

# Treatment Options

## Treatment Techniques

# We Offer the Most Advanced Treatment Options to Help You Get Better Faster

When it comes to your physical therapy journey, you deserve a practice that knows and uses the best and latest treatment techniques to ensure you get results. Our therapists specialize in the following treatments:



## Fascial Distortion Model

The Fascial Distortion Model (FDM) is a model of diagnosis and treatment for common musculoskeletal conditions. These conditions are corrected with hands-on, deep pressure application with measurable, dramatic results. We look for signs of specific problems or “distortions” in the body’s connective tissue to improve conditions such as pulled muscles, sprains, strains and frozen shoulders. The FDM treatment technique supports pain reduction and improvements in movement restrictions to help patients get back to pain free function.

Your therapist may use FDM to treat neck and back pain, joint pain, sports injuries, carpal tunnel syndrome, TMJ, and headaches.

### **FDM is often used to treat the following:**

- Achilles Tendinitis
- Ankle Sprains
- Golfer's / Tennis Elbow
- Hamstring Pull/Strain
- Hip Pain
- Knee Sprains
- Neck Pain
- Plantar Fasciitis
- Shin Splints
- TMJ
- Carpal Tunnel Syndrome
- Hip Flexor/Psoas Tendinitis
- Frozen Shoulder/Adhesive Capsulitis
- Iliotibial Band Syndrome
- Tension Headaches/Migraines
- Low Back Pain
- Patellar Tendinitis
- Rotator Cuff Strains
- Sciatica
- Whiplash



## Graston Technique ®

Simple Technology Improving Injury Treatment and Rehabilitation

This is a unique technique that uses instruments that treat scar tissue and fascial restrictions during rehabilitation that allow for faster recovery. Your therapist may use the Graston Technique ® to treat a soft tissue condition to restore range of motion and eliminate pain so you can move and feel better.

Typical treatment time is over a four-to-five week period.

### The Graston Technique is often used to treat the following:

- Ankle Pain
- Fibromyalgia
- Hip Pain
- Scar Tissue
- Trigger Finger
- Hamstring Injuries
- IT Band (Iliotibial Band)
- Heel Pain (Plantar Fasciitis)
- Wrist Pain (Carpal Tunnel Syndrome)
- Neck Pain (Cervical Sprain/Strain)
- Tennis Elbow (Lateral Epicondylitis/itis)
- Back Pain (Lumbar Sprain/Strain)
- Golfer's Elbow (Medial Epicondylitis/itis)
- Knee Pain (Patellofemoral Disorders)
- Shoulder Pain (Rotator Cuff Tendinitis/itis)
- Women's Health (Post-Mastectomy and Caesarean Scarring)

## Dry Needling

Dry needling is a technique used for the treatment of pain and movement impairments. A “dry needle” is one without medication or injection, inserted through the skin into areas of the muscle.

Physical Therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain or improve range of motion. Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation.

Typically, positive results are apparent within 2-4 treatment sessions but can vary depending on the cause and duration of the symptoms and overall health of the patient. Dry needling is an effective treatment for acute and chronic pain, rehabilitation from injury, and even pain and injury prevention, with very few side effects. This technique is unequalled in finding and eliminating neuromuscular dysfunction that leads to pain and functional deficits.

**Dry needling is often used to treat the following:**

- Joint problems
- Disk problems
- Tendinitis
- Whiplash
- Spinal problems
- Pelvic pain
- Migraine and tension-type headaches
- Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- Repetitive motion disorders (like carpal tunnel syndrome)
- Post-herpetic neuralgia (pain left behind by shingles)
- Night cramps
- Phantom pain



**Blood Flow Restriction (BFR)**

**Rehabilitation**

BFR rehabilitation is the brief and intermittent occlusion of venous (veins) blood flow using a tourniquet while exercising. Using this technique, you can exercise with significantly lighter weight while still creating a growth and strength response that you would need to lift a heavy load. This treatment not only helps get you stronger it also releases hormones that can have a positive effect on your rehabilitation. The Physical Therapy Experts are CPR are certified in providing this treatment to their patients. Ask today if it is appropriate for you!