



# In Touch

SPRING / SUMMER

2016

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- New treatment offered
- Improved website
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- Helpful links

## Clinic Hours

Monday  
8:00 am - 4:30 pm

Tuesday &  
Thursday  
10:30 am - 7:00 pm

Wednesday  
7:00 am - 4:30 pm

Friday  
7:00 am - 3:30 pm

## Treats Scars, Adhesions and Muscle Injuries

**GRASTON®**  
TECHNIQUE  
PROVIDER

**Karen Krzywda, MSPT, OCS** is a Preferred Provider of the Graston Technique® treating patients with GT at Head to Toe PT.

Graston Technique® is a unique, evidence-based form of instrument-assisted soft tissue mobilization that enables clinicians to effectively and efficiently address soft tissue lesions and fascial restrictions resulting in improved patient outcomes.

The Technique uses specially-designed stainless steel instruments with unique treatment edges and angles to deliver an effective means of manual therapy. The use of the GT instruments, when combined with appropriate therapeutic

exercise, leads to the restoration of pain-free movement and function.

### The Technique also:

- Improves diagnostic treatment
- Increases patient satisfaction by achieving notably faster and better outcomes
- Speeds rehabilitation and recovery
- Reduces the need for anti-inflammatory medication
- Allows the patient to continue to engage in everyday activities

The instruments are not meant to replace a clinician's hands, but to complement them. Historically, the Graston Technique® has had positive outcomes in 75-90 percent of all conditions

treated. It is equally effective in restoring function to acute and chronic injuries, and pre- and post-surgical patients.

The Technique provides patients with a new option in the treatment of musculoskeletal complaints.

For more information and to see if this Technique would benefit your condition, contact our office today!



## New Website Released— [www.headtotoept.com](http://www.headtotoept.com)

We have been working for quite some time to release a new and improved site that provides our patients and potential patients with a resource to learn

about Head to Toe PT, our services and so much more!

Visiting our site will provide you with an opportunity to meet our staff, read about positive

experiences from previous patients, request an appointment as well as link you to various educational sites. We can't wait to hear your feedback!

## Dog Blog

So we have a couple of warm days and **THIS** happens! When I said 'a little off the top', this is not what I had in mind. Someone should have told my Mother that summer in Maine does NOT start mid-May.

See it's little things like this that just put me over the edge! I'm getting older and my tolerance is wearing thin. These days of dressing me up for the holidays, disturbing me when I sleep, shaving my body while it's cold and the occasional 'furry friend

visit' from a patient's dog that I'm supposed to welcome, has run it's course.

It's been 12 long years doing things everyone else's way, it's time to put my paw down and clear up some confusion:

1. Hair cuts happen after June 1st.
2. If I am going to be dressed up for a photo shoot, ask yourself "Would I wear this?"

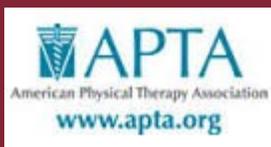
3. My services are on a volunteer basis.
4. We will celebrate Pet Appreciation Week the 1st week of June w/ munchkin donations accepted.
5. Don't wake me- I AM DREAMING and it isn't about you picking me up. I cuddle on my terms unless it's Andrea.



**Rant over**



*Treating the individual, not just the injury.*



**Head to Toe  
Physical Therapy**  
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## Pain

Pain is one of the most common symptoms that may lead someone to seek the help of a physical therapist or other health care professional. We often use different terms to describe it, and it is hard to know if you feel pain the same way as your friends or family feel pain. Because pain is such a subjective experience, science has not developed accurate ways to measure pain tolerance.

Currently, there are 2 ways your physical therapist may categorize your pain:

- **Acute** (pain experienced for less than 3 months)
- **Chronic** (pain experienced for more than 3 months)

The second classification is based on the likely triggering mechanism:

- Nociceptive triggers

result in pain that is localized to an area of injury or dysfunction. The pain is often aggravated or eased by certain movements or positions, which demonstrates that the pain has a clear mechanical nature.

- Peripheral neuropathic-induced pain occurs with a history of injury, disease, or mechanical compromise to a nerve.
- Central sensitization results in pain that is disproportionate to the nature or extent of the injury or disease. The pain is usually non-mechanical and unpredictable in response to factors that usually aggravate or decrease pain.

### **HOW A PHYSICAL THERAPIST CAN HELP**

Once your condition has been

diagnosed, your physical therapist will work with you to develop a treatment plan to help address your pain.

Physical therapy treatments may include:

- Manual therapy. Manual therapy consists of specific, hands-on techniques that may be used to manipulate or mobilize your skin, bones, and soft tissues.
- Movement and strengthening exercises. Moving and exercising can often be a great strategy to lessen pain.
- Modalities. Your physical therapist will be able to determine whether the use of ice, heat, or ultra sound will benefit your unique condition.

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