

Harrison Physical Therapy's Newsletter

Read what people are saying about physical therapy...

"Before coming to Harrison PT I could not reach up to get something from even a low shelf. Now I can do so without pain. Harrison Physical Therapy is in the business of improving the quality of people's lives."

- Marcia Gauquie

"Prior to PT I was unable to go up and down stairs or sleep without pain. At present I am able to do both!"

- Sandra Yeomans

"I came here dreading therapy. What a surprise! The therapy made me recover rapidly, and far beyond my expectations."

- Nancy McCormick

We Specialize In:

- Post surgical rehab
- Total joint replacement rehabilitation
- Shoulder and knee rehab
- Foot and ankle rehab
- Pediatric rehab
- Neck and back pain
- Automobile injuries
- Worker's Compensation
- Arthritis and joint pain
- Vestibular rehab



Written for both referring physicians and patients of Harrison Physical Therapy, our newsletter provides information on timely topics in physical therapy and new happenings at our office. After treating patients in Southern Dutchess County for seven years, Harrison Physical Therapy remains dedicated to providing high quality, individualized care to all of our patients in an environment that makes rehabilitation an enjoyable and positive experience. Our highly trained staff now includes four physical therapists, each of whom is committed to providing the most advanced therapy techniques in our state-of-the-art facility.

Everyone at Harrison Physical Therapy works

hard to make sure that our patients' care remains our top priority. We offer flexible treatment hours to accommodate our patients' busy schedules, provide thorough evaluations and treatments of the patients' injuries, and customize home exercise programs for all of our patients to accelerate the healing process. We keep in constant contact with each patient's physician through the use of evaluation summary letters, monthly progress reports, and a discharge summary, and always contact the physicians directly with any questions or concerns.

Throughout the past seven years we have made changes to enhance our facility, with patient needs as our primary focus. We have added state-of-the-art equipment in order

to accommodate every orthopedic condition. We now participate in nearly every insurance company in the Hudson Valley. Our energetic and friendly family here at Harrison Physical Therapy has grown, totaling eleven staff members who are dedicated to each patient's care. We are proud to be the most trusted physical therapy clinic in the Hudson Valley.

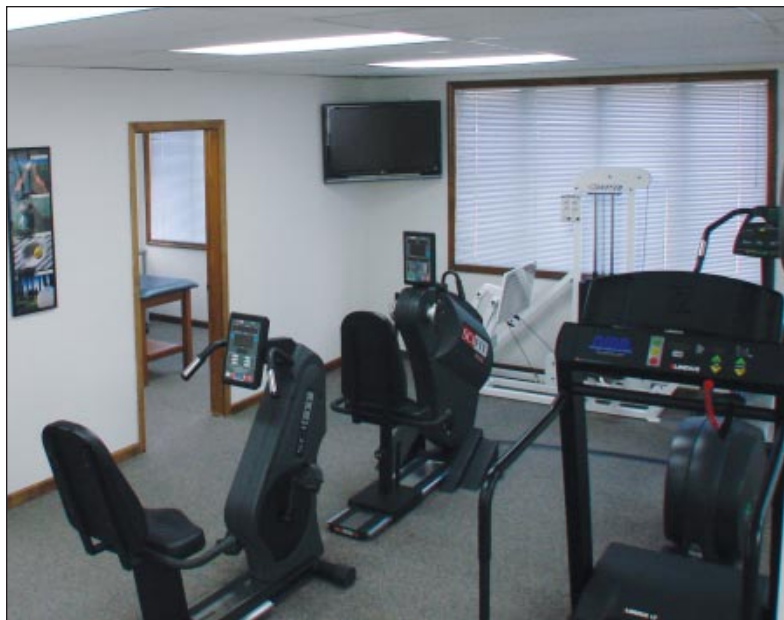
We hope that you will find our newsletter informative, and we welcome any suggestions for topics to be covered in future newsletters.

We also invite you to visit our website at www.harrisonpt.com to learn more about our practice and sign up for our monthly electronic newsletter.

