



2021 Newsletter

Founded in 2016 to provide one on one high quality care that patients deserve and should expect

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Treatments we offer:

Neck, Mid Back, Low Back, Pelvis, Hip, Hand, Wrist, Knee, Ankle, Shoulder

- Trigger Point Dry Needling
- Augmented Soft Tissue Mobilization
- Blood Flow Restriction
- Manual Therapy
- Individualized functional exercise program
- One-On-One Treatments

Women's Health

- Before and After Pregnancy
- Post Cesarean Section
- Post Hysterectomy
- Urinary Incontinence
- Pelvic Pain
- Pelvic Organ Prolapse
- Strong with Mom

Men's Pelvic Health

- Post Prostatectomy
- Urinary Incontinence

Occupational Therapy

- Carpal Tunnel - before and after surgery
- Shoulder, elbow and hand pain, numbness and tingling

Bike Fit

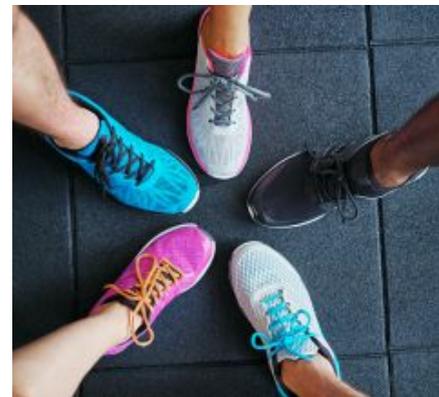
- Individualized for mountain, road or cross bike

Pilates

- Pilates Reformer - Individualized or group sessions
- Pilates reformer room reservations available

Personal Training

- Functional Movement Screens
- Conditioning programs in person or virtual
- Individualized Training
- Sport Specific Training



Infant Massage and Evaluation - Megan Minton, MOTR/L



Infant Massage

Megan's role as the instructor is to facilitate and help enhance the loving relationship between an infant and their parents.

Infant massage is instantly gratifying for the parent as well as the infant/child. It naturally encompasses all of the elements of the bonding process. Every child and parent should be able to have the opportunity to experience the lifelong benefits that come from early bonds that are loving, healthy and secure. Megan will teach you how to do this, with a simple form of touch...Infant Massage.

Infant Evaluation

Having an evaluation of your infant's development (**birth-3 years old**) is the first step in determining whether or not your infant needs early intervention or treatment. During an evaluation the child's developmental skills will be assessed. Child development is very complex and a comprehensive evaluation will determine how your child functions in several developmental areas such as: adaptive, gross motor, fine motor, language, and personal social skills. Testing not only sheds light on your babies' challenges, but it also gives us a better understanding of their strengths, too.

Womens and Mens Pelvic Health- Julie Maiers, PT, DPT

Women's Pelvic Health

Pelvic Health PT for Women is a service that women of all ages can benefit from. Women's Pelvic PT focuses on Orthopedic deficits related to the pelvis, pelvic floor dysfunction with either a tight muscle, weak muscle and/or poor muscle coordination with movements and intra abdominal pressure (IAP). You will learn, if appropriate, good bowel and bladder habits as well. Pelvic PT is safe and treatment is fostered around your deficits, needs and goals.



Male Pelvic Health

Men have a pelvic floor too! Men's pelvic health is a service for men that experience pelvic impairments. There are several areas of concern and post surgical procedures that can cause pain, incontinence, and pelvic floor muscle dysfunction. You will learn about your specific areas of concern and build a plan of care to help you meet your goals. Primary care doctors and urologists commonly refer for male pelvic problems, but all men can call and request a therapy appointment on their own as well.

Ante and Postpartum PT

PT helps Antepartum (before childbirth) women by reducing pain, correcting postural alignment, increasing strength, reducing myofascial tissue tension, improving muscle imbalance and lastly preparing for birthing.

Postpartum women benefit from skilled PT to reduce pain, correct pelvic and joint alignment after delivery, increase core (abdominal and PFM) strength and develop a specific home exercise program. The Ante and Postpartum women receive education, support and specific guidance is how to prepare and heal most effectively.

