

The Experts at Advanced Hand Rehab Want You to Get a Grip on Arthritis Hand Pain Using These Simple Tips

1. Timing

Hand pain varies for different types of arthritis. For example, people with osteoarthritis tend to have pain that gets worse as the day goes on. If this applies to you, try to be more active in the morning. Get your gardening or yard work-- and other activities that require heavy hand use-- done early. If you have rheumatoid arthritis, you may feel the opposite is true. So, do the opposite.

2. Take advice on adapting

That is what we are hear for. Our occupational therapists are the experts when it comes to saving your joints. We can show you exercises to strengthen your grip, keep your pain levels down and increase your range of motion. All three are critical. We can help you adjust the way you interact with everyday objects in your home or office and your recreational activities. Our goal is to keep you active and independent as possible.

3. Embrace ice and heat

Ice can work wonders for pain after physical activity. Take a piece of ice and rub it in a circular motion over the joint or use a covered ice pack for no more than five-minutes at a time to avoid irritating the skin.



Rheumatoid arthritis sufferers will find that soaking in warm water offers relief. Just be sure that you do not have an acute injury.

4. Seek specialized tools

With the help from our OTs, we can show you adaptive tools to ease your hand pain; such as kitchen utensils and garden tools with special grips, gloves to reduce friction and provide compression, and there are even special devices to help you play sports with less pain.

We have expert advice available at all seven Advanced Hand Rehab clinics, so call today to schedule your free consultation!

APTC Addresses the Growing Epidemic of Concussion

*Of great concern to a parent when a child suffers
a concussion is ...*



Will there be lasting effects?

*When is my child ready to
resume playing?*

*Advanced Physical Therapy
Center can help to answer
those questions.*

Almost one-third of nearly 3 million concussion cases diagnosed annually occur with children under the age of 14. It is also the most common sports-related brain injury among 15 to 24 year olds.

Advanced Physical Therapy Center now offers a concussion management program for the growing epidemic of concussion among school-aged children.

APTC's Concussion Management Program is available at our Grand Blanc facility and offers a simple baseline test that takes only minutes, yet in the event of a concussion, can save valuable recovery time and dramatically aid in the healing process.

If the patient is deemed at risk or a concussion is suspected, APTC's highly trained therapists will help to accurately monitor a patient's condition and determine where they are in the recovery process, giving the physician more information in managing the patient's recovery.

Advanced Physical Therapy Center encourages baseline testing and recommends parents and

guardians of school-aged children to speak with their pediatrician to obtain a referral. If you are not able to obtain a referral, the test is still available as a cash pay service and the cost is \$25. The testing and program information is stored for each patient with the ability to generate HIPAA-compliant reports to give to the patient's physician. It is important to understand who is susceptible. School-aged children engaged in contact sports are in a high-risk group, for not only suffering one concussion, but also a dangerous recurrence.

Each concussion is different, so too is your child's recovery process. Having objective baseline and data-driven support is essential for those difficult return-to-play decisions. For more information contact us at (810) 695-8700.



Advanced Physical Therapy Center

P1 What you can do as a parent to help your child avoid concussion.

P2 Inspiring story of how perseverance and a positive attitude go a long way.

P3 What's new at APTC?

P5 APTC is celebrating 25 years. Read a letter to you from our owners.

Creating Success Stories: One Patient at a Time

On the morning of May 29th, 2013, Alicia Richardson received a phone call that led to a life-altering event. “My friend asked if I wanted to go to lunch. You wouldn’t think that saying yes to something so simple would change my life forever, but it did. Sometimes I think, ‘What if I hadn’t gone?’, but you can’t think like that. For some reason, I was meant to fight this fight, and I am going to give it all I’ve got,” says Alicia. The fight she is referring to is rehabilitation for her right arm after a serious car accident.

Alicia and her friend were struck head-on by another vehicle. The accident resulted in Alicia suffering damage to her rotator cuff, elbow, and wrist.