My Physicians Have Their Own Physical Therapy Practice, Can I Still Come To Harrison Physical Therapy?

By Matthew Harrison, MS, PT

The short answer is YES. Any time physical therapy is ordered, you the patient/customer have the legal right to choose the place that you feel will give you the best care available. However, some of our previous patients have wrongfully assumed that they are not able to attend our facility because the treating physician has recommended their own or another facility. A physician can recommend that you see the physical therapist(s) working for them, but they cannot force you to attend their own practice. You have the right to choose which physical therapy practice you would like to attend. In our experience, the area physicians highly respect Harrison Physical Therapy and they have not had any problems with patients requesting to be treated at our facility. In fact, we have treated many of the area's physicians and nurses and they themselves can attest to the outstanding care we provide. At Harrison Physical Therapy there is a reason that our most recent survey indicated that greater than 90% of our patients felt that their problem or complaint "greatly improved".



Arthroscopic Knee Surgery

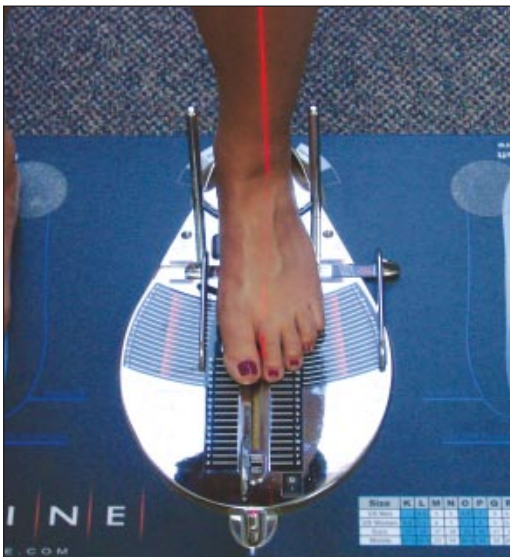
By Ryan Boyd, MS, PT

Arthroscopic surgery, or scope, is a minimally invasive procedure done to look at the inside of the knee joint in order to diagnose and/or treat an injury or condition. The surgeon does this by making 2 or 3 very small incisions, one for a scope that is attached to a camera so that the surgeon can see everything up close and the others for the insertion of surgical tools, if needed. Scopes can be used to examine the knee joint, remove or repair torn meniscal or articular cartilage, reconstruct torn ligaments, or debride loose fragments of bone or cartilage. Debridement of the knee joint is one of the most common outcomes of a knee scope. During debridement the doctor cleans up the joint and makes sure everything functions properly. Following a knee scope patients will often benefit from physical therapy for a more complete recovery. Physical therapy can help to decrease swelling, improve range of motion and increase strength so that the patient can return to their everyday activities quickly and pain free. Patients will be given exercises that they should do at home in order to speed up their recovery and improve their everyday function. After a knee scope most patients are able to put their full weight through their knee while walking and most are able to return to normal activities within 6 to 8 weeks after surgery.



Can My Feet Be Causing My Knee Pain?

By Justin Feldman, DPT, PT



Your feet are the foundation for your body; without a good stable foundation to start from, a wide variety of problems can develop. There are two basic types of feet, “flat floppy feet,” and “high rigid feet”. Flat feet are much more common and often develop as you age. A foot that is classified as flat will have less of an arch while standing, and commonly these people will “walk louder” (you can always hear them coming in the office).

How does this develop? Some people are born with less of an arch, and others will develop this condition after years of standing on their feet in shoes which do not provide proper arch support. As your arches flatten out your feet lose the ability to act as shock absorbers for the rest of your body. This causes the forces that are supposed to be absorbed by your feet to be absorbed by your knees, hips and back. Such an increased workload will cause these joints to become painful, and begin to develop other injuries that appear to be localized to the specific joint but are really being caused by poor mechanics in your feet. Along with not absorbing the shock of each step, the flattening of your feet will also cause the joints up the chain to be thrown out of alignment, making them less able to deal with their newly increased workload, and adding to the pain and injuries.

