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Help with
Neck Pain

Oh My Aching Knees!

By: *John R. Mishock, PT, DPT, DC*

Chances are you've experienced it before... pain in the front, back, or side of your knee. Particularly difficulty ascending or descending stairs, aching pain at night, difficulty rising from a seated position, and/or sharp twinges with movements. All of these symptoms are an indication of a knee problem.

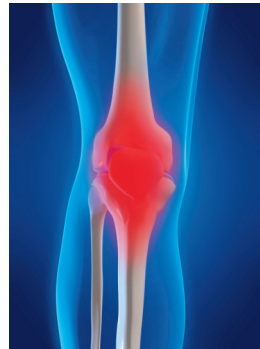
Often individuals with knee pain find themselves forced to take time off from work and/or school, and avoid athletic or recreational activities. The symptoms of knee pain can be diverse, generally falling into two categories: acute or chronic. Usually, acute knee pain is caused by a single traumatic injury and affects soft tissues like the meniscus, ligaments, and tendons in or around the knee joint.

Chronic knee pain is more subtle, often getting worse over an extended period of time. This type of condition usually involves overuse or degeneration.

When an individual feels pain for an extended period of time or experiences loss of function, the knee problem has progressed. At Mishock Physical Therapy we see a wide variety of patients presenting with various knee problems such as tendonitis, sprains/strains, meniscus and

ligament tears, and osteoarthritis.

Treatment for a knee problem or injury may include first aid measures, rest, bracing, physical therapy, medicine, and in some cases surgery. Treatment depends on the location, type, and severity of the injury as well as your age, health condition, and activity level (such as work, sports, or hobbies).



How Can Physical Therapy Help?

At Mishock Physical Therapy & Associates your road to recovery begins with a comprehensive history and evaluation of your knee. Following this, we will take time to explain what anatomical structures are injured and how physical therapy can help you relieve your pain and improve your function.

The physical therapy program will consist of "hands-on" soft tissue/joint techniques and modalities (ice, heat, electrical stimulation, ultra-sound). At

Mishock PT we take pride in the time we spend with "hands-on techniques." Research has shown that these techniques improve joint and soft tissue mobility/function and decrease pain levels by reducing abnormal stress on the knee.

Mishock Physical Therapy also has a state-of-the-art aquatic therapy pool. Aquatic (water) therapy is quickly becoming well known for its amazing effects on decreasing chronic pain, speeding recovery, and improving function. Furthermore, we stress the importance of exercise and prevention. The program we design for you will be specific to your needs and comprised of exercises that improve strength, flexibility, balance, and aerobic conditioning. Most importantly, we will guide you through the program gradually, in a controlled environment.

So if knee pain is limiting you from doing the activities you enjoy, give us a call for a **FREE** phone consultation at **(610)327-2600** or email your questions to

mishockpt@comcast.net.

Also, visit our website to learn more about our treatment philosophy and meet our PT staff at:

www.mishockpt.com.



*"It is
our
mission
to provide
the
best
state-of-the-art
physical
therapy
rehabilitation
services
to
relieve
pain,
restore
function,
&
return
you
to the
highest
quality
of
life
possible."*

Meet Julie Adamski, MPT, ATC (Gilbertsville Physical Therapist)



A local woman, Julie graduated from Pottsgrove High School and then went on to Gettysburg College to get her Bachelor of Arts in Health and Exercise Science in 1999. While studying at Gettysburg, she also played varsity basketball and lacrosse. Shortly thereafter, she became a Certified Athletic Trainer and entered Hahnemann University for a Masters of Physical Therapy in 2001. Currently she is in the process of getting her Doctorate of Physical Therapy at Temple University.

Julie has had most of her work experience in outpatient orthopaedics in both hospital and private practice settings. She has also attended a multitude of physical therapy and athletic training continuing education classes such as Cyriax and Mulligan, Myofascial Release, mobilizations/thrust maneuvers, pharmacology, imaging, and various sports medicine courses.

As a treatment philosophy, Julie likes to focus on every day, recreational, and work-related goals to help personalize the patient's physical therapy experience. In addition, she puts a high priority on educating her patients about their treatment as well as the further prevention of injuries.

Currently, Julie works part time to balance family and work. Spending time with her three young children, her husband, and their extended family is a high priority. Julie enjoys vacationing at the Jersey Shore and Disney World and someday hopes to travel the world with her family. She also likes gardening, exercising with her kids, and being a student.

Meet Gerilyn Keohane (Mishock Physical Therapy Office Manager)



Gerilyn received her Associates degree in Business Management from Montgomery County Community College before working in both the financial and manufacturing fields. She then joined the Mishock Physical Therapy team in October of 2006 as their first-ever front desk person. Gerilyn continued in that role before becoming a part of the billing team and then being promoted to the Office Manager in January 2008. Her current duties include overseeing the front desk staff at all four locations and working with the back office personnel in Gilbertsville. Gerilyn enjoys helping patients with billing issues and working with her colleagues.

She resides in Lower Pottsgrove with her husband Bill and their daughters Megan and Breanna. In her spare time, Gerilyn enjoys reading, cheering for both the Philadelphia Phillies and Eagles, as well as attending Pottsgrove High School football games.

**Please consider this coupon good for one
FREE phone consultation with a
Mishock PT Physical Therapist**

The Success Story Corner

High School Soccer Star Gets Her Game Back Thanks to Mishock Physical Therapy!

Alicia Heesen, 15, of Colleville has been playing soccer since age four. She is more than dedicated to her favorite sport, playing every position but goalie on multiple teams year round. Unfortunately she tore her ACL last winter & had surgery shortly after. Her doctor recommended Mishock PT &

Alicia is very grateful for that.

