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DENTON SPORTS & PHYSICAL THERAPY CENTER

The leader in keeping you active & strong since 1984

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At **Denton Sports & Physical Therapy** we understand that as a physician you are truly concerned with the successful rehabilitation and the life of your patients. We would like to take a moment to introduce the **Biodex Fall Risk Screening and Conditioning Program**. This program and associated technology can not only help reduce your patient's risk of falling, but also can help rehabilitate total hip and total knee replacement as well as a wide array of orthopedic and neurological conditions and generally improve overall mobility. Providing your patients with the best and most effective care possible requires a combination of factors on our part including an on-going investment in proven technology, a staff of trained professionals, and seamless cooperation between you, the physician and our team of experienced clinicians. We know you understand the risk associated with discharging debilitated patients to a rehabilitation facility. You are also aware of the risk of injury associated with falls within such facilities and beyond. This is why we have recently expanded our clinical capabilities with acquisitions of the **Biodex Balance System SD**. Our comprehensive Fall Risk Screening and Conditioning Program, includes documentation and printed reports detailing the patient's progress. These detailed reports are an excellent way to track patient outcomes and

BIODEX Balance System SD



communicate improvements with family members. Please feel free to contact us for more information about our expanded balance/mobility programs or any of our other services. I would be happy to arrange a tour of our facility and/or a demonstration of the **Biodex Balance System SD**.

GIVE PARENTS ADDED ASSURANCE WHEN MANAGING A CHILD'S CONCUSSION!

Denton Sports & Physical Therapy is excited to extend the resources of our new **Biodex Concussion Management Program** to support and manage head injuries in conjunction with your office protocols. We would like the opportunity to enroll your patients with a simple baseline test of balance and cognitive assessment. In the event of an injury, patients are retested and compared to baseline as well as compared to age- and gender-specific normative data. All data is stored per athlete with the ability to generate HIPPA-compliant

reporting. The test takes only minutes but will provide valuable information in the event a patient sustains a concussion. High School athletes engaged in contact sports are experiencing concussions at an alarming rate. The Centers for Disease Control (CDC) estimate up to 3 million sports-related concussions are happening in the U.S. with school-aged children making up the majority of these cases. The rate of reoccurrence is just as concerning. When a concussion protocol is followed, kids usually recover within a week or two. With-

out a protocol, the risks can be great, including reoccurrence and possible lasting effects. Each concussion is different, so too is each patient's recovery. Having objective-baseline and data-driven support is essential for those difficult return-to-play decisions. We ask that when considering a concussion management program for your patient athletes, you consider **Denton Sports & Physical Therapy**. We invite you to visit our facility and understand the benefits of the program first hand. Please call to schedule an evaluation for your patients.

Want Patients to Live Longer and Better?

Suggest Strength Training

Regular physical activity promotes general good health, reduces the risk of developing many diseases, and helps patients live a longer and healthier life. For many, "exercise" means walking, jogging, treadmill work, or other activities that get the heart pumping. But often overlooked is the value of strength-building exercises. Between age 30 and 70 the average person will lose about a quarter of his or her muscle strength and half of it by age 90. "Just doing aerobic exercise is not adequate," says Dr. Robert Schreiber, physician-in-chief at Hebrew SeniorLife and an instructor in medicine at Harvard Medical School. "Unless you are doing strength training, you will become weaker and less functional."

What is strength training?

Free weights, ankle cuffs, vests or resistance (elastic) bands. A beginner's strength-building workout takes as little as 20 minutes. The key is developing a well-rounded program, performing the exercises with good form, and being consistent. Patients should experience noticeable gains in strength within four to eight weeks. Denton Sports and Physical Therapy has experienced therapists to develop these types of programs for your patients.

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IS TEXTING BECOMING A PAIN IN THE NECK?

In today's technology-thirsty society, it's rare to not see someone with their head down texting on their cell phone or reading the latest status updates on Facebook. "People get so focused on these devices that they end up holding their neck and upper back in abnormal positions for a long period of time; enough that other people coined the phrase 'text neck,' which is essentially referring to postural pain," said Chris Cornett, MD, orthopaedic surgeon and spine specialist at the University of Nebraska Medical Center Department of Orthopaedic Surgery and Rehabilitation. "We see it as a frequent complaint, and I would estimate that more and more people over time, as technology use continues to expand, will experience this kind of discomfort and injuries from text neck," he said. At Denton Sports and physical therapy we have modalities, exercises and home programs to help alleviate or avoid text neck becoming a pain in your neck!