Alicia began occupational therapy immediately. During that time, she noticed weird sensations running down her arm. “My arm felt numb, but it also felt like water was rolling down at the same time. Lying in bed one night, my husband rolled over to talk to me and his breath drifted across my hand. It felt like a flame lit up my arm,” stated Alicia. She reported these symptoms to her doctor, and that is when he diagnosed her with complex regional pain syndrome. Complex regional pain syndrome (CRPS) is a chronic pain condition most often affecting one of the limbs (arms, legs, hands, or feet), usually after an injury or trauma to that limb. CRPS is believed to be caused by damage to, or malfunction of, the peripheral and central nervous system. CRPS is characterized by prolonged or excessive pain and mild or dramatic changes in skin color, temperature, and/or swelling in the affected area. “At that moment, I thought, ‘Why did I get this?’ They said that it was the way my body handled the trauma,” said Alicia reflecting back upon the dramatic diagnosis.

Because of the CRPS, Alicia’s hand surgeon recommended she that she postpone surgery for her wrist to a time when the CRPS would be less active and the swelling and pain would be more under control. He explained that if he operated immediately, the CRPS could get worse and spread, which would cause her to no longer have use of her arm. Both Alicia’s hand surgeon and shoulder surgeon agreed that her shoulder should be fixed first. Her rotator cuff was repaired in August of 2013. The healing was very slow due to her other injuries as well as the CRPS, and Alicia started noticing that the sensations of her hand and wrist were moving up to her shoulder, meaning, unfortunately, the CRPS had spread. After waiting for what seemed like an eternity, Alicia received the much needed surgery for her wrist in June 2014. Unfortunately, that did not stop the consistent pain present with her CRPS.

Throughout all of this, Alicia continued on faithfully with her occupational therapy (OT). Alicia’s has been working with Advanced Hand Rehab’s, Desaree’ Carwile, Occupational Therapist and Certified Hand Therapist. Alicia attends OT three times a week and says that she will, most likely, be in OT for the rest of her life. “It hurts initially, but when I walk out of there, I feel so much better. If I tell Desaree’ that I am not in the groove today, she will remind me of my progress and how far I have come--She is so encouraging,” states Alicia complimenting her therapist,

Desaree’. “The first time she worked with me, I wasn’t able to have something as light as a blanket lay on my arm due to the sensitivity. Desaree’ and I have been working on desensitizing, and I am now able to have a blanket wrapped around my arm. When we’re working together, she will try to distract me to keep my mind off the sensitivity and pain. I know I couldn’t have made it this far without her. She fights this fight with me.”

“When I first started treating Alicia, I could tell, right away, that she was in a lot of pain. I remember how much she protected her right arm and hand by cradling it against her body. She was struggling with very basic, daily life skills. I remember her saying,

‘I want my life back.’ I could tell she was a fighter,” said Alicia’s therapist, Desaree’. “Over the next few months of working with her, it became clear to me just how much she was willing to fight for her goal. We had to progress slowly all while respecting the nature of the CRPS,” stated Desaree’ reflecting back. “Gradually over time, Alicia was able to overcome her pain to regain a functional, dominant right upper extremity. She is now able to reach into her closet and put on clothing without asking her family for help. She has tackled obstacle after obstacle and never stopped working toward her goal

of getting her life back. She has become a source of hope for so many people that she has met during her recovery. I am able to experience first-hand how hard she works and how her positive spirit drives her through. I am honored to be a part of it, and she is an inspiration to me as well,” states Desaree’.

Because of all the work she and Desaree’ have accomplished through therapy, Alicia no longer takes pain medication. She attributes a lot of her progress to her attitude. “My kids tell me, ‘Mom, you always have a smile on your face.’ Your attitude plays a huge part in dealing with CRPS. You’ve got to keep fighting and never give up.”

