



MOMENTUM

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PT News

Physical therapy plays role in Tiger Wood's return following knee surgery

The world watched in February as Tiger Woods made his anticipated comeback to professional golf after undergoing ACL (anterior cruciate ligament) reconstructive surgery. According to the American Physical Therapy Association (APTA), rehabilitation with a physical therapist played a large role in Woods' return.

"With all due respect and credit to Tiger's surgeon for laying the foundation of his knee's health, the rehabilitation that Woods has been undertaking since his surgery might be the most important factor in this next phase of his career," said APTA spokesperson, Stephania Bell, licensed physical therapist and ESPN.com's injury analyst correspondent.

All athletes depend on the ACL to help control knee stability. However, the physical therapist individualizes the rehabilitation program to the specific needs of the athlete. APTA spokesperson Bud Ferrante Jr, a licensed physical therapist who works

Tiger Woods continues on page 2

Inside This Issue:

PT News	1
What's New?	2
Who's Who?	3
Patient Spotlight	3
Class Schedule	4

Spring has sprung—let the golf games begin!

Spring is one of my favorite seasons in Marin County. The hills are green and lush, the chill of winter is fading, everything is in bloom and all seems new again. Spring is also the time of year when we golf enthusiasts dust off our clubs and prepare for the new season.

For those of you who are interested in improving your golf game this year, a commitment to fitness should be part of your plan. Start with basic stretching to limber up those muscles critical to your golf swing and be sure to include cardio workouts to increase stamina and allow you to play longer without fatigue. If you want to take the next step, then a golf-specific strength training program is what you'll need—and have we got a new program for you!

As one of only four golf fitness instructors in Marin County to be certified by Titleist® Performance Institute (TPI), I can help you get on top of your game. I offer the same fitness training protocol and physical assessment services that Titleist offers their top amateur and tour players. (See page 2 for more details.) I offer private, semi-private and group instruction designed for your specific needs, injuries or physical performance issues.

Also, I'm extending our offer for **FREE golf fitness consultations** through May 31 to all current and previous patients. (Consultations provided at the San Anselmo clinic only). For more information or to book a free consultation, call 415-457-4454.

In addition to our new golf fitness program, we've added new classes at the San Anselmo clinic. We now have an early morning yoga class and an additional pilates class on Tuesday and Thursday evenings.

Lastly, I wanted to take a moment to thank all of our patients and doctors as they worked with us through the merger of the Novato and San Anselmo clinics. The transition was a smooth one and we appreciated everyone's help and patience as we integrated in order to provide the best services possible to our community.

Happy spring everyone!

Sincerely,
Steve Thompson



What's New?

New Staff

Bridget O'Connor – Welcome to Bridget O'Connor, our new Office Administrator in the San Anselmo clinic and our latest hire! Bridget was born and raised in Marin County and graduated from San Marin High School. In 2008, she earned a B.A.S. degree in history from San Diego State University. Prior to joining Sport and Spine Therapy of Marin, Bridget worked as a receptionist and file clerk for Marin Orthopedics and Sports Medicine and also worked for Raymond M. Bonneau, M.D. as a billing researcher. In her spare time, Bridget enjoys movies, reading, basketball and volleyball. She also loves spending time with friends and family.



“Sport and Spine Therapy of Marin is dedicated to helping people live healthier and more comfortable lives. The therapists are kind and qualified; it’s a really wonderful environment to work in” –Bridget O'Connor



Kiera Einhorn,
RYT, CPT
Yoga Instructor,
San Anselmo

New Class

Flow Yoga – This early morning yoga class is Hatha flow based, where the focus is on proper body alignment with a connection to breath and movement. It’s perfect for beginners or more advanced students to move beyond the limitations of the body and mind. Yoga also suits an aging population because, without stressing joints, it enhances circulation, flexibility, and strengthens muscles.



Kristina Svenson-Brown,
Hand Therapy,
San Anselmo

New Service Available

Hand Therapy now in San Anselmo! Kristina Svenson-Brown, our hand therapist in the Novato clinic, is now treating patients in the San Anselmo clinic on Tuesdays and Thursdays. Kristina joined Sport & Spine Therapy of Marin in 2002. She is jointly trained in physical therapy and hand therapy and has over 19 years of experience in rehabilitation ranging from pediatrics to geriatrics. Welcome to San Anselmo, Kristina!

New Golf Fitness Program



In addition to being a board certified Orthopedic Physical Therapist, Steve Thompson is a Titleist® Performance Institute (TPI) Certified Golf Fitness Instructor Level 1. TPI certified instructors offer the same fitness training protocol and physical assessment services that Titleist offers their top amateur and tour players.

The Golf Fitness Program includes: TPI Golf Fitness Assessment, Customized Workout Program, MyTPI.com account with individualized fitness plan, and Active Release

Technique® (ART) therapy as needed.

The TPI assessment is designed to identify and correct restrictions in both mobility and stability that prevent golfers from making their optimal golf swing. The program was developed by Titleist, which is widely recognized as the preeminent authority for golf fitness and performance. The program has been made popular in Golf Digest and on The Golf Channel’s “Golf Fitness Academy Presented by Titleist”. The TPI® program is always customized to meet the specific goals and needs of each individual.

