 | 215 | | |
|---------------|------|-------------|------|------|------|------|---------|------|------|------|------|------------|------|------|------|------|-------|------|------|------|------|-----------------|------|------|--|--|
| kgs | 45.5 | 47.7 | 50.0 | 52.3 | 54.5 | 56.8 | 59.1 | 61.4 | 63.6 | 65.9 | 68.2 | 70.5 | 72.7 | 75.0 | 77.3 | 79.5 | 81.8 | 84.1 | 86.4 | 88.6 | 90.9 | 93.2 | 95.5 | 97.7 | | |
| HEIGHT in/cm | | Underweight | | | | | Healthy | | | | | Overweight | | | | | Obese | | | | | Extremely obese | | | | |
| 5'0" - 152.4 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | | |
| 5'1" - 154.9 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 36 | 37 | 38 | 39 | 40 | | |
| 5'2" - 157.4 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | | |
| 5'3" - 160.0 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | | |
| 5'4" - 162.5 | 17 | 18 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | | |
| 5'5" - 165.1 | 16 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 35 | 35 | | |
| 5'6" - 167.6 | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | 32 | 33 | 34 | 34 | | |
| 5'7" - 170.1 | 15 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | 32 | 33 | 33 | | |
| 5'8" - 172.7 | 15 | 16 | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 31 | 32 | 32 | | |
| 5'9" - 175.2 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 31 | 31 | | |
| 5'10" - 177.8 | 14 | 15 | 15 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 30 | | |
| 5'11" - 180.3 | 14 | 14 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | | |
| 6'0" - 182.8 | 13 | 14 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 29 | | |
| 6'1" - 185.4 | 13 | 13 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | | |
| 6'2" - 187.9 | 12 | 13 | 14 | 14 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | | |
| 6'3" - 190.5 | 12 | 13 | 13 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 26 | | |
| 6'4" - 193.0 | 12 | 12 | 13 | 14 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | | |



Direct Access

As of November 23, 2006, it became legal for a physical therapist with 3 years experience to treat a patient without a referral from a physician.

Treatment, not including evaluation, can proceed for 10 visits or 30 days whichever comes first before a referral must be obtained to continue physical therapy treatment.

Regardless of this change in our practice act, **No-fault, Worker's compensation, and Medicare** patients will continue to need a referral for payment.



References

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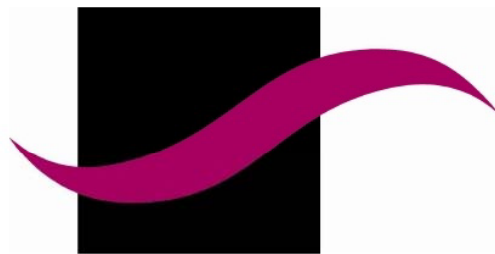
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Thank you!!

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Physical Therapy**

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Choose well... Choose GRPT*



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