

NEWS YOU CAN USE

1st Issue, July 2007

Greetings from TCOHR!

Welcome to the first issue of the TCOHR newsletter. Our goal is to provide you with updated information about the clinics, current events and other topics that may be of interest to you. With that in mind, if you have a suggestion for topics you would like us to include in future issues please send them on to us. Soon our web site will be completed and updated, including a page archiving past newsletters. We'll be sure to give you a heads-up as that becomes finalized. We hope you find the newsletter helpful, we thank you for your partnership with us, and we look forward to serving your needs long into the future as we grow the TCOHR network.

Faces and Places

A quick update on the TCOHR Team

Blaine Clinic

- James Laurino, M.D.
- John Gergen, PT, MBA
- Molly Poser, CMA
- Eric Miamen, CMA
- Nancy Brunn, Clinic Administrator
- Briana Goodreau, Health Svcs Mgr.

Mendota Heights Clinic

- Patrick Kemper, M.D.
- Dick Huset, M.D.
- Bob Seeds, PhD, PT
- Tom Ellis, PA
- Donna Meneely, LPN
- Gaye Phillips, LPN
- Nisha Brazell, CMA
- Jan Raverty, Clinics Manager
- Jim Sebesta, Director of Sales
- Laurel Blair & Katie Seeds, Reception

"I feel a big difference in my neck and shoulders. All the treatments were the correct ones for my problem. Thanks!"

Upcoming Flu Shot Season

We are pre-ordering our stock of flu shot serum already. In addition to offering individual vaccines at both clinics, we have begun scheduling on-site vaccine events for employers. If you have 20 or more employees available for shots and would like to schedule an on-site flu shot clinic, please contact us as soon as possible to get on our list.

Laminated CDL/DOT Cards Available

In response to patient requests, TCOHR has begun issuing self-laminating CDL/DOT cards. We hope you like them!

AutoComm Updates

TCOHR has the capacity to send certain patient reports to employers in both fax and email formats using our Concentra AutoComm system. If you are not receiving the reports you need, or as contact fax numbers or email addresses change, be sure to add us to the list of places to notify about updated contact information.

Same Day Services!

No appointments necessary for drug and alcohol screens. For pre-employment physicals, fitness for duty exams, DOT physicals and recertification, and Human Performance Evaluations, just give us a call and we will do everything possible to accommodate same day service!

Survey Feedback

We thought we would share with you a summary of the survey feedback we receive from our patients (your employees). How did we rate?

- The office staff is courteous: 91% Strongly Agree; 6% Agree
- My therapist spent enough time with me: 89% Strongly Agree; 11% Agree

Survey Feedback (continued)

- My therapist thoroughly explained the treatment(s) I received: 97% Strongly Agree; 3% Agree
- My therapist listens to my concerns: 92% Strongly Agree; 8% Agree
- Therapist answered all questions: 94% Strongly Agree; 6% Agree
- Therapist gave me detailed self-conditioning instructions: 92% Strongly Agree; 6% Agree

What is the role of Physical Therapy after an on the job injury?

When an employee suffers an injury to a muscle, tendon, ligament, joint or nerve Physical Therapy treatment is often indicated. Early intervention is vital in minimizing the effects of an injury. At TCOHR, when a worker has an injury that would benefit from physical therapy, he/she can be seen immediately at the on-site Physical Therapy department.

Injured workers receive a thorough evaluation and a comprehensive treatment plan is developed, both of which will be communicated to the employee, the employer and the referring physician.

In the initial stages of the injury, numerous treatments can be utilized to reduce swelling, pain, and inflammation including electrical stimulation, cold therapy, ultrasound, and iontophoresis (non-invasive delivery of medication through the skin using an electrical current), among others.

Therapeutic exercise is another tool the Physical Therapist may use. Customized exercise regimens are based upon the individuals' needs and capabilities. Postural exercises, range of motion, or stretching may be utilized to prevent loss of flexibility and prevent the formation of scar tissue, reduce strain, and/or enhance circulation to the injured area. As recovery progresses, strengthening exercises prevent atrophy (or loss of strength/muscle mass), or

improve and enhance the endurance, strength, and stability of the affected area.

Education is another critical component of Physical Therapy treatment at TCOHR. The injured worker is taught proper posture and body mechanics in order to reduce stress and strain to the injured area. Each individual's job duties are discussed with the goal of identifying opportunities to improve body mechanics, thereby reducing stress/strain on the body and/or the affected area. Understanding each worker's job functions enables TCOHR therapists to utilize functional work activities as a part of the injury rehabilitation process.

In summary, the six components of Physical Therapy at TCOHR include:

- 1) Thorough evaluation and treatment planning;
- 2) Utilization of modalities for relief of pain and promotion of healing;
- 3) Therapeutic exercises customized to each individual;
- 4) Mobilization to enhance mobility and healing, as well as normalize movement;
- 5) Education regarding proper posture and body mechanics;
- 6) Incorporation of actual functional activities specific to each worker's actual job into the rehabilitation program.

Our approach is designed to relieve pain and dysfunction as quickly as possible, thereby allowing the earliest safe return to normal work function and activities of daily living.

– John Gergen, PT, MBA

***“Excellent care and concern.
Information about therapy and
exercises was outstanding.”***