Specialty Programs -

- Winter and Summer conditioning- individual and group fitness
- Strong with Mom - a program designed to bring women together to workout on their own or with their kids
- Functional Movement Screens
- Bike Fit
- Pilates

Bike Fit -Jennifer Frontiero, PT, DPT and Colby Frontiero

Complete Physical Therapy offers professional bike fitting. A bike fit is designed to ensure your bike fits you properly. A proper bike fit can be the key to loving your bike even more, or never using it. Jennifer is a 14 year physical therapist and Colby has been working on bikes for over 20 years, they team up to give you a bike fit that will address all of your needs and concerns.

Proper bike fit means you have a position on the bike letting you ride as long as you want, as hard as you want, and help you stay comfortable the entire time. A good fit can also help prevent overuse injuries which result from an improper positioning on the bike. The correct position varies from person to person depending on factors like age, style of riding, and physical attributes. Making sure you have a good bike fit will maximize your efficiency as well. If you want to ride longer, faster, and more comfortably, call to get your bike fit scheduled.



Injury Prevention- Fitness and Wellness

Justin Kinner

How often do you get physical exercise for more than 30 minutes in a week?

Did you know that just **30 minutes** of dedicated time to yourself a day improves your heart health and minimizes your risk for many chronic disease processes? It also helps release chemicals in your brain that help to reduce stress, boost your mood, improve clarity and can help with productivity among many other things.

Do you stretch after having physical exercise?

Stretching after exercise helps to improve your flexibility, can help you to improve your circulation and increase blood flow to your muscles aiding in strength and recovery of your muscles.

How much sleep do you get on average?

A good night's rest can boost your immunity, and strengthen your heart. It also can help prevent weight gain, improve your mood, which can increase your productivity and improve your memory.

These are just a few examples of things that often go unnoticed in busy lifestyles, when we commit to getting them done every day - it can help you to live a life free of injury.

Helping you to Own your Health, so that you can Own your Life!



Pilates on the Reformer- Kristin Glisczinski, PT, DPT

Pilates on the reformer is a fun, low impact way to improve core stability and postural awareness by emphasizing proper breathing, body mechanics, and muscle recruitment in a variety of different positions. It is a great tool for rehabilitation from injury, injury prevention, core strengthening, and heightening mind-body awareness, among many other things. Kristin Glisczinski, PT, DPT is certified to train on the reformer. This machine is very versatile and allows for all ages and abilities to be challenged through short 30-45 minute workouts. It is appropriate for all populations, including pregnancy and post-partum, athletes, older adults, persons with osteopenia/osteoporosis, post-op, or anyone wanting a fun new way to exercise!



Functional Movement Screens - Justin Kinner

The FMS or Functional Movement Screen is a "test" of 8 movement patterns which require stability and mobility. When complete, the screen aids in identifying possible asymmetries and or weaknesses which often lead to functional movement deficiencies. These deficiencies can often affect your daily life without you even realizing it. The FMS helps to make you aware of possible imbalances in your stability, and mobility. Corrective exercises are then prescribed to help you to move well first, so that you move often.



What people are saying!



"Jen Frontiero was incredibly helpful with getting me on my way to resuming my normal activities after an injury to my knee. Her thoroughness, knowledge and willingness to get to the root of the problem was helpful. My only regret is that I did not come to her sooner."

"Kristin has helped me reach my goals early following total hip replacement. I couldn't be happier with the care I have received and will come back for any future PT needs. She takes you from where you are to where you want to get."

"This group of therapists is consumed with making a patient's lives better. They will not rest until you're as good as you can be! It's amazing to see first hand. Thank you so much for helping me get healthy!"

"Physical therapy, with Julie, has given me hope and helped me to avoid using medications that I am not comfortable with. Julie has truly had a positive impact on my health and well-being. When results were not always apparent, and I wasn't as faithful as I should have been, you were always patient and encouraging."

Call today to find out how Complete Physical Therapy can help you get back to life!

307-258-9426