

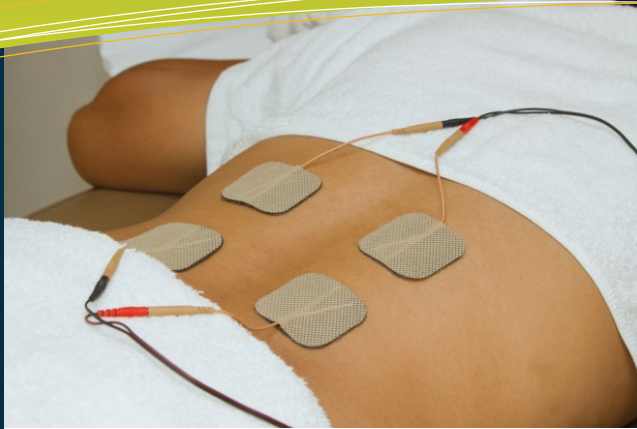


Brostrom Physical Therapy

Quote of the Month:

"After the game, the king and pawn go back into the same box."

- Italian Proverb



"Hands-on treatment you need with the care you deserve."

Monthly Newsletter
February 2018

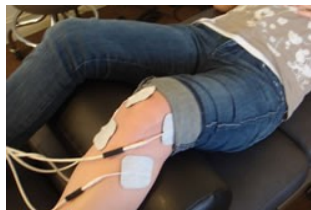
Physical Therapy Modalities & Their Purpose

Contributed by the Therapists at Brostrom Physical Therapy



Ultrasound

Ultrasound is effective in treating muscle tightness and spasms, as it warms the muscle and increases blood circulation.



Electrical Stimulation

Electrical stimulation, often referred to as "e-stim," contracts the muscle, which promotes strength. E-stim also promotes blood supply to the area being treated.



Moist Heat/Hot Pack

Hot packs relax tight muscles, decrease pain, and increase blood circulation to the area being treated.



Cold Pack

Cold packs decrease inflammation, which in turn decreases swelling and pain.



Paraffin Wax

Usually applied to hands or feet, paraffin wax serves as a form of heat to relax tight muscles, decrease pain, and increase blood circulation.



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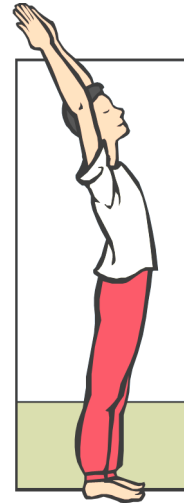
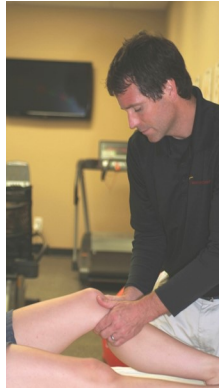
Manual Therapy

vs. Therapeutic Exercise

Manual Therapy

Often called manipulative therapy. Manual therapy is used to treat musculoskeletal pain and disability.

Includes massage therapy, joint mobilization, and joint manipulation.



Therapeutic Exercises

Therapeutic exercises are exercises given to correct an impairment, improve function, or maintain a state of well-being.

Therapeutic exercises improve circulation, enable ambulation, release contracted muscles, and improve balance and relaxation.

At Brostrom Physical Therapy, manual therapy, therapeutic exercises, and modalities (see other side) are combined in the patient treatment plan to produce an optimal outcome.

If you have any additional questions, please contact our Physical Therapists or your Physician!

Physical Therapy Fun Facts!

In Canada, Great Britain, New Zealand, and Australia, Physical Therapists are called "Physiotherapists".

It takes half as long to gain muscle as it does to lose it.

Physical therapy as a profession originated during World War I in response to the need created when soldiers were injured in war.

It takes 17 muscles to smile and 43 to frown. Isn't that reason enough to turn your frown upside down?!

If all your muscles pulled in one direction, you could create a force of 25 tons.



The smallest muscles and bones are found in the middle ear—they are responsible for connection to the ear drum and holding your ear together.

About 70% of physical therapists in the United States are women.

You use 200 muscles to take one step... on average, a person takes 10,000 steps a day! That's a lot of work!

According to the 2016 US Census, there are about 217,000 physical therapists practicing in the United States.