



# MOMENTUM

## PT News

### New Study Shows Physical Therapy is More Effective at Treating Neck Pain

The American Physical Therapy Association (APTA) is urging patients with musculoskeletal pain to consider treatment by a physical therapist in light of a new federal survey showing that more than one-third of American adults and nearly 12 percent of children use alternative treatments for neck and back pain.

According to the APTA, physical therapy offers an evidence-based, time-tested solution to these common conditions in comparison to alternative treatments. For neck pain, for example, a recent study published in the medical journal *Spine* found that when patients received up to six treatments of manual physical therapy and exercise, they not only experienced pain relief, but were also less likely to seek additional medical care up to one year following treatment.

"This study is particularly relevant in today's challenging economic environment," according to the study's lead researcher Michael Walker.

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## Happy New Year! Welcome to Momentum—Sport & Spine Therapy of Marin's newsletter on health and fitness.

The New Year is indeed bringing change. We have just inaugurated our first African American president and regardless of your voting preference, it's a historic moment in U.S. history.

On a much smaller scale, it's a time of change for us, as well: I have officially merged my two physical therapy clinics (Sport & Spine Therapy of Marin and Novato Back Care) resulting in a single name for both locations. As of January 1, Novato Back Care changed its name to Sport & Spine Therapy of Marin.

Aside from the name change, there won't be too many visible differences at the Novato location. You may notice some new signs, our stationery has changed and your billing statements will look a little different. (We also have our new newsletter that you're reading now!) Otherwise, it's business as usual at both of our locations, with the same personnel you've come to know and trust. Cheryl Lind, Novato Back Care's original founder, continues to remain on board, treating patients with her usual first rate care.

With the business merger, you still have the two locations from which to receive treatment: the Novato clinic at 165 Rowland Way or the San Anselmo clinic at 220 Greenfield Ave. There will also be an expansion of programs and services as we combine resources. Some of our new programs include a half-marathon training program, pilates classes and other specialized programs to be announced in the coming months.

I continue to remain very active in both clinics, leading our top-notch teams of physical therapists and expanding the business. It's an exciting time for us and we are energized by the changes. However, we never lose sight of our main purpose: to provide the highest quality physical therapy services possible and to be here for our patients, our doctors and the community.

I hope this newsletter finds you all healthy, happy and moving forward into 2009.

Sincerely,

Steve Thompson



## What's New?

### New Staff



#### Erika Lindland, DPT

Welcome to Erika Lindland, a full-time physical therapist at the San Anselmo clinic and our latest hire. Erika was born and raised in Portland, OR and received her B.S. in Physiology from the University of Oregon. She also earned her Doctorate of Physical Therapy from Chapman University in Southern California. Erika enjoys training and participating in running events of various lengths, including marathons, half-marathons, and more recently, ultra-marathons. Erika will be leading the half-marathon training program this January (see below).

**“Sport and Spine Therapy of Marin is truly a special place to work. I have never been surrounded by such wonderful and talented co-workers, as well as so many motivated and athletic patients.” –Erika Lindland**

### New Classes

**Pilates** – In addition to our ongoing Pilates classes in San Anselmo, we now offer mat-based Pilates at our Novato clinic. Pilates is perfect for everyone regardless of physical ability. It also suits an aging population because, without stressing joints, it enhances circulation, flexibility, and strengthens muscles. Classes are led by certified professionals with in-depth knowledge of injuries or conditions that may affect exercise ability. Private instruction is also available at either location. See class schedule on page 4.

**Women’s Half-marathon training** – Led by Erika Lindland, DPT, of SSTM/San Anselmo, this program is for beginning runners who want to train to run a half marathon race distance. Training concludes with the Marin Marathon/Half Marathon race on Sunday, April 19. If interested, call now to register at **415-457-4454**.



**Ann Sabine, PTA**  
Pilates Instructor,  
Novato



**Jeanne Masterson, CPI**  
Pilates Instructor,  
Novato

**New Study** continued from page 1

“The Kaiser Foundation, for instance, recently found that more than half of all Americans are not taking prescribed medication and postponing needed medical care in an effort to save money. It is important for consumers to know that there are effective, conservative solutions such as physical therapy available.”

Walker’s study compared the effectiveness of a three-week program of manual physical therapy and exercise to a minimal intervention treatment approach for patients with neck pain. Results showed that physical therapy and exercise was significantly more effective in reducing mechanical neck pain and disability.

“Physical therapist intervention can be an effective, high-value solution for treatment of musculoskeletal pain,” said Walker. “Physical therapists can help individuals improve mobility and quality of life without expensive surgery or the side effects of pain medication. We give patients the tools they need, such as the home program we used in the study, to help them prevent or manage a condition in order to achieve long-term health benefits.”

