

## Coming Soon to SOLPT

Attention dancers! *National Dance Week* is April 24th - May 3rd, 2009, and to honor this event, SOLPT will be operating as a free clinic for dancers from 6pm-9pm on Thursday April 30th, by appointment. Dancers are encouraged to drop in to address alignment, posture, pain or injury questions, and to learn more about how our team can help you to dance longer, more efficiently, and without pain! Call Christina at (510) 547-1630 to reserve your spot.

## Our Services

Recently honored with the *2008 Norcal Competitor Magazine Readers' Choice Award*, SOLPT provides physical therapy and sports performance training to patients of all ages and abilities. From weekend warriors to elite athletes, SOLPT is the right choice for you!

Our services include:

- Orthopedic rehabilitation
- Biomechanical assessment
- Sport performance analysis
- Back pain management
- Post-surgical rehabilitation
- Balance rehabilitation
- Neurological training
- Injury prevention programs



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## InFocus with SOLPT, So What's it all Mean?

By Tammara Moore DPT, OCS, Founder

Greetings! We are proud to introduce our first quarterly issue of the *InFocus with SOLPT* newsletter and we hope you will find it both useful and enjoyable.

During SOLPT's 10-year history of serving the East Bay community we have seen many changes and challenges in health care. Throughout these challenges, one thing stands clear - our unwavering commitment to you - our referral sources and our patients. Thank you for allowing us to be a part of your team - it is an honor to work with each one of you. With our busy and full lives, we sometimes fail to connect with those that matter to us and this newsletter has been created as way for us to reach out and stay in touch.

In 1999, Tammara Moore and Nina Patterson had a vision. We wanted to create a special place that allowed talented manual, sports, and orthopedically trained therapists and trainers to come together to provide excellent PT with lots of heart and SOL! We are truly passionate about our profession and we strive to make a difference in our community. SOL was created to provide a facility that offered leading innovative care with the latest equipment and training. This is exactly what we've done, and plan to continue over the next 10 years.

Our mission is to provide the highest quality of advanced, orthopedic, manual, sports, and orthopedic physical therapy and human performance in an environment that is both caring and professional. Our goal with every patient or client is to return each individual to their highest functional level in work, sports or recreational activity.

There is nothing more rewarding than seeing our patients return to what they love to do - whether it's biking, running, hiking Mount Tam or playing with their kids. When I look back to 10 years ago when we started SOLPT, we were a 600 square foot facility with two physical therapists, and today we have eight wonderful physical therapists, five trainers, a 5,000 square foot facility, and over 20 talented members of our team - wow! To date, we have served over 10,000 patients. Many we have grown to know closely, building close relationships over the past two decades as clinicians in the East Bay community. What gives us the greatest joy is to see our patients grow, to know their families, to know their children, and to be a part of this great community.

In the last year, we were proud to sponsor and serve the

US Bobsled Team, Cal Athletics, Lake Merritt Joggers, Berkeley Master Tennis Program, Sports 4 Kids, Oakland Strokes Rowing Club, SF Tri Club, Ironman Triathlon World Championship, Alta Bates Celebrity Tennis Tournament, Luna Chix Bicycle Training Summit, and the Left Coast Women's Bicycle Racing Team.

The *SOLPT Free Community Lecture Series* is in its fifth year, offering many fun and informative training and health tips. This year we've added a Patient Care Coordinator and Representative, Judy Stark. Her job is to make sure our patients are completely satisfied and have all their questions and concerns addressed. She personally communicates with each patient near the beginning of their treatment program at SOL, and she serves as the liaison between our patients and referral sources.