"There is a world of difference between now & when I started PT six months ago. I feel stronger & ready to get back on the field." Alicia said her favorite part of therapy was working with the Skippack team.

"Everyone here motivates & pushes me to get better. I have a lot of friends who dread going to their PT every week but I love it here!"

To the delight of her coaches & teammates Heesen will return to soccer full time in the next few weeks.



Heather Moore, PT, DPT, CKTP (Skippack Clinical Director), Heesen, & Ryan DeLong (Exercise Physiologist)

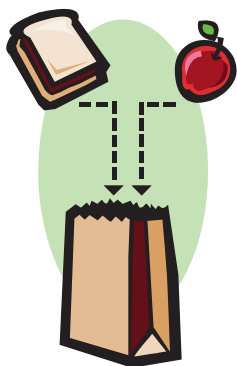


Alicia doing a strength exercise

To report your success story please call 610-933-3371 or email mishockptmarketing@comcast.net.

Tips for a Healthy School Lunch!

By Adrienne Delgado, RD, LDN
& Dori Goulden, RD, LDN;
Turning Points Dietitians



As the school year rapidly approaches, it is important to think about how to feed the kids in a wholesome way that is both appealing and delicious. Packing their lunch is the best option, so you can be sure they're getting optimum nutrition, as long as they're not swapping for less nutritious options from their friends!

When packing a lunch, try to include something from each food group, so it is well-balanced and provides fiber and protein to keep them full and satisfied, as well as vitamins and minerals. Try these tips:

-Let the kids help plan/pack the lunch, so they learn about healthy choices, & are more likely to enjoy it

-Use breads/tortillas that have "whole wheat" as the first ingredient on the label

-Try air-popped popcorn for a snack

-For protein, think outside of the box! Try hummus, different nut butters, hard-boiled eggs, or yogurt.

-Make a fruit smoothie with a handful of spinach & pack in a thermos

For more information about Turning Points nutrition programs please call 610-933-3371. Group classes as well as one-on-one sessions are available! Most insurances accepted. Visit www.mishockpt.com/nutrition for more information.

Mishock Photo Booth!



Mishock Physical Therapy Welcomed to Phoenixville by Congressman Jim Gerlach & Chamber of Commerce

MPT opened its fourth location on 131 Nutt Road in Phoenixville earlier this spring. However, the practice was officially welcomed by the community, June 28, 2011 during a ribbon cutting ceremony sponsored by the Phoenixville Chamber of Commerce. Congressman Jim Gerlach was in attendance to congratulate owner John Mishock, PT, DPT, DC and wish him continued success.

Photo by Mike Irby: from left- Jon Weaver (Exercise Physiologist), Sally Selkirk, DPT (Phoenixville Clinical Director), Adrienne Delgado, RD, LDN (Registered Dietitian for Turning Points), John Mishock, PT, DPT, DC (Owner), Michelle Mishock (Owner's wife), Danielle Wallace (Marketing Director), Sara Bustard (Chamber employee), & Congressman Gerlach

SUPPORT STAFF CONFUSION SOLVED!

To avoid confusion during treatment, all of the Mishock PT support staff members will now be wearing green polo shirts. This will identify them as someone who will assist your physical therapist & aide you during exercise, stretching, & other modalities.

CONTINUING EDUCATION!

Four Mishock PT clinical employees are currently in the process of taking classes to become certified in Kinesio Taping (KT). KT is a concept that utilizes a non-latex, elastic, cotton fiber tape with no medicinal properties. It can be used for acute (new) to chronic injuries, throughout all stages of rehab. Kinesio Taping is currently offered in Gilbertsville & will soon be available in Barto.



131 Nutt Road
Phoenixville, PA 19460

www.mishockpt.com

Neck Pain: What's the Right Combination for Total Relief?

By: John R. Mishock, PT, DPT, DC; Owner of Mishock PT & Associates

Physical Therapy Question:

I developed neck pain about three months ago. There was no trauma or accident. The pain developed over time and now I have difficulty moving my neck without pain. I noticed that I am getting more frequent headaches. I have tried muscle relaxers; however, it is not helping. What else can be done?

Physical Therapy Answer:

Neck pain affects 54% of the population some time during their lifetime. About one-third of neck pain patients experience persistent pain for longer than three months, representing a significant health-care concern. Physical therapists see neck pain patients frequently and are often the first line of treatment with these cases.



The most common symptoms associated with neck pain are:

- **Neck pain & Stiffness**
- **Headaches**
- **Shoulder pain**
- **Dizziness & visual changes**
- **Fatigue**
- **Jaw pain**
- **Arm pain/ weakness**
- **Numbness & tingling**

Recent evidence has shown that physical therapy may be the best choice to decrease pain, improve motion, and lower costs for neck pain patients. An article in the *European Spine Journal* (2009) demonstrated that the use of cervical traction (a mechanical device that gently pulls on the neck) alone reduces participant symptoms by 44%.

If the traction was combined with exercise the study participants saw as much

as a 78% resolution. Another research article in the journal *Spine* demonstrated that there was decreased medical cost and less days lost at work in patients who received mobilization/manual therapy (hands-on muscle and joint work) and exercise therapy. This group saw significant pain relief and improved function.

Based on the ever-mounting evidence, it appears that ***using mechanical traction, manual therapy, and exercises prescribed by a licensed physical therapist provides the best opportunity to decrease pain***, improve function, and prevent chronicity in individuals who have neck pain and/or injuries.

If you or a loved one is suffering from neck pain call Mishock PT today for a **FREE phone consultation** at 610-327-2600 or visit us online at www.mishockpt.com.