As for Alicia’s future ... “I would love to help others who suffer with CRPS. I think if I share my story, listen to them and encourage them to do their best and keep going, it could make a difference,” states Alicia. “The most important thing I can say is to try to remain positive, be consistent with therapy, and find a therapist that is knowledgeable and caring.--For me, that was Desaree’.”



Desaree’ Carwile, OTRL, CHT (pictured right) with her patient Alicia Richardson (pictured left).

“I remember her saying, ‘I want my life back,’ I could tell she was a fighter.”
- Desaree’ Carwile, OTRL, CHT

New Therapists Bring a Wealth of Knowledge in Sports Medicine to the Advanced Physical Therapy Center Team

PT Profiles

Kristy Colt,

PT, MSPT, ATC

Kristy Colt graduated from Ithaca College with a bachelor's degree in athletic training in 1994 and obtained her Master of Science Degree in Athletic Training from West Virginia University in 1996. As an athletic trainer, most of the work Kristy was doing with athletes pertained to the extremities, and she later realized that she wanted to learn more about treating the entire athlete, including the rehabilitation of the spine. After a couple years of working with athletes and their injuries and having suffered an injury herself during her years as a soccer player for Ithaca College, Kristy decided to pursue a career in physical therapy. Kristy went on to receive a Master of Science Degree in Physical Therapy from University of Indianapolis in 1998.

Kristy's post-graduate focus has been on the utilization of manual therapy techniques, such as the Mulligan Technique, which addresses musculoskeletal disorders using joint mobilization to restore function and provide pain relief. She also resources various other pioneers in physical therapy, like Stanley Paris. Kristy's continuing education includes a certification in trigger point dry needling; a training course in pelvic physical therapy, which is aimed at treating postpartum mothers and pregnancy-related conditions; and a training course in post-mastectomy rehabilitation.

Kristy is originally from Massachusetts, but prior to relocating to Michigan, Kristy spent a number of years working adjacent to a large group of orthopedic surgeons in Houston, Texas; which she feels helped hone her skills in post-operative care. Because of her extensive knowledge in sports medicine and her education in dry needling, Kristy has treated many runners; and while living in Phoenix, Arizona, built up quite a following in the running community.

Kristy practices at Advanced Physical Therapy Center's Hartland clinic. When Kristy is working with her patients, she likes to look at "the big picture" and takes special notice of the patients' posture and core, which she finds correlates to most injuries. She also likes to create a fun environment and atmosphere. "Patients can have a false pretense that physical therapy is supposed to be difficult and painful. It shouldn't be. Yes, there is some work involved. But if you keep it fun, patients will be more engaged and enjoy the process more," says Kristy.



Justin Brown,

PT, DPT, ATC, CSCS

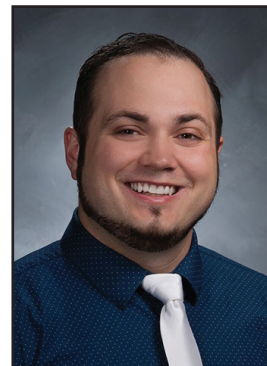
Justin Brown graduated from the University of Michigan-Flint in 2014 with a doctoral degree in physical therapy and completed his residency in the orthopedic clinical specialist program in 2015. He is a certified athletic trainer and a certified strength and conditioning specialist. His education and experience have given him intricate knowledge into the field of sports medicine.

Justin strives to keep up on the latest treatments and technologies and is in constant pursuit of continuing education in athletic based populations. He is level one certified in fascial movement training. He also received a certification in golf-specific injury assessment and rehabilitation from the Titleist Performance Institute and is one of the only clinicians in the area to have this distinction and training. He has attended several seminars covering the topic of the overhead throwing phase in athletics.

When working with athletes, Justin focuses on increasing strength, endurance, and power. He teaches athletes how to use proper muscle activation, neuromuscular control and synergism to get the most out of their bodies safely. During his college career, Justin created an updated protocol for knee injury prevention and rehabilitation for female athletes utilizing the latest medical studies and research. He currently uses this protocol in his practice today.

