



PROGRESS IN MOTION

Telesis Physical Therapy

Summer 2016

The Benefits of Icing

Why is icing important in recovering from an injury or surgical operation? Why ice if applying heat feels better? Many patients consider icing to be a point of confusion when beginning their physical therapy journey.

At Telesis Physical Therapy, the therapists work tirelessly at educating patients on the importance of icing. Here, we get expert knowledge from Derrick Isa, MPT, DPT on some of the most common questions about icing.

Why is icing important in recovering from an injury?

Swelling is part of the healing process after an injury; however, if there is too much swelling, it can slow down the phases of tissue healing. We can't make the body heal faster, but icing helps decrease the swelling to allow the body to heal at an optimal rate.

Is it important that patients ice on their own when they're not in treatment?

It is so important that our patients ice at home because everyday activities create more swelling. Whether it's household chores, working on a computer, running, playing tennis, etc. – their bodies will swell. Icing helps decrease swelling and discomfort

and improve functional capacity with activities of daily living.

You've always said to "treat your body like an athlete." How did these few words become one of your strongest statements?

Athletes ice to decrease swelling in order to increase comfort and enhance performance. For example, a major league baseball pitcher will ice his shoulder after pitching a game to decrease swelling. In turn, he will be ready to perform at the highest level the next time he pitches. If he didn't ice, the soreness and stiffness could be a detriment to performance. If we treat our bodies like a professional athlete, we too can be more comfortable and perform our own activities at a higher level.

When it comes to icing, what's the most important thing you want people to know?

The key message is that patients play a vital role in their own healing process and recovery. If they don't control the swelling, their pain will be consistent and their progress will be slow. What we do during treatment helps, but the rest of the day is critical for wellness. The more patients can control the swelling, the better they will feel.

Does icing play a role in injury prevention?

Yes, performing activities with swollen musculature is an injury waiting to happen. Joint function is less stable, muscles are weaker and susceptible to strains, and ligaments are susceptible to sprains. Icing is key to minimizing swelling!

FAST FACTS

- We recommend icing for 10- to 15-minute intervals
- Be sure you have a barrier (towel, cloth) between the ice pack and your skin
- Commercial ice packs work best, but frozen peas or vegetables work too



Employee Spotlight



Meet Melissa Geiger! Melissa is a recent California Polytechnic State University graduate and soon-to-be Cal State University Northridge physical therapy graduate student. In this short Q&A, we get an inside look at the journey from physical therapy aide to physical therapist.

Have you always been interested in physical therapy? Where did your interest in this field begin?

I have always been interested in physical therapy, starting in high school when I tore my ACL and Meniscus playing soccer. I was devastated because it meant I wasn't going to be able to play soccer for six months to a year. I had surgery to repair my knee and went to physical therapy to start rehab. Initially, I went to therapy in the hospital before going to an athletic clinic where they pushed me hard to get my knee back in shape. I was so grateful to them because they got me in better shape than before the injury. Their compassion and dedication to my recovery made me realize that I could see physical therapy as a career.

That's when I discovered Telesis! I started as a volunteer to see if I was interested in the field, and loved it! I was fascinated by the work that the therapists do – their knowledge of the human body and interaction and relationships with the patients is inspiring.

How has your time as a physical therapy aide prepared you for your next chapter as a graduate student?

Working at Telesis has already proved to be valuable for getting into PT school and I'm sure it will be just as beneficial for the subject matter in school. By observing the therapists, studying what treatments they prescribe, and seeing patients progress, I can see what techniques work best for which patients and

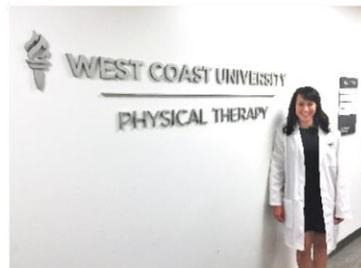
why they are beneficial. All of the hands-on work that we do as aides is also going to give me a big advantage on my classmates in the clinical setting because I have already learned how to effectively perform soft tissue work!

Grad Student Insights

If you've frequented either of the Telesis Physical Therapy clinics, chances are you've met Ashley Wang. Ashley has been a long-time physical therapy aide here in the clinic, though she is currently a physical therapy graduate student at West Coast University. We're lucky to have her back if only the summer.

The first-year grad student's experience in PT school is demanding. It's all about "absorb, learn, repeat," says Ashley. Despite the grueling pace, her passion and focus is evident. "If I didn't have such a strong passion for PT before starting school, I don't know that I would've stuck with PT school after the first few semesters. It's really only my love of the field that's keeping me going...I am as big a nerd about it as I was before, and I love being back at Telesis for the summer and seeing things through a whole new, smarter perspective."

When asked about a key takeaway from her first year, Ashley responds by saying, "everything you learn in school from teachers, textbooks, etc., use it in clinical rotations, but keep an open mind and realize...every person is unique so we look at everyone in their unique way, and modify our treatments based on our patient."



OUT & ABOUT

We're proud to say that the Telesis Physical Therapy team + our friends and family spent the day serving food at the Ventura County Rescue Mission. A day out in the community was a day well spent!



CONTACT US!

Telesis Physical Therapy

Thousand Oaks: (805) 777-1023

Camarillo: (805) 388-3055

telesisphysicaltherapy.com