

Physical Therapy

Definition

The art and science of assessing and restoring motion (of a joint or the body), reducing pain and swelling, and returning patients to their previously active lifestyle so they age successfully.

Physical therapy is the only healthcare discipline which addresses motion and activity.



SEQUOIA
PHYSICAL THERAPY
Sports & Spine Rehab

Sequoia Physical Therapy
www.SequoiaPT.com

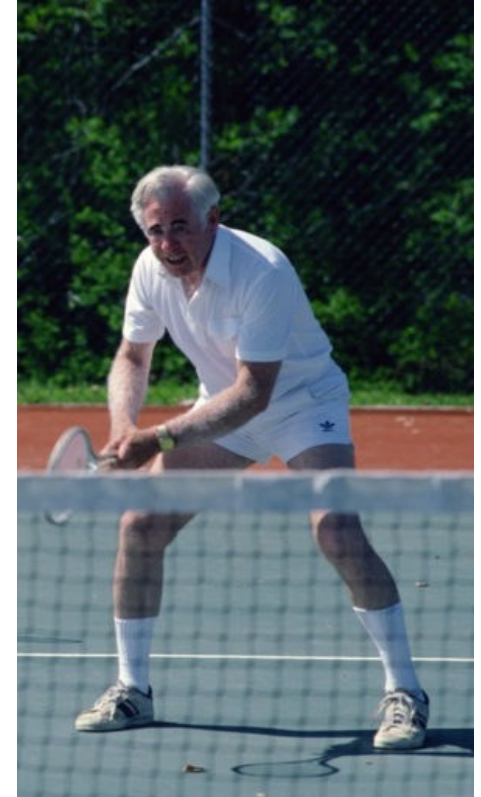
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Rotator Cuff



SEQUOIA
PHYSICAL THERAPY
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For an active lifestyle

Sequoia PT and ReVita Institute

Sequoia PT offers a unique shoulder treatment developed by Revita Institute. We call it RevitaShoulder.

What will RevitaShoulder treat?

The Revita Institute Shoulder Protocol is designed to work on any shoulder problem that has a muscular or ligamentous origin. This includes but is not limited to:

- Post-surgical rehabilitation
- Rotator cuff injury
- Shoulder impingement
- Compression injury
- Frozen shoulder
- Arthritis
- Bursitis
- Sprains

Is Surgery Recommended for Shoulder Problems?

When severe, doctors may suggest the tendon be injected with a steroid to reduce inflammation or doctors may suggest a surgery. However, early treatment may be able to postpone or prevent surgery.

Why Try RevitaShoulder First?

The RevitaShoulder program has had tremendous success

treating the above conditions. The goal of the treatment is to improve range of motion, increase strength. The quality of physical



therapy can vary quite a bit depending on the knowledge and skill of the therapist. The best therapists are manual therapists who also use therapeutic movement. Passive modalities play a role in therapy by reducing pain, but the effect is temporary. The best way to speed permanent healing is with manual therapy to release muscles and therapeutic movement to strengthen muscles so patients are active again.

Physical therapy schools teach manual techniques for treating the shoulder very similar to the RevitaShoulder program - the same mild traction/pull on the shoulder and the manual muscle release work. However, because the therapist only has two hands, it is very difficult to perform this technique and sustain equal traction/pulling force throughout a small range of motion while doing muscle release work. The specialized equipment developed at ReVita Institute allows for consistently superior results because it frees the therapist's hands to do the muscle release work.

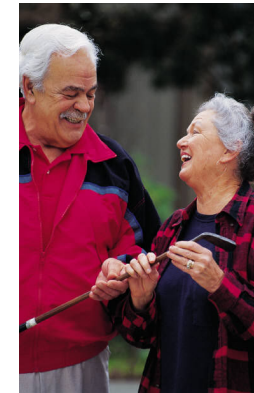
Before Your Appointment

Follow any advice your doctor gives you. Avoid any movements which may cause your shoulder to hurt more. Apply ice for up to 15 minutes at a time to reduce pain and swelling.

Visit <http://www.sequoiapt.com/forms.html> and locate the Patient Intake Form. Click the link, then type your information into the form and print it out to bring with you to the appointment. This will save time.

What To Expect At Your First PT Visit

You should come dressed casually and comfortably as possible whether standing, sitting or lying down. If you have not completed the Patient Intake Form online, you will need to do so at the first visit. The therapist will ask you to complete a questionnaire on Disabilities of the Arm, Shoulder and Hand (DASH). This will help us get an objective understanding of your level of pain and disability. There will also be some insurance related paperwork.



The physical therapist will then perform a full evaluation of your physical situation looking for deficits in normal motion, strength and flexibility. At the end of the evaluation, you will receive some treatment to begin the healing process.

What Is the Treatment Like?

- Gentle mechanical distraction of shoulder joint – A modified blood pressure cuff is inflated until snug to safely grip the upper arm and the equipment then gently distracts the shoulder joint as it moves the shoulder through a small range of motion. This is completely pain free and frees up the therapist's hands so the therapist can concentrate on manual therapy.
- Hands-On Manual Therapy Techniques – While the shoulder joint is distracted, the PT will provide one or more manual therapy techniques to break up adhesions and release trigger points to improve range of motion and decrease inflammation.
- Therapeutic movement – You will be taught therapeutic movements to strengthen the muscles and regain function.
- Modalities – You may also receive ice, electrical stimulation or laser therapy to help the muscles relax after therapy and exercise.

How Many Treatments Do I Need?

It depends on age and severity of the condition. For many patients, the doctor recommends a regimen of 12 visits.