

Hertel & Brown
PHYSICAL & AQUATIC THERAPY
Erie, PA

NEWS

Fall 2015

PELVIC FLOOR HEALTH

Most people understand the importance of strengthening weak muscles and addressing aches and pains in their bodies. However, how many take the time to care for or seek treatment for these issues when they occur in the pelvic floor area? Many of us are unaware of the important functions of the pelvic area and why it's important to keep it healthy. Not only is the pelvis vital for elimination and sexual function, but along with the pelvic floor muscles, it serves several other essential purposes:

- Supports pelvic organs (bladder, intestines, uterus)
- Serves as home to our center of balance and posture control
- Provides a location for the muscles of the lower body to join together and give humans the ability to walk, run, sit and kneel

It's pretty clear that when pelvic floor muscles are not functioning properly, quality of life can decrease on many levels. Pelvic floor dysfunction affects millions of Americans, and while most people think they have to just live with their dysfunction, help is available!



Julie Johnson, DPT, BCB-PMD,
Director of Women's Health

Pelvic floor dysfunction refers to a wide range of problems that occur when the muscles in the pelvis do not work properly in coordination with one another. Hertel & Brown's women's health experts are trained to treat pelvic floor dysfunction and other women's health issues, including, but not limited to:

- Urinary/bowel incontinence
- Chronic pelvic pain
- Sexual dysfunction
- Postpartum/postmenopausal disorders
- Irritable bowel syndrome
- Pelvic organ prolapse
- Overactive bladder
- Sacroiliac joint dysfunction

Our Women's Health program features pelvic floor health expert **Julie Johnson, DPT, BCB-PMD**, who has been specially trained to treat these problems. Julie is also board certified in **biofeedback** by the Biofeedback Certification International Alliance, which allows her to use state-of-the-art equipment to provide patients with a safe, nonsurgical option for treatment. Other services provided include:

- Surface electromyography
- Myofascial release
- Scar tissue release
- Pubovisceral or urogenital mobilization
- Pelvic floor neuromuscular re-education
- Neuromuscular electrical stimulation
- Bladder retraining
- Aquatic therapy

Pelvic floor physical therapy can help lead patients to a more natural lifestyle, increased confidence and freedom, and a greater feeling of complete well-being. You can read more about our Women's Health program on our website at www.HertelAndBrown.com. If you have more questions or think you could benefit from pelvic floor physical therapy, call our West Erie Plaza location at 814-456-6000.

Listen up
MEN!!



Believe it or not, pelvic floor dysfunction can also affect men. Men and women possess similar anatomy in terms of pelvic floor muscles, and keeping them healthy and functioning properly is just as important for males as it is for females. A man's pelvic floor can be weakened by:

- Surgery (for bladder, bowel or prostate problems)
- Constipation
- Heavy lifting
- A persistent cough (smoker's cough, bronchitis, asthma)
- Being overweight and/or unfit

In addition to problems that are common for both men and women, such as incontinency, urgency and pain, the pelvic floor experts at Hertel & Brown can also help with issues more specific to men. We assist patients with erectile dysfunction, pre-operative preparation for radical prostatectomies, and with any side effects after surgery.

If you have additional questions or think you might benefit from pelvic floor physical therapy, call the West Erie Plaza location at 814-456-6000 to speak to Julie Johnson, DPT, BCB-PMD, our pelvic floor health specialist.

For Women Only Expo

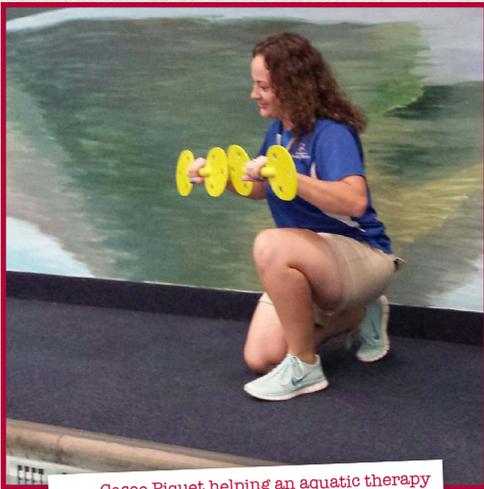
Look for us at the For Women Only Expo at the Bayfront Convention Center on Saturday, October 10th & Sunday, October 11th. All of your favorite H & B therapists will be at the H & B booth offering free pain screening, free samples & educational materials.

WHAT'S new at...

West Erie Plaza

902 West Erie Plaza Drive, 814.456.6000

- As we enter the fall sports season and our local athletes are in full swing, we want to remind you that we offer Saturday morning hours and same-day appointments. If you get hurt under the Friday night lights, we can help you out on Saturday & try to get you back on the field next week! For any injuries sustained during practice or on game day, we can get you in right away. No referral is necessary; just call 814-456-6000 to schedule.
- With several of our physical therapy technicians beginning their post-graduate study programs in physical therapy, you may be seeing some new friendly faces on staff. Join us in welcoming part-time technicians Matt Wilwohl and Mike McBryde and new, full-time technician Lori Goss. Lori recently graduated from Edinboro University with a bachelor's in Health and Physical Education – Human Performance.
- **We will be hosting a flu shot clinic, open to the public, on Thursday, October 15th, from 8 a.m. to noon right here at our office in West Erie Plaza! Flu shots will be available to anyone 9 years of age and older, and high dosage shots will be available for those 65 years of age and older. Please bring your insurance card to receive the vaccine. You don't need to call to make an appointment for this - we look forward to seeing you walk in!**



Casee Piquet helping an aquatic therapy patient with their exercises

Summit/Family First

8155 Oliver Road, 814.866.5930

- In August, **Casee Piquet** celebrated her five-year anniversary as a member of the H & B team! She graduated from Gannon University in 2010 with a bachelor's in Sport & Exercise Science and minors in Coaching and Women's Studies. In addition to serving as a physical therapy technician at H & B, Casee has been an assistant softball coach for the McDowell JV and varsity softball teams since 2012. Prior to that, she was an assistant softball coach at Penn State Behrend from 2010 to 2012. Thanks for your loyal service Casee!
- Be sure to wish a happy birthday to Jake Johns, PTA. He celebrated the big FOUR-O on September 4th!!!
- Congratulations to former Family First physical therapy technician Stephanie Stoicovy, who got married this summer and is now the Assistant Gymnastics Coach at George Washington University in Washington, D.C.

