

Hereford Physical Therapy & Sports Medicine

October 2005
Volume 3, Issue 3

Telephone: (410) 229 – 0055

Fall 2005 Newsletter

Special Interest Articles

Hereford PT invests in new treatment modality.

Hereford PT partners with Parker Fitness Solutions

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Serving the Northern Baltimore County Community with articles of interest, significant developments in the physical therapy field and –of course- what's new at Hereford Physical Therapy & Sports Medicine.

Light Therapy Now Available!!!

Hereford Physical Therapy and Sports Medicine is pleased to announce the purchase of a new state of the art physical therapy modality. HPT recently added the **Dynatron Solaris Light Therapy Unit** to its Parkton office. Light therapy has been used world wide for 20 years and recently received FDA approval for use in the United States. "We are excited to provide this service to our patients," said Karen Kinsey PT, ATC, President and Owner. "The immediate pain relief and benefits seen by our patients has been astonishing."

What is Light Therapy?

Light therapy involves the application of infrared light which penetrates the skin surface to the underlying tissues, and triggers normal cellular functions. Application of specific waveforms of light leads to photochemical and photo-biological effects on cells and tissue providing cumulative results on wound healing and pain attenuation. It is the only therapy that actually jump starts the cellular repair process and can produce results where other treatments fail.

Is Light Therapy approved by the FDA?

Light therapy was approved by the

Food and Drug Administration in 2002.

How Long are the Treatments? Do they hurt? Treatments are pain free, low cost and offer alternatives to pharmacological or surgical treatments. The power, specific wavelength and time of treatment determine the depth of penetration and dosage for each light therapy device. Optimal clinical outcomes may be achieved when the appropriate dosage of energy is provided for the type and location of injury or condition. The specific wavelength (visible red or infrared) will determine the penetration capabilities.

“The immediate pain relief and benefits seen by our patients has been astonishing.”

Light Therapy Now Available!!! (from pg 1)

How can Light Therapy Help Me?

Research shows light therapy application has positive results for many common conditions including;

- Arthritis/Rheumatism
- Post-Operative Pain
- Migraine headaches
- Soft Tissue Injuries
- Lower back pain

- Soft Tissue Swelling
- Tendonitis
- Fibromyalgia
- Sprains and Strain
- Tennis and Golfer's Elbow
- Repetitive Stress Injuries (RSI)
- Carpal Tunnel Syndrome
- Temporomandibular Joint Syndrome (TMJ)
- Wound Healing
- Post-operative Wounds
- Burns
- Non-healing wounds
- Pressure Sores
- Ulcers

For further information please contact our office (410) 229-0055.

HPT Partners with Parker Fitness Solutions

Hereford Physical Therapy and Parker Fitness Solutions

have partnered to offer video gait analysis to help you reach your athletic and/or functional potential.

Gait by definition is a manner of walking and ambulation.

Video gait analysis can be used to assess problems affecting your feet, ankles, knees, hips and back.

Runners especially can benefit from

video gait analysis by evaluating muscle strength, running efficiency, gait disturbances, shoe choices and overall body mechanics.

Utilizing a video camera, our staff will film you while walking and running on a treadmill.

After filming is complete, we will review your tape with you and address any problems.

We will then make recommendations to correct any deficiencies that may be present.

These may include training modifications, running drills, specific muscle strengthening / stretching programs, proper footwear and/or custom orthotic fabrication.

For additional information please call (410) 229-0055 or e-mail Chris Parker at cparker@herefordpt.com

A Personal Perspective on Physical Therapy

By: Karen Kinsey PT, ATC President and Owner

Practicing as a licensed physical therapist for many years, it sometimes surprises me that many patients and people in general are not familiar with the physical therapy profession. Our field has changed a great deal in the past 20 years and still many people seem unaware of our function in the medical community. I have put together the following list of questions and answers to hopefully clarify the situation.

What is physical therapy?

The Maryland State Physical Therapy Practice Act defines physical therapy as the health specialty concerned with the prevention of disability in individuals, and the physical rehabilitation of individuals with a congenital or acquired disability.

Practicing physical therapy includes;

1. Performing evaluations for the physical therapy

needs of individuals

2. Performing and interpreting tests and measurements of neuromuscular and musculoskeletal functions to aid in treatment

3. Planning treatment programs that are based on test findings.

What does a physical therapist do?

In conjunction with your treating physician orders, your therapist will administer a variety of treatment programs utilizing therapeutic exercise programs, therapeutic massage, mechanical devices or therapeutic agents that use the physical, chemical, or other properties of air, water, electricity, light, sound or radiant energy.

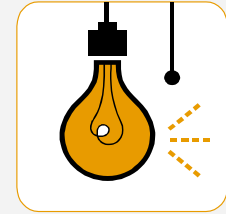
Put simply, physical therapists are movement specialists. Our job is to determine causal relationships using biomechanical means. (For example, we may evaluate your foot function to see how this affects the forces at

your knee, hip or back).

Our job is to get joints moving, not just treating joints passively through the use of modalities, (Hot Packs, Ultrasound, Light, Massage, Electrical Stimulation, etc). Although these modalities are used in conjunction with your treatment, physical therapy is much more than that. Physical therapists increase stability through strengthening exercises and neuromuscular treatment. We increase movement through stretching techniques and mobilization, and retraining the joints to function normally.

Our goals at Hereford PT are to return our patients to their pre disability level and improve their daily function.

If you have any additional questions or concerns, please feel free to contact our office and speak to one of our therapists.



***“Put simply,
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specialists...”***

Hereford Physical Therapy & Sports Medicine

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**“Providing
Quality
Outpatient
Physical
Therapy”**



We're on the Web!
See us at:
www.herefordpt.com

Medicare Update.....

Congressmen Phil English (R-PA), Ben Cardin (D-MD), Roy Blunt (R-MO), and Frank Pallone (D-NJ) and Senators John Ensign (R-NV) and Blanche Lincoln (D-AR) introduced

legislation February 17, 2005 that would repeal the cap on therapy services for Medicare beneficiaries once and for all (HR 916/S. 438). **If Congress does not take action**

by January 1, 2006, the therapy cap will again be imposed on PT, OT, and Speech services.

For further information call our office or visit our website

What's New at Hereford Physical Therapy??

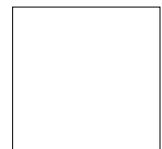
Did you know that Hereford Physical Therapy is now offering Saturday Morning hours? HPT is open most

Saturdays from 8am until 12. Please call (410) 229-0055 for an appointment.



HEREFORD PHYSICAL THERAPY & SPORTS MEDICINE, INC.

14 Mt. Carmel Road
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OR CURRENT RESIDENT