At Harrison Physical Therapy your therapist can help create semi-custom orthotics using a laser guided foot analysis to determine your proper alignment. If you feel like you have pain in your feet, knees, hips and/or back after standing for long periods of time, or following periods of increased activity, a custom made orthotic may be exactly what you need to help create a good foundation for the rest of your body. For more information, stop by our office, or visit our website at www.harrisonpt.com.

Your Physical Therapists' Calendars



Matthew Harrison, MS, PT – This past April Matt attended the course “Physical Therapy Management of the Knee: Current Trends In Rehabilitation” in Danbury, CT. This course focused on the most advanced techniques and protocols for a variety of knee conditions. This past winter Matt and his family enjoyed the skiing conditions while focusing on not becoming a patient again at Harrison Physical Therapy.



Justin Feldman, DPT, PT - Justin joined Harrison PT this past June, bringing a solid background in orthopedic and sports physical therapy to the treatment of his patients. He completed a course entitled “Vestibular Rehabilitation” this past March. Justin has been busy this winter as a member of the Mount Snow Ski patrol in Vermont as well as serving as a coach for Lourdes Varsity Crew this spring. He is enjoying his recent marriage to Stacey Weiner this past April.



Nicole Casella, MS, PT – Nicole is currently out on maternity leave following the birth of her daughter Hayley. However, she did find time during her busy schedule to accompany Matt to the course “Physical Therapy Management of the Knee: Current Trends In Rehabilitation” in Danbury, CT. She looks forward to rejoining Harrison Physical Therapy later this year.



Ryan Boyd, MS, PT – In May 2008 Ryan joined Harrison PT, expanding upon our staff of highly-trained orthopedic physical therapists. This past January he attended a course at the Hospital For Special Surgery titled “Treatment, Rehabilitation and Performance Enhancement of the Baseball Player.” Ryan has been busy working out, playing basketball and planning his wedding to Dorrie Huen this summer.

Harrison Physical Therapy Happenings

Harrison Physical Therapy is excited about its recent expansion this winter, which expanded the clinic by 50%. We are also proud of the extreme success of our “Back in Action Rehabilitation Program”. This program focuses on getting patients with back pain rehabilitated within an estimated six weeks. We are also pleased with the results of our Vestibular Rehabilitation Program which aims at treating dizziness, vertigo, and other symptoms of vestibular disorders. Harrison Physical Therapy continues to update its website to provide visitors with the most current information possible about the clinic, our new programs, and the field of physical therapy. Please visit us at www.harrisonpt.com and sign up for our monthly email newsletter.

We have also become providers for additional insurance companies and now participate in nearly every insurance company in the Hudson Valley. Below is a list of insurance companies in which we participate.

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|-----------------------------|------------------------------------|------------------------------|---------------------------|
| 1) Aetna | 9) Healthnet | 16) No-Fault Carriers | 24) Sieba, LTD |
| 2) Beech Street Corporation | 10) Hudson Health Plan | 17) North American Preferred | 25) UnitedHealthcare |
| 3) Blue Cross/Blue Shield | 11) MagnaCare | 18) One Health Plan | 26) UHC Empire/Govt. Plan |
| 4) CarePlus Health Plan | 12) Medicare | 19) Operating Eng. Local 825 | 27) USA Managed Care Org. |
| 5) CDPHP | 13) MultiPlan | 20) Oxford | 28) Wellcare |
| 6) Cigna PPO | 14) MVP | 21) PHCS | 29) Worker's Compensation |
| 7) First Health | 15) National Health Administrators | 22) Pomco | 30) 1199 SEIU |
| 8) GHI HMO | | 23) Select Providers | |

** Many insurances have sub-plans which are part of major insurance companies. If your insurance is not specifically listed, we are still probably a provider. Please call and our staff will be happy to check for you.

If you would like to learn more about us, please visit our recently updated website at www.harrisonpt.com.

www.harrisonpt.com
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