

Get In Motion

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Montrose/Delta/Ridgway
970-249-1646

In Motion Therapy is Western Colorado's Premier Sports Rehabilitation and Hand Therapy Clinic - featuring the most experienced staff and state of the art equipment in the region. IMT offers Physical Therapy, Occupational Therapy, Sports Medicine, Hand Therapy and custom splinting.

Owner:

Martin Lutz, MPT

Physical Therapists:

Teresa Bailey, MSPT, Clinical Manager

Troy Grignon, PT, DPT, OCS

Anne Keil, PT, DPT

Chip Martin, PT

Kristin Tea, PT, DPT, OCS

Ryan Williams, DP, DPT, CERT, DN, CIDN

Occupational/Hand Therapists:

Amy Hanley, OTR, CHT

Kari Reddin, OTR

Sue Scranton, OTR, CHT

Physical Therapist Assistants:

Mary Genser, PTA, Pilates Instructor

Cory Meaker, PTA

Certified Athletic Trainers:

Tylar Lanning, ATC

Julia Spellman, ATC, ITAT

Clinic Coordinators:

Erin Maness, Front Desk Director

Donna Flowers

Amanda Odom

Judee Ferguson

Billing and Authorizations:

Vanessa Hughes

Deena Wright

Rehab Technicians:

Teagan Bailey

Jenese Sizemore

Emily Maness

Fitness Instructor:

Eileen DeJulio

Dupuytren Contracture: The "Celtic Curse"

Amy Hanley, OTR, CHT

Dupuytren's disease or contracture is a condition that can affect individuals of northern European descent, namely the Scottish, Irish, English, French and Dutch. It can also occur in those with ancestral ties to Scandinavia. It is a skin condition that can limit one's ability to fully open all the fingers of the hand, making it difficult to place the hand flat on a table, reach into a pocket, wash one's face or hands, and shake hands. Not really the "luck of the Irish"...



What does it look like? Well, it presents as lumps or pits within the palm that are firm and stuck to the skin. The skin appears puckered and knots or bands of tough tissue can be felt in the palm. The ring and little fingers are the most commonly affected. As the disease progresses, the fingers start to contract or draw into the palm. The progression is typically slow and sometimes the disease may never progress beyond the lumps in the palm.

The cause of Dupuytren's is not known, but there are several factors that can contribute to its development or worsening. We've already covered ancestry, but other factors include gender, where men are more affected than women, and heredity, as it tends to run in families. Age of onset under 50 years may also be an indicator of a more aggressive course. The ring and little fingers are most commonly affected and pain is typically not associated with this disease.

The existence of "non-dupuytren's disease of the palm" is worth mentioning. Unlike Dupuytren's, these cases typically are not progressive but do present with a thickened palm. This can occur after trigger finger surgery and is often seen in those with diabetes.

There is no "cure" for Dupuytren's, but it is not a dangerous condition. Nonsurgical treatment including steroid injections, topical ointments, and splinting have not proven to be effective. As the contracture progresses to a stage that starts affecting functional use of the hand, surgery is one alternative that is successful in restoring motion by removing the cords. Another option is an office based procedure known as needle aponeurotomy which uses a needle percutaneously to weaken and release the cords. Collagenase Injection is yet another option that has become popular and can be performed in the office. 24 hours after the injection of collagenase, the cord is weakened enough for the individual to return to the clinic to have the cords ruptured. This is done by forcing the finger into a straightened position. All of these procedures are typically followed by a 3 month period of night time splinting with the involved fingers fully extended. Re-occurrence is an issue and rates range variably based on severity of disease, treatment technique chosen as well as adherence to postoperative splinting.

If you suspect that you or someone you know has been struck by the "Celtic Curse", it is recommended that an accurate diagnosis be made for early detection and monitoring. Contractures identified and managed at an earlier stage tend to have more favorable outcomes as compared to attempts to surgically correct a long-standing contracted finger joint. As the Irish saying goes, "A good laugh and a long sleep are the two best cures." I'd still recommend early detection and monitoring.



March Madness...A little bit of Magic

Mary C. Genser, PTA

It's here... March Madness, the time of year every basketball fan waits for. It is the most unpredictable and intense tournament ever. Everyone fills out their brackets, glued to the TV, waiting to see their teams and athletes perform the game of their lives. But this tournament is more than brackets and beer. It is about dedication, training, discipline, and team work. With lots of heart and a little bit of magic any team can live the dream, where Cinderella stories come true and legends are born.

Continued on back...

