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Meet our Therapist

Robert Trout, PT (Ray PT/Fort Collins)



Robert is a 1979 graduate of the Physical Therapy program at the University of Utah, and has practiced in the Fort Collins area since 1987. He began his career as the Assistant Director for the Swedish Medical Center PT department in Englewood, Colorado before entering private practice in Northern Colorado in 1982. He joined Foothills Orthopedic & Sport Therapy, P.C. in 1993 as a partner and helped establish its second location in Fort Collins in addition to the original Loveland office. Robert is a 30 year member of the American Physical Therapy Association (APTA) and a strong supporter of Private Practice Physical Therapy.

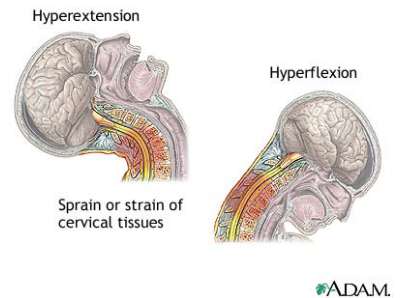
His clinical background is primarily in orthopedics with a specialty in the area of neck injuries and temporomandibular joint (TMJ) dysfunction. His teamwork with dentists and physicians has provided solutions for many patients with TMJ disorders, myofascial pain and headaches.

Car Accident? Physical Therapy Can Help

Each year, 2 million people suffer from whiplash related to car accidents in the United States alone.

Studies using high-speed cameras and sophisticated crash dummies have revealed that rear impact car accidents result in a condition called 'whiplash'.

This forces the bones of the lower cervical spine (the neck) into hyper-extension (backward bending motion) while the bones of the upper neck are suddenly thrust into hyper-flexion (forward bending motion). In a split second, the normal curvature of the cervical spine is disrupted and the consequences can range from mild to serious.



A sudden, abnormal motion to a sensitive region like the neck causes damage to the soft tissues (ligaments and muscles) of the cervical spine. This leads to inflammation and pain.

Common symptoms:

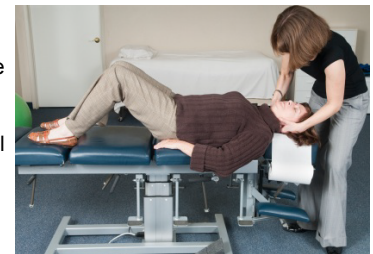
The most common symptoms related to whiplash include:

- Headaches
- Neck pain and stiffness
- Shoulder pain
- Dizziness
- Jaw pain
- Arm pain/weakness/ tingling
- Back pain

Physical Therapy Helps Recovery

Recent studies have shown that physical therapy may be the best choice to decrease pain, improve mobility, and minimize lost productivity as a direct result of whiplash-associated disorders.

In a study in the *Journal of Rheumatology* (2007), a systematic review was performed of the existing literature on neck pain related to car accidents. The evidence strongly supported the use of stretching/strengthening exercises and mobilizations. Also, treatment with physical therapy was **less expensive** in the long run and reduced long-term disability compared to other treatment options.



An article in the *Emergency Medical Journal* (2006) compared two groups of individuals recovering from car accidents. The first group received mobilization and exercise therapy (components of physical therapy) and the second group was treated with medication and a cervical collar. The group that received physical therapy had significantly **less headaches and other symptoms** related to whiplash compared to the second group.

If you or someone you know has been injured in a car accident, the best thing you can do is to have them call our office today. The longer you wait to seek the expertise of one of our licensed physical therapists, the more prolonged the recovery process is likely to be.

An Active Approach To Be Pain-free Again

In most cases, the potential for recover is high, especially with the right care as early as possible. A return to activity as soon as possible helps significantly. Although symptoms may be around for a while, the pain will improve within a few days or weeks. Be sure to continue with the medicines prescribed by your doctor to aid with early movement.

Remember that **prolonged inactivity does NOT help**. Keep moving - it's important. Avoid staying in the same position for too long to avoid tightness and loss of flexibility.

When not working, Robert enjoys travelling, especially to warmer climates during the Colorado winters.

If you want to receive this monthly newsletter by e-mail, please let us know by calling (970) 667-7755 or e-mail foothillsandraypt@gmail.com.

As a patient, you always have the choice of where to go for your Physical Therapy treatment. Most insurances allow you to refer yourself. Make sure that you always see a Licensed Therapist, because not all clinics are the same. We welcome the opportunity to be the clinic of choice for you, your family, friends.

Exercise plays a big role in recovery. Simple neck and shoulder exercises are safe and effective. Stretching, strengthening and coordination exercises should be done regularly each day. Some soreness after exercise is to be expected, but it is not a cause for concern.

Physical therapy, in conjunction with standard medical care, has been shown to be the best choice to decrease pain, improve mobility and help you return to normal daily activities after a car accident. We can help you. Just contact us to see what we can do for you.



If you have been in a car accident, the first step toward recovery starts with us. **Let us help you return to a healthy, pain-free life once again.**

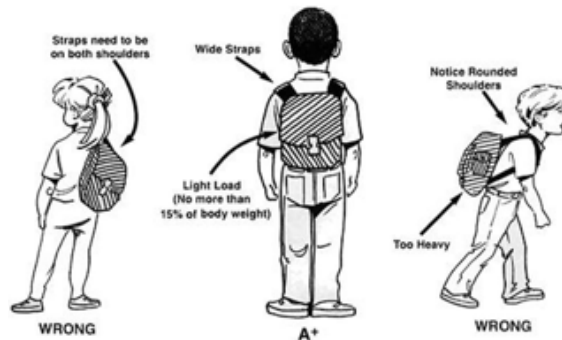
6 Steps To Backpack Safety For Kids

As children head back to school in September, a disturbing new trend is emerging. Young children are suffering from back pain much sooner than generations before them. A major contributing factor seems to be a heavy backpack. Most parents (and children) are unaware of the potential injury that heavy backpacks can cause.

A recent news release by the American Physical Therapy Association in April 2009 revealed that more than 50 percent of children surveyed carry backpacks that are too heavy.

If a backpack is stuffed with heavy books and/or worn incorrectly, the bio-mechanical pressure on the spine increases dramatically. As a result, your child may lean forward to compensate. This can cause shoulder, neck, or back pain.

Is Your Child's Backpack Making The Grade?



To help your child's back, here's what you can do:

1. **Pack smart.** Make sure that your child gets in the habit of cleaning out their bag daily, leaving things that aren't needed at home or in the locker.
2. **Distribute weight evenly.** Teach your child to wear both straps, not just one. This helps to distribute the weight evenly.
3. **Pay attention to your child's posture.** If your child is slouching or leaning over to one side, chances are that the backpack is too heavy. If there are any signs of pain, tingling, or numbness consult your doctor or physical therapist immediately.
4. **Get the "right" backpack.** Consider getting a backpack with multiple compartments to keep the weight more evenly distributed. Make sure there are 2 wide and well-padded straps that add comfort to the shoulder. If the bag has one strap, the weight distribution is uneven, causing the child to lean forward or to the side. Also, tighten the straps so the backpack is close to the body and rests in the middle of the back, not at the buttocks.
5. **Lift the backpack properly.** Teach your child how to lift the backpack correctly by bending at the knees and lifting with both hands before putting it on.
6. **Reduce the load.** Doctors and physical therapists strongly recommend children carry bags that are **no more than 10-15% of their body weight**. However, less is always better. This means that if your child weighs 100 lbs, the backpack should weigh no more than 15 lbs to avoid injury.

Contact us to learn more about the correct posture and movement patterns for children in your household.

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