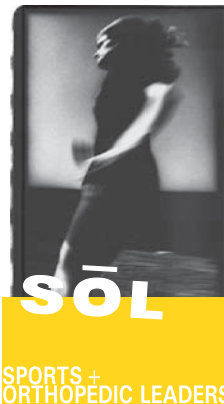
Recently, we added a new, innovative technology, called the *Alter G*. Developed using NASA research and used by numerous professional sports teams, the new equipment allows variable and precise partial weight bearing exercise while walking or running. This is ideal for patients who are recovering from surgery, injury or dysfunction of the lower body that may limit full weight bearing. It allows athletes to continue training by decreasing the compressive or loading forces of gravity. It is used as a performance tool to run faster at higher speeds by allowing a natural gait with less body weight.

In coming issues, we'll spotlight our talented team and continue to offer insights and tips to maintaining a healthy body and life.

Remember, our doors are open and you are always welcome! Please stop by and see us. We'd love to show you around.

Yours in good health,

Tammara Moore and the  
SOLPT Team



## The 2009 SOLPT Free Community Lecture Series

The SOLPT Free Community Lecture Series is presented by SOL physical therapists and trainers and is designed to provide our community and clients with insight and practical information that will enhance performance and prevent injuries.

Lectures are presented on Thursday evenings at 7pm, in our upstairs gym at SOLPT.

Availability is limited so be sure to call (510) 547-1630 to reserve your spot today!

### 2009 Lectures

**April 9th**  
Core Support for Green Thumbs - Safe Gardening for Your Body

**May 7th**  
Healthy Spines, Healthy Dancers

**June 4th**  
Get in the Pool! Swimming Performance Lecture

**July 9th**  
Hiking Tips and Training for the Trails

**July 23rd**  
Pummeling Power - Core Strength for Mixed Martial Arts

**August 13th**  
A Stroke of Excellence - Golf Performance Lecture

**September 10th**  
Harmonizing Posture for Better Performances - Posture and Mechanics for Musicians

**October 8th**  
Power for Powder - Ski Conditioning

**September 24th**  
Balancing Act - Achieving Better Balance for Sport and Activities



## Evidence in Practice: The PT's friend for diagnosis and treatment

Your PT might just be looking for evidence where you least expect it

Physical therapists, like many healthcare providers, are in a constant quest for the *truth*. Not unlike detectives or investigators who must piece together the scene of a crime to determine a likely series of events, physical therapists use clues to uncover what is truly happening “below the surface” with our patients and clientele. Upon arrival at a successful diagnosis – the “truth” you might say – physical therapists must then determine the most appropriate course of action that will result in the functional objectives desired of our patients.

Discovering the truth – whether the *true* diagnosis or *truly* the best treatment plan – doesn't happen by chance. It is uncovered only through the use of sound evidence, which serves as the basis for a movement by physical therapists toward a clinical method known as “evidence-based practice.”

Evidence-based practice is just that – the use of evidence to guide clinical decisions in an effort to improve functional outcomes. Simple, right?

Actually, it sort of is.

Some define three aspects necessary for the successful use of evidence-based practice in physical therapy, and it is at their intersection that the truth is most likely to be found. The elements are: (1) *Scientific Evidence*, (2) *Clinical Evidence*, and (3) *Patient Evidence*.

**Scientific Evidence.** The

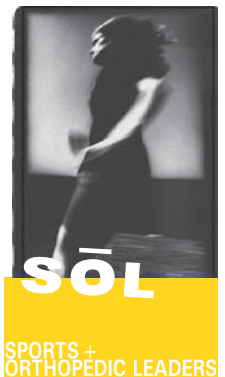
availability of scientific evidence that puts numbers and objectivity to the diagnostic tools and treatment regimes of physical therapists is the first, and possibly most robust area of evidence in the use of evidence-based practice. Scientific studies that are carefully planned and executed can provide very compelling evidence as to the confidence that a physical therapist can have in a diagnostic test chosen for a patient, or in the level of functional return or pain relief that can be expected following a specific treatment plan. Physical therapy is deeply rooted in science, and the use of scientific evidence in the selection of diagnostic and treatment methods is a preferred practice within the evidence-based decision making process.