Throughout his youth, Justin was very active in sports, playing baseball and football for his school teams and club hockey. In most recent years, Justin has offered his expertise to local sports teams in the area. He served as an assistant coach for the Millington High School baseball team for two years, worked as a student athletic trainer for a collegiate volleyball team, and worked and played for the minor league football team, the Genesee Patriots.

Although Justin feels that he is best at treating high school and college athletes, he enjoys working with all patient demographics. Justin is one of our physical therapists practicing out of our Clio clinic. When Justin is not treating patients, he volunteers at the local batting cages instructing players on proper form and technique. Justin knows that return-to-play decisions can be difficult, so he likes to help by providing insight to parents, coaches and other healthcare professionals on where the athletes are at in the recovery process. "Keeping athletes on the field safely and helping them reach fullest potential in their sport is what drives me. I want to help enable them to keep pursuing their passion," says Justin.



We'll Keep You Moving All Season Long

Every second Wednesday of the month from 4:30 to 7:00 pm, Advanced Physical Therapy Center in Grand Blanc hosts a FREE walk-in P.T. clinic for walkers and runners.

No appointment necessary! Just stop by to meet one-on-one with one of our experts to receive advice on:

- » Injury prevention
- » Injury-risk screening
- » Strength, flexibility & range of motion assessments
- » Muscle, tendon, ligament & joint assessments
- » Advice for sprains & strains or other injuries
- » Performance improvement
- » Taping techniques & more!



APTC-Grand Blanc Clinic



Catch us down at the Crim!

This will be our fifth year at the flat lot on the bricks of Saginaw Street. We will be hosting our complimentary VIP tent for those who worked so hard all summer long in the CrimFit Adult Training Program. Training program participants will get first in line for the VIP treatment from our helpful staff. Our experts will be there all day offering free taping and stretching pre- and post-race. Just show us your bib or let us know you're a part of the CrimFit Adult Training Program.

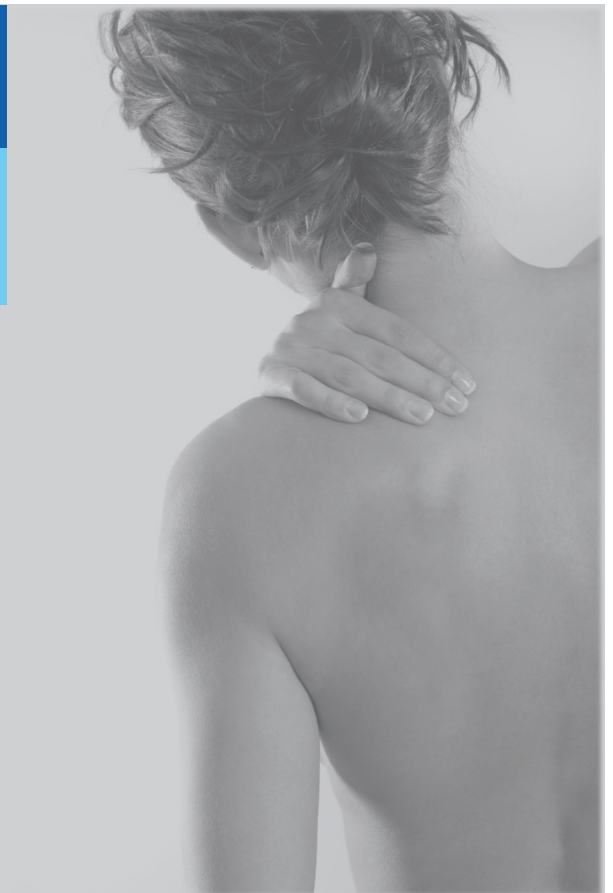
Got an Ache or Pain from a Sports Injury? We can help with that.

Whether you have shoulder pain or pain in your elbow, we have experts on staff who specialize in sports medicine that are here for you one-on-one.

