

CONNECTIONS

the official newsletter of *Connect Physical Therapy*

Our Therapists

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Aisling Linehan, PT, DPT
Chaya England, PT, DPT
Karen A. Bruno, PT, DPT
Rebecca Ironside, PT, MSPT
Timothy Sene, PT, DPT
Marzena Bard, PTA
Linda Black, PTA

Our Mission

Connect PT exists to serve the rehabilitation needs of the community, specializing in orthopedic, pelvic, and women's health diagnoses. We seek to educate clinicians about the impact of musculoskeletal impairments on whole body health, and provide patients with the tools for maintaining wellness for life.



Connect PT Welcomes a New Physical Therapist

Rebecca Ironside graduated from Thomas Jefferson University in 1998 with her Master's Degree in Physical Therapy. Since then, she has worked in Pennsylvania, Florida, New York and New Jersey, treating clients aged from two months to 102 years. She has worked in several different avenues of physical therapy, from home care to outpatient orthopedics.



Rebecca has training in pelvic floor work from the Herman & Wallace Pelvic Rehabilitation Institute. She has enjoyed combining this specialty with her rich and diverse outpatient experience.

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Congratulations to ...

- ✓ Michelle Dela Rosa, PT and Aisling Linehan, PT for receiving their Pelvic Rehabilitation Practitioner Certification (PRPC). The PRPC is a certification of practical and didactic expertise related to pelvic floor dysfunction and identifies them as specialists in the women's and men's pelvic health fields.
- ✓ Karen Bruno, PT for receiving her Certificate as an Eden Energy Medicine Certified Practitioner after completing a 2 year Professional Track program. Energy work addresses many health concerns, including:
 - calming anxiety and fear
 - balancing hormones
 - strengthening your immune system
 - easing stress and discomfort
 - improving chronic physical and emotional health issues.



Recommended Resources: Thera Crane

Connect PT likes the **Thera Crane**, a self-massager that makes it easy to break up trigger points - even in hard-to-reach places!

The pressure applied by the Thera Crane can improve muscle function by increasing blood flow and releasing adhesions.



What the research says: effectiveness of early pelvic floor rehabilitation treatment for post-prostatectomy incontinence

A prospective study by Filocamo and colleagues in 2005 investigated the effectiveness of early pelvic floor muscle training (PFMT) after radical retropubic prostatectomy (RRP). After catheter removal, 300 men were randomized equally into either a structured PFMT group or a control group that did not receive exercise. Incontinence was assessed by the 1-hour and 24-hour pad test, as well as the ICS-Male questionnaire.

By 6 months, almost 95% of the PFMT group achieved continence as compared to 65% of the control group. The authors concluded that an early supportive rehabilitation program like PFMT significantly decreases continence recovery time.

Filocamo M, Marzi VL, Del Popolo G, Cecconi F, Marzocco M, Tosto A, Nicita G. Effectiveness of Early Pelvic Floor Rehabilitation Treatment for Post-Prostatectomy Incontinence. *European Urology*. 2005 Jun;48(5):734-8.

In the community

February, 2016

Aisling Linehan, PT, DPT, PRPC enjoyed presenting the women's and men's health lecture to Mercer County Community College's Physical Therapy Assistant program.

April, 2016

Connect PT hosted a talk on "Energy Medicine and Better Sleep" by Karen Bruno, PT, DPT. Karen, a Certified Eden Energy Medicine Practitioner, discussed simple strategies to promote restful sleep, calm the body and mind, and create beneficial self-care habits.

What's new?

Connect PT is excited to offer our new *Gentle Yoga* class, accompanied by guided meditation and relaxation to the sound of Tibetan singing bowls. The bowls create sounds to restore normal vibratory frequencies in the body. The harmonic vibrations of the Tibetan singing bowls engage the relaxation reflex, slow down the respiratory and heart rates, and disrupt the pain reflex to promote a positive sense of well-being.



The *Gentle Yoga* class with meditation is taught by Marzena Bard, PTA the first Thursday of each month.

Did you know?

Quercetin, an antioxidant and anti-inflammatory, has been associated with a decrease in male pelvic pain in a double-blind, placebo-controlled trial (Shoskes et al 1999). Subjects given Prosta-Q (quercetin + bromelain and papain for intestinal absorption) reported up to 82% improvement in pain – better than quercetin alone (Herati et al 2013).

Herati A, Moldwin R. Alternative therapies in the management of chronic prostatitis/chronic pelvic pain syndrome. *World J Urol.* (2013) 31:761-6.

Shokes D, Zeitlin S, Shahed A, Rajfer J. Quercetin in men with category III chronic prostatitis: a preliminary prospective, double-blind, placebo-controlled trial. *Urology.* 1999 Dec;54(6):960-3.

Case study: Bowel Control

Patient: 79-year-old female

Chief Complaint: Fecal incontinence during the day - good sensation with poor control of stool. Urinary incontinence with cough/sneeze or on the way to the restroom. Patient wears a pad every day.

Physical Therapy Treatment: proper voiding techniques, general healthy eating habits, nerve glides, bowel massage, pelvic floor biofeedback, manual therapy for pelvic floor, leg stretches, core abdominal strengthening.

Results: 14 visits - 0 loss of stool between bowel movements, 0 urine leakage with activity or urgency, 0 pads. Patient is able to walk 15 minutes per day for exercise.



connect
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