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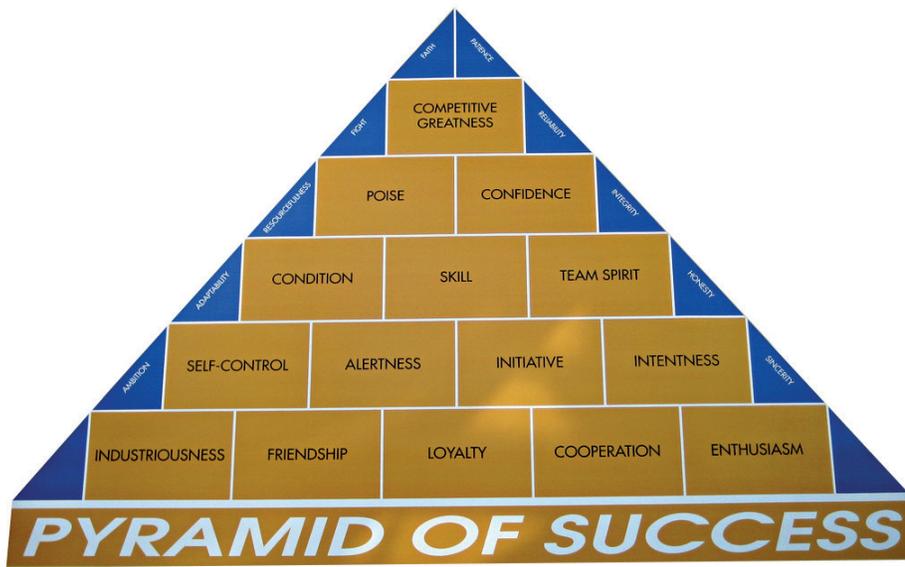
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Here are two of my favorite March Madness Cinderella stories:

1) March 16, 2018: UMBC, University of Maryland, Baltimore County (yes, my home town Catonsville, MD) took the court to play #1 University of Virginia in the first round. Never in the history in the tournament, has a #16 seed beaten the #1 seed. When UMBC took the court, they did not think of the odds, they came to play. Their heart and determination won the biggest upset of the tournament, defeating the #1 team in college basketball! They not only won, but dominated the game, with a 74-54 victory over Virginia. They made basketball history, inspiring and uplifting fans everywhere.

2) The Legendary John Wooden: John Wooden was the head coach of UCLA (University of California, Los Angeles) from 1948-1975. He won an amazing 10 NCAA championships during his reign. He believed that coaching was more about teaching, both on and off the court, and was loved by all his players. He liked making short inspirational quotes, motivating players and fans alike. A few examples are "If you don't have the time to do it right, when will you have time to do it over?", "The main ingredient of stardom is the rest of team", and "Don't let what you cannot do interfere with what you can do". He created a building block of essential values which he called "The Pyramid of Success" (see below). He held true to these values and accomplished individual and team excellence.

So, work hard, believe in the magic and live the dream. Anything is possible!



Asian Pork Sliders

adapted from Food & Wine

Ingredients

1½ pounds ground pork

2 scallions, thinly sliced

1 tablespoon finely grated fresh ginger

1 large garlic clove, minced

1½ teaspoons Asian sesame oil

Kosher salt and freshly ground pepper

10 dinner rolls

2 cups coleslaw mix

2 teaspoons rice vinegar

1 teaspoon soy sauce

¼ cup mayonnaise

1 tablespoon sriracha sauce

2 teaspoons lime juice

Step 1. Light a grill or preheat a grill pan. In a large bowl, mix the pork with the scallions, ginger, garlic, 1 teaspoon of sesame oil and salt and pepper to taste. Form mixture into 10 sliders approximately ¾ inch thick.

Step 2. Grill the burgers, turning once until cooked through, approximately 3 minutes per slide.

Step 3. Meanwhile, in a medium bowl, toss the coleslaw mix with the rice vinegar, soy sauce and the remaining ½ teaspoon of sesame oil. Season with salt and pepper.

Step 4. Mix mayonnaise, sriracha sauce and lime juice together in a small bowl.

Step 5. Spread sriracha mayo on bottom bun, set burger on the bun, top with slaw, cover with top bun and serve.



Exercise Tip of the Month

TENDON GLIDES

Hep2Go



Try this series of exercises to keep your hands mobile.

Start with an open palm and then bend your fingers to a claw hand as in the upper right image. Next, return to an open palm and then to an "L" hand as shown in the bottom right image. Next, return to an open palm and then make a fist as in the bottom left image. Finally, return to an open palm and then repeat the series.

The Inside IMT

- Congratulations to Bob Hunt on his retirement! Thank you for your years of hard work and dedication! "How many retirees does it take to change a light bulb? Only 1 but it might take all day." You will be missed!
- Happy birthday to Troy Grignon, Martin Lutz, Kristin Tea and Julia Spellman!
- Please welcome Emily Maness and Judee Ferguson to IMT!

Martin's Minute

As a new owner of any business you have done your homework, researched everything in detail, but in the back of your mind there may still be that "what if". What if things are not as they appear? I would like to tell you that things are as they appear here! The care at In Motion Therapy is exceptional, the staff is amazing! They are caring, compassionate, and love what they do. You could not ask for a better team to guide you through your recovery and set you on a path for return to your active lifestyle. I am truly blessed to be here at IMT and build on the foundation that my friend Gary Krabbe established.

I would like to thank my community as this would not be possible if not for the outpouring of support and the ongoing encouragement that I receive daily. This is a great place to work and play.

Thank you for choosing IMT for your therapy needs. It is our pleasure to serve you.