*For more information about this article, please contact our office.*

### New Website

Check out our new website at: [www.sstmarin.com](http://www.sstmarin.com)

- We’ve got a whole new look and feel with improved navigation and organization
- Access to a complete library of medical resources including research articles and exercises
- Our free e-newsletter full of medical updates and the latest news that pertains to patient treatments
- In depth answers to your questions on our Frequently Asked Questions (FAQ) page
- Access to downloadable patient forms to expedite your first visit



## Meet Nick!



### Nick Keitzer, DPT

Born and raised in Hawaii, Nick is a long way from his original home. Traveling across the States to fulfill his career goal, Nick received his Bachelor of Science from Lindenwood University in St Charles, Missouri. Nick went on to receive his Doctorate of Physical Therapy in 2006 from Des Moines University in Des Moines, Iowa. Shortly thereafter, he joined Novato Back Care & Sports Physical Therapy (now Sport & Spine Therapy of Marin).

Nick's treatment approach includes heavy emphasis on manual therapy and functional rehabilitation to help people achieve their personal health and fitness goals. Nick was married to his beautiful wife Liz in 2006 and is looking forward to starting a family in the near future. When not working, Nick enjoys playing football and wrestling. Quite often you'll find Nick debating a game or players stats with patients or co-workers.

## 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 the following tasting events:



**January 22nd** in San Anselmo at 7:30 pm

**February 26th** in San Anselmo at 7:30 pm

Call Steve at **415-457-4454** for more details and to RSVP.

## PT Tips

### Preventing Deep Vein Thrombosis (DVT) while traveling

Preventing DVT—the formation of a blood clot in a deep vein—is vital. That's because the clot, which usually forms in a calf or thigh muscle, can block blood flow and damage valves in blood vessels. It can also break free and travel through your blood to major organs, such as your lungs—which can be fatal. Doctors diagnose DVT in 600,000 Americans each year. DVT commonly occurs after periods of immobility, such as on long plane flights.

You can prevent DVT when traveling with these six steps:

- Purchase compression stockings and wear them during your travels.
- Avoid wearing short, tight socks or crossing your legs for long periods.
- When traveling by car, stop every few hours to walk around.
- Between connecting flights and during long flights, get up and move around.

- Drink plenty of fluids and avoid dehydrating fluids, such as coffee and alcohol.
- If you can't easily move around, curl or press your toes down often throughout your trip.

For more information about preventing DVT, please contact our office at **415-457-4454**.

## Bobbie Henry



Our patients frequently inspire us, but some stand out from the crowd. Bobbie Henry is one of those patients.

Bobbie came to us in 2000 for severe neck pain due to degenerative disc disease. A year later she had surgery to fix the problem, but it only made things worse. She underwent a second surgery in 2003, but severe complications landed her in the hospital for 3 weeks fighting for her life. Today, most of Bobbie's cervical spine is held together with metal plates and screws.

To say Bobbie suffered is putting it mildly. She had trouble eating (and required a feeding tube which she still needs to this day); she couldn't sleep; and she couldn't drive. To top it off, her husband, John, was diagnosed with Lymphoma last year. Yet through it all, Bobbie maintained a positive, can-do attitude. So much so, that last October she trained for and finished a half-marathon walk, raising \$6,000 for the Leukemia & Lymphoma Society.

We'd like to believe our care helped Bobbie achieve such a remarkable feat. She insists it did, but we also know that determination and a positive outlook makes the difference in a patients' course of healing. As Mahatma Gandhi said, "Strength does not come from physical capacity. It comes from an indomitable will." Bobbie has that indomitable will and she is an inspiration to us all.

*Note: We're pleased to add that John is in remission and doing well and Bobbie has her sights set on another half-marathon walk this fall!*

# Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Novato</b>							
<b>Pilates: Beginner (Mat-based)</b>		6:00-7:00 pm		6:00-7:00 pm		9:30-10:30 am	
<b>San Anselmo</b>							
<b>Half-marathon training for women</b>		6:30-7:30 pm*					8:00 am
<b>Pilates: Beginner (Mat-based)</b>		p.m. class coming soon!	10:00-11:00 am	p.m. class coming soon!	10:00-11:00 am		
<b>Pilates: Intermediate (Mat-based)</b>	9:00-10:00 am		9:00-10:00 am				

\*Sign up now. Class size is limited. Training concludes with the Marin Marathon/Half Marathon race on April 19, 2009.

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 Peets Coffee.

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

## Sport & Spine Therapy of Marin

**San Anselmo**  
 220 Greenfield Ave  
 San Anselmo, CA 94960  
 415.457.4454

**Novato**  
 165 Rowland Way, Suite 101  
 Novato, CA 94945  
 415.898.1311

# WOMEN'S MENTOR

**New Year's Promotion**

1 Free Pilates class at either Novato or the San Anselmo for the first 10 callers.

☎ 415-898-1311

220 Greenfield Ave  
 San Anselmo CA 94960



FIRST CLASS  
 US POSTAGE  
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