**Clinical Evidence.** Sometimes (often times, I should say), there simply isn't the scientific evidence to prove or disprove the effectiveness of a diagnostic or treatment intervention used by physical therapists. Other times, scientific evidence exists, but it just doesn't match up with what a clinician has seen over the course of years of day-to-day practice. This is where clinical experience – *clinical evidence* – comes in. The years of practice that your physical therapist has attained amounts to a great deal of knowledge from which evidence exists and the truth often appears. Though not considered by many to be as robust a source of evidence as scientific research, clinical evidence is a very important aspect of the

evidence-based practice method. Just because it hasn't appeared in a scientific journal doesn't mean it's not considered evidence – and it certainly doesn't mean it shouldn't be used in the diagnosis and treatment of your pain and dysfunction!

**Patient Evidence.** Guess what? Sometimes the evidence walks right in the front door. That's right, the evidence doesn't *always* rest within the brains and laboratories of researchers and clinicians. Patients who have actually *lived* their diagnoses day-in and day-out have ample knowledge about their conditions as well, creating a source of evidence to which physical therapists are wise to look. Good physical therapists who are using an evidence-based approach will know to tap into this important source of knowledge in order to assist with the investigative process and clinical decision making.

Evidence in practice is important, and luckily it's just about everywhere. From scientific research, to years of clinical experience, to patients themselves, evidence-based practice is there for the taking, and should be considered one of the physical therapist's best friends in care.





## Active Release Techniques®: Could it Help the Cyclist in You?

## It's Time To Gear Up for Summer!

Get ready for Summer with some exciting new fitness programs at SOL

### Ring of Fire

Offered twice a week beginning March 31st, *Ring of Fire* is a 50 minute intensive stretching, balance, and functional core strength program lead by Jamie Faison ATC, CSCS.

**When:** Tuesdays and Thursdays at 7am

**Where:** SOLPT

**Cost:** \$20 per class

### The SOL Survivor Program

How do patients keep up the good progress after physical therapy is over? *The SOL Survivor Program*. Now available, you can continue to experience the benefits of SOL experts and equipment by joining SOL for personal training and gym workouts. Through the *SOL Survivor Program*, you can work individually with a trainer one time weekly in addition to two other independent workout days each week to safely keep you moving in the best direction following the end of your physical therapy plan of care.

**When:** 3 times per week

**Where:** SOLPT

**Cost:** \$399 per month

Volkswagen Bugs, yet the same pride and attention does not seem to fall on the hamstrings. Cyclists have come to me with complaints of hamstring pain just below the gluteal fold (just below the buttocks). Symptoms are worse, generally, with climbing and aggressive stretching to the hamstrings. The much used, and admired quadriceps and hip flexors can become quite tight on cyclists, limiting not only the motion but also the muscle firing of the hip extensors. Strength tests often result in the hamstrings and the hip muscles as being 50-60% of sufficient strength.

The hamstrings may be the area of pain, yet the entire core and lower extremity must be treated to regain full mobility and functional strength. With hamstring strains or tears, it is imperative that the athlete not return too soon to the hard efforts.



aggravated with pushing a big gear or with lots of climbing. More often than not, these folks have tight and weak gluteals, hamstrings, and hip flexors (psoas) and poor core stability.

Ideally, the low back (lumbar spine) is supported by the deep abdominal muscles (transverse abdominus) and deep back muscles (multifidi) in a fairly static or still position as the legs move steadily around, providing power to the pedals. The power muscles for time trials and long hill climbs are the quadriceps to extend the knee and the gluteals and hamstrings to extend the hip. If the power muscles are tight and weak and the lumbar or core stabilizers insufficient, extra movement - either flexion-extension, side bending or shearing - can occur in the lumbar spine. This extra friction, pressure, or tension on the lumbar structures can cause pain, inflammation, and eventually cumulative trauma.