Tiger Woods continued from page 1

with both professional and amateur golfers, says that full recovery from ACL surgery typically ranges from six to eight months when the ligament is completely healed. Ferrante notes that the first week after surgery is mostly about controlling swelling, pain, and getting patients to start moving as soon as possible.

Physical therapy starts immediately after surgery, beginning with very gentle knee range of motion exercises. Depending on the extent of the swelling, a physical therapist will then work with patients on progressive range of motion exercises that focus on regaining any lost knee motion. Once swelling has subsided, the physical therapist focuses on helping the patient strengthen the muscles around the knee, including the hamstrings, and quadriceps muscles.

APTA says that awareness of proper posture and the importance of fitness and flexibility are just as important for weekend golfers as they are for the pros. Golfers should have access to a physical therapist who can assess their physical abilities and provide individualized training programs that address musculoskeletal balance, body mechanics, strength, posturing and cardiovascular fitness.

For more information about this article, or to schedule a personalized golf fitness program, call us at 415-457-4454.

Meet Trina!



Trina Mann, DPT

Trina joined Sport & Spine Therapy of Marin over two years ago. She received her Doctorate of Physical Therapy from Chapman University located in Orange, California in 2006. She returned to the Bay Area and received her undergraduate in Kinesiology from SF State. Trina is a bilingual therapist who served the pediatric community at Roberto Felix Foundation in Costa Rica during the summer of 2006. Her future career plans include furthering her knowledge in exercise physiology and certification as an Orthopedic Clinical Specialist through the APTA. In her free time, Trina enjoys spending time with friends and family, surfing and traveling.

What's What?

You are invited to a Mona Vie Tasting!

Endorsed by professional athletes and sports teams, including the Boston Red Sox, and touted by famed medical doctors Mehmet Oz and Nicholas Perricone, Mona Vie products are designed to provide all the antioxidants and phytonutrients needed to maintain a healthy and active lifestyle.

Mona Vie features an exclusive blend of the powerful açai berry, found only in remote regions of the Amazon, and other nutrient-dense fruits selected for their specific nutritional properties. Mona Vie also offers tremendous income potential through distribution opportunities. Come discover the profound health and wealth benefits of Mona Vie by attending one of our tasting events.

Call Steve at **415-457-4454** for future dates.



Maggie Front



We met Maggie in June of 2007 when she was referred to us due to severe muscle contractions in her hands and feet. Things were so bad that Maggie, a teacher at Park School in Mill Valley, could barely write on her classroom board. She also had trouble walking. Her diagnosis: Dystonia, a rare neurological disorder for which there is currently no cure.

Trina Mann, Maggie's physical therapist, worked with her on soft tissue and joint mobilization, restoring muscle imbalances and endurance training. As Trina got to know Maggie, she became very interested in her case. So much so, that on her own time, Trina took a weekend seminar through USF to learn about the latest research on Dystonia. "Who does that?!" asks Maggie.

"Maggie didn't present as a typical Dystonia diagnosis," says Trina, who had worked with children with Dystonia in Costa Rica. "So, I encouraged her to get a second opinion with a neurology movement specialist." As it turns out, Trina's hunch was right. Maggie didn't have Dystonia. Although doctors are still trying to determine the exact cause of Maggie's problems, the good news is that she is once again able to write on her classroom board. She can also walk around with her outdoor education class. "Before I came to SSTM, I couldn't do anything," says Maggie. "My doctors sent me there to help manage the pain, but SSTM gave me my life back."

"Maggie has been such an inspiration," says Trina, "She's incredibly devoted to her profession and is always working on her physical dysfunction with the hope of improving her work in the classroom. We are all privileged to know her."

PT Tips

The Importance of Good Posture

Posture is important in everything you do. Bad posture can lead to back pain and even make you feel more tired than usual.

The American Physical Therapy Association offers these guidelines to help you maintain good posture:

- When standing, your body should be vertically aligned, with a straight spine and head, and a straight line from your ankles to your knees, hips, shoulders and ears.
- Keep your shoulders and hips level, and knees facing straight ahead when you walk or stand.
- There should be a slight inward curve to your lower back when standing.
- Stand with your abdomen flat.

- When you sit, use the back of the chair for support, and keep your feet on the floor.
- Sit up straight, with your head up. Don't lean forward.



Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Novato							
Pilates: Beginner (Mat-based)		6:00-7:00 pm		6:00-7:00 pm		9:30-10:30 am	
San Anselmo							
Flow Yoga	6:45-7:45 am		6:45-7:45 am		6:45-7:45 am		
Pilates: Intermediate (Mat-based)		9:00-10:00 am		9:00-10:00 am			
Pilates: Beginner (Mat-based)		5:30-6:30 pm	10:00-11:00 am	5:30-6:30 pm	10:00-11:00 am		

Private and semi-private pilates instruction available in both locations. Call for more details. Private Pilates reformer instruction also available in San Anselmo.

Refer A Friend

Do you have a friend who could benefit from therapeutic care? Refer them to Sport & Spine Therapy of Marin and be entered in our raffle to win a **\$25 gift certificate** to Peet's Coffee.

Congratulations to last quarter's winner, Lynn H. of Novato!

One entry for each referral. Winner will be selected on June 30th and announced in our next newsletter.

Sport & Spine Therapy of Marin

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