Sterrettania

2828 Sterrettania Road, 814.836.1970

- Please join us in welcoming **Ali Stockton** as our new physical therapy technician. She joined the H & B team in July and recently transitioned to full-time. She earned a bachelor's degree in Sports Medicine from Mercyhurst University and a master's in Exercise Science from California University of PA. She is also a certified personal trainer through the National Academy of Sports Medicine.
- Bobby Rainey, DPT, continues to work toward achieving her manual therapy certification having completed the lower extremity, low back and neck courses thus far. This certification will provide Bobby with knowledge of the most up-to-date manual therapy treatment techniques.
- Kaitlin Galleher, DPT, recently completed the first two courses toward achieving a Neuro-Developmental Treatment Certification. This will allow her to assist with the improvement of gait and balance for stroke patients and those with hemiplegia. She has also nearly completed her LSVT Big certification for the treatment of Parkinson's.
- September marked seven years of service at H & B for Sterrettania Facility Director Bobby Rainey, DPT, and Jen Larmon, PTA. Happy work anniversary Bobby and Jen!



Ali Stockton, Physical Therapy Technician



Ryan Sherwood-Ericsson, PTA

Harborcreek

4472 Buffalo Road, 814.464.0660

- We are excited to announce that **Ryan Sherwood-Ericsson, PTA**, has joined our team! A McDowell graduate, Ryan earned his Physical Therapist Assistant degree from Mercyhurst University. Prior to joining the H & B family, Ryan was a certified personal trainer, training several local athletes, and also coached track & field in Fairview and Millcreek. Welcome Ryan!
- A big congratulations to **Jessica McMunn, DPT**, on her recent engagement to fiancé **Bryan Morphy**.



Jessica McMunn, DPT, and fiancé Bryan

- We want to wish all of our local fall athletes the best of luck this season and remind you that we are here to treat all of your sports injuries with a sport-specific rehabilitation program that will have you at the top of your game.

Warren

2 Farm Colony Drive, Warren, PA, 814.406.7384

- Congratulations to physical therapy technicians Kendyl Yarzabek and Cassie Mason as they both celebrated one year of service in August!
- In early June, Jen Jones, PTA, and front end coordinator Rachel Monaghan participated in the Area Agency on Aging golf tournament to benefit Meals on Wheels. All proceeds raised provided food to home-bound senior citizens throughout Warren County.
- In early July, Lauren Keddie, DPT, presented at the Parkinson's Support Group on the benefits of physical therapy for individuals with Parkinson's. Lauren has a passion for treating individuals with progressive neurological diseases, such as Parkinson's and MS. Call 814-406-7384 to schedule an appointment with her today.
- Congratulations to Warren Facility Director **Darbee Harrington, DPT, CCI, Cert. MDT**, for becoming a McKenzie®-certified therapist! After several additional training courses, Darbee passed an all-inclusive exam to earn this specialty certification. The McKenzie method is a comprehensive approach to diagnosing and treating neck and back pain, such as bulging discs, sciatica and more.



Darbee Harrington, DPT, CCI, Cert. MDT, with McKenzie patient

Getting **YOU** back to living!



Hertel & Brown
PHYSICAL & AQUATIC THERAPY
Erie, PA

Patient: Ruth Pflueger, Tibia Plateau Fracture, Summit Clinic

Background: "Two years ago, I suffered a serious tibia plateau fracture and soft tissue damage in my ankle when falling from a ladder." A tibia plateau fracture is a break in the shinbone, which affects the knee joint, stability and motion. "The surgery had to be delayed for nearly two weeks until the swelling in my leg subsided enough so that the repair could be performed. My knee was bound together with plates and screws."

Physical Therapy: "I came to Hertel and Brown in Summit/Family First on crutches and in a lot of discomfort. From my intake appointment, I was impressed by the skill and professionalism of the staff and the caring atmosphere. I felt as though the physical therapists were genuinely invested in my complete recovery. And they developed a plan to help me achieve it. With an injury as serious as mine and the amount of repair that was necessary, regaining an acceptable range of motion in my knee was a significant challenge. I was on crutches for nearly six months and had to use a cane for months after that."

Today: "The Christmas after my accident, all I wished for was a pair of matching knees. Thanks to the excellent care and encouragement of the staff in the Family First office, that wish has become a reality! Hertel and Brown was recommended to me by a nurse who had had therapy there after her own surgery. It was the best advice I have ever been given. The staff members at Hertel and Brown are the best!"



Ruth with Don Fuller, MPT, and Jake Johns, PTA

Visit our website: www.hertelandsbrown.com

Like our Facebook page: Hertel and Brown Physical and Aquatic Therapy

If you'd like to receive your newsletter electronically, please e-mail: sonya.hertelbrown@gmail.com

If you would prefer to opt out of receiving our newsletter, please call 814-456-6000



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