As people's participation in organized sports activities increase, so does the rate of sports-related injuries. Recreational activities, including sports, account for an estimated 3.2 million visits to emergency rooms. We see many of those sports injuries come through our doors. Some of those can be prevented. Our highly trained clinicians can assess your risk of injury and give you advice on prevention. If you do have an injury, we can tell you what is going on and give you the best options that are right for your specific injury.

Our sports medicine programs are not just for injury rehabilitation and prevention, but they can also help to improve your performance. Are you looking for an improvement in your golf swing? Contact Justin Brown, PT, DPT, ATC, CSCS (featured on pg. 4). He is one of the only professionals in the area with a certification from the Titleist Performance Institute. This certification gives therapists the knowledge for golf-specific injury assessment and rehabilitation techniques to get players back on the green. Linda Gibbs, PT, and co-owner of Advanced Physical Therapy Center (featured on pg. 6) is an avid tennis player and is a specialist in the scapulothoracic region of the body. If you have an ache or pain from tennis, count on her to get you feeling better and back on the court.

All of our experts provide a FREE 15-minute consultation. To schedule a consult with Justin, call (810) 687-8700 and for Linda call (248) 620-4260.



Dedicated to Bringing You the Best in Physical and Occupational Therapy

Celebrating 25 Years of Success



Owners Linda Gibbs, PT and Kim Turner, PT, CHT

A Letter From Our Owners

"This milestone means a lot to us, because 25 years ago, we set out to provide every patient the best physical and occupational therapy. We were not going to settle for anything less. As the need for personalized, quality physical and occupational therapy has grown, we too have grown. We started with just the two of us practicing out of a small office in Grand Blanc to now seven clinics throughout three counties with over 100 employees.

We've employed clinicians so varied in their specialties, they provide a depth of knowledge other therapy clinics have hard time matching. Some of our therapists have been on staff for over 20 years, and some have been practicing for over 30 years. That is a lot of experience in one company.

We practice the philosophy that every patient is different and so is their condition and their goals. It is very important to us that each patient is given an individualized plan of care. Because of this, our therapists have helped many people live better and happier lives. They are amazing at what they do. We have the fortunate opportunity of working in a field that changes lives. We get to help people do the things they love to do. As each patient ends their plan of care, we try to equip them with the tools they need and the knowledge to help them to continue to live a functionally fit life for the rest of their life. A success to us is seeing a patient do something they couldn't do before or hearing them say, 'You changed my life!'.

What we do is not work to us. It has been a true pleasure working in this community for the past 25 years. Throughout our journey, we have had the amazing opportunity to establish strong relationships of mutual respect and trust with many wonderful colleagues. We honestly feel that we are a part of a great team of quality healthcare providers. We are happy to say that we have stayed true to our mission of providing the best care. We believe that staying true to our goals and passion has helped us to be where we are today. As well, the loyalty of our patients cannot go unsaid. We are sincerely thankful to you for trusting us with your care and referring your friends and family. We are happily and eagerly looking forward to another 25 years!" -- Linda Gibbs and Kim Turner, owners of Advanced Physical Therapy Center.



Our first patient, Gloria Lenz, with co-owner Linda Gibbs

Advanced Physical Therapy Center would like to thank our employees who have been with us for over 20 years. We appreciate your years of loyal service to our company.



Vice President of Operations and Clio Clinic Director, Shelley Hanchett, PT, CHT was the first therapist hired in 1992.



Linda Clay was hired in 1992 and has worked in nearly every department. She knows everything about APTC. She is the doctor services manager in our marketing department and has been in that position for approximately ten years.



Susan "Sue" Hall, PT has been an active member in the Clio community and has served its residents providing quality care since 1995.



Debbie Seay is one of our physical therapist aides out of our Clio clinic and has been a pleasant addition to the team since 1996.



Advanced Physical Therapy Center

Cathy Sikora, PT (pictured left) has been with APTC for 22 years and is known for her compassion with patients and going the extra mile to accommodate patient needs.