Treatment includes A.R.T. to the lumbar spine, hip, and hamstrings to regain normal movement and an extensive dynamic stabilization strength program to eliminate unwanted motion in the lumbar spine.

#### HAMSTRING STRAINS

Cyclists are proud of their well-defined quadriceps and ability to squat or leg press

Active Release Techniques® (A.R.T.) is a soft tissue management system that breaks up adhesions in and between tissues. Using A.R.T., normal length and tension of tissues is restored. For those of you who have tried stretching and general massage with no avail, A.R.T. is for you.

#### NECK PAIN

The road cyclist's seated position is with the low and mid-back flexed forward with arms reaching forward to grasp the handlebars. The neck is extended and the head is then raised to allow the cyclist to see out from under the helmet and down the road. As a result, a hinge is created between the upper back and the lower neck. This "hinge" is over-stressed while the upper and mid-back remain stiff and weak. Cyclists often have a posture even off the bike with slightly rounded shoulders, flexed upper back and forward head.

Treatment of this type of problem consists of loosening (using A.R.T. and spinal mobilization) and strengthening the spine and muscles of the mid-back and shoulder blades. Postural corrections on and off the bike are also suggested.

#### LOW BACK PAIN

Chronic low back pain in cyclists is often

## This Month's Q&A

### Q: I've heard that SOL PT uses a procedure called the Graston Technique. What is this technique all about?

A: *Graston Technique* is a new examination and treatment procedure for the management of musculoskeletal complaints. *Graston Technique* was developed to aid in the treatment of patients who are experiencing pain and loss of function as the result of injury, cumulative stress disorders and following some surgical procedures.

The procedure is currently being used by many university athletic and professional sports teams in the treatment and prevention of athletic injuries and is also used in the management of work-related injuries. The technique enables the

clinician to effectively break down adhesions and scar tissue that form between muscle fibers. The technique makes use of scientifically designed stainless steel instruments that detect and treat tissue restrictions that result in pain and dysfunction.

If you have questions for SOLPT that pertain to rehabilitation, fitness, or our practice -- just ask! We'd love to consider your question for a future Q&A column. Please send your questions to [tmoooredpt@msn.com](mailto:tmoooredpt@msn.com).



## Did You Know?

Physical therapists can reduce athletes' risk of injury by 41%

*From the American Journal of Sports Medicine, August 2008.*

## Contact

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# Moving Forward: A New Brand of Physical Therapy

**O** Whether helping to reduce pain, improve function, or maximize performance, you know the benefits of physical therapy – and you're not alone. In fact, a recent survey by CRT/Tanaka, an award-winning public relations firm, discovered that nearly 90% of people have a positive impression of physical therapists, and 88% of those who have received physical therapy said their care was beneficial. Good numbers, and a good reason to celebrate.

And that's exactly what the physical therapy profession is doing.

In an effort led by the *American Physical Therapy Association*, physical therapists throughout the United States will be rolling out, and celebrating a new "physical therapy brand" dedicated to communicating the core benefit of physical therapy to all healthcare consumers. The brand will be communicated through a campaign titled, "*Move Forward – Physical Therapy Brings Motion to Life*," and will emphasize the physical therapist's role in

improving the lives of others through their specific expertise in the area of motion.

Viewed by many as specialists in the area of rehabilitation, this is but one facet of the value brought forth by the physical therapist. Also active in health promotion, wellness, fitness, and ergonomics (to name a few), physical therapists are – at their essence – all about motion. The caption, "*Bringing motion to life*" sums it up well, as regardless of your physical therapist's clinical setting, specialty area, or geographic location, you'll truly be *moving forward* under the guidance and direction of a movement specialist.

Please come celebrate with physical therapists and physical therapy consumers throughout the country as our profession communicates how we improve lives through motion. We invite you to visit the consumer website, [www.moveforwardpt.com](http://www.moveforwardpt.com), where you can learn more about the profession, and the ones you've come to call *physical therapist*.

