



ELEMENT
PHYSICAL THERAPY · AUDIOLOGY
We are the Balance and Hearing Experts

NEWSLETTER



GETTING BACK ON YOUR FEET WITH ORTHOPEDIC CARE

ALSO INSIDE

**Ignoring Pain Can Stand in the
Way of Healing**

Staff Spotlight

Orthopedic Care can help strengthen your muscles and joints, improve your balance, build endurance, and experience as much pain relief as possible, all without the unwanted harmful risks of addictive drugs or expensive surgery.



GETTING BACK ON YOUR FEET WITH ORTHOPEDIC CARE

At Element Physical Therapy & Audiology, our licensed therapists treat several different pain conditions ranging from overuse to traumatic injuries requiring surgery. We have experience with young athletes, weekend warriors, and professional athletes, and are proud to provide state-of-the-art equipment in our clinic to help our patients recover and become stronger. Our therapists combine their knowledge of movement with criterion-based rehabilitation methodology to safely and effectively help you return to play.

If you have sustained a musculoskeletal injury and are in need of orthopedic care, contact Element Physical Therapy & Audiology today to schedule an appointment so that we can assess your condition and help you get back to doing the things you love, free of pain.

WHAT CAUSES MUSCULOSKELETAL INJURIES?

Musculoskeletal injuries can be the result of damage sustained to the muscular or skeletal systems. This includes your bones, tendons, muscles, nerves, ligaments, and blood vessels.

Many musculoskeletal injuries are overuse injuries that occur as a result of strenuous and/or repetitive activity, making them a very common work-related injury. Some of the most traumatic musculoskeletal injuries are crush injuries that can result in permanent damage to the limbs, bones, ligaments, tissues, and other health complications.

Some of the most common reasons for a person sustaining this kind of injury are:

- Automobile accidents
- Falls
- Sprains
- Sports injuries
- Dislocations
- Fractures
- Direct blows to the muscle

Severe damage to the musculoskeletal system can cause immense weakness, decreased range of motion, chronic pain, and stiffness that prevent an individual's ability to do many things independently.

A few examples of everyday tasks they may have trouble with are dressing and feeding themselves, walking, running, holding and lifting items, taking care of their families, and working at their job. This can take a toll on a person's confidence, mood, morale, and overall mental and emotional health as they struggle to adjust to life around the limitations of their injury.

If you've received a musculoskeletal injury, it's important that you have a therapist that is dedicated to your overall well-being and safety and can give you the proper care and attention your condition requires. Although in some cases, injuries are severe and damage is irreversible, this does not mean you should give up on maintaining overall wellness, or the notion of leading a healthy life.

Continued inside.

GETTING BACK ON YOUR FEET WITH ORTHOPEDIC CARE

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WHAT CONDITIONS CAN ORTHOPEDIC CARE HELP WITH?

The list of conditions that orthopedic care can help treat is neverending, however, some of the most common ones are as follows:

- ACL tears
- Back pain and sciatica
- Foot and ankle injuries
- Dizziness, vertigo
- Hip and knee pain
- TMJ dysfunction
- Throwing injuries
- Elbow and wrist pain
- Work injuries
- Headaches and migraines
- Running injuries
- Shoulder pain

We receive many first-time physical therapy patients who feel that their appointments would be uncomfortable, unpleasant, or even agonizing because of their condition or illness. This is not the case! We strive to make sure each of our patients feels comfortable and informed about their condition, as well as what modalities their therapist recommends for treatment.

WHAT SHOULD I EXPECT WITH TREATMENT?

If you're dealing with musculoskeletal pain from an injury or chronic condition, it's important to know what your options are as far as treatment and pain management goes.

A Element Physical Therapy & Audiology therapist can work one on one with you to assess the severity of your condition and decide what levels of care you may need. We have the equipment to objectively assess strength, power, and endurance levels so that we can create the best treatment program possible for your improvement and recovery.

The therapists at our clinic are orthopedic movement specialists who are educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. This especially comes in handy with musculoskeletal injuries, because they can assess any restrictions or immobilities you need help with.

Some common methods of treatment our clinic may recommend for your condition are as follows:

- Manual therapy
- Blood flow restriction bands
- Soft tissue mobilization
- Cupping
- Stroboscopic training (helps with ACL tears, traumatic brain injuries, and Parkinson's disease)

- Targeted exercises and stretches to strengthen the muscles
- Biofeedback techniques/ Ultrasound therapy

Our physical therapists can pinpoint your problem areas and create a customized treatment plan aimed at improving your pain and range of motion. Through in-office sessions and at-home exercises, we can guide you in strengthening your muscles and joints, improving your balance, building endurance, and experiencing as much pain relief as possible, all without the unwanted harmful risks of addictive drugs or expensive surgery.

Call Element Physical Therapy & Audiology today to learn more about the benefits of orthopedic care, and let us set you up for success with a natural pain management regimen!

[Click Here to Request an Appointment](#)

STAFF SPOTLIGHT



KIMBERLEE KALINA
PTA

Kim was raised in Western Washington and has spent much of her life there. She earned her BS from Washington State University in 1992, her MS from University of Arkansas in 1992 and her AA as a Physical Therapist Assistant from Whatcom Community College in 2009. Kim has worked in industrial rehabilitation in Western Washington for the past 21 years. She recently moved to Montana in June of 2022. Kim has a passion for helping people get back to what they love to do for fun, to ultimately get their life back.

In her free time, Kim enjoys hiking, backpacking, gardening (really anything outdoors) and spending time with her husband and 2 pups. She has recently taken up a love for bouldering. She looks forward to yearly travel adventures with her husband and two adult children exploring our National Parks and visiting other countries.



406-220-5362

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!



Too often, people ignore their pain, hoping things will resolve on their own. Although it may seem to work sometimes, this strategy can make your healing process go slower, stop altogether or create a new problem.

Getting proper guidance is critical to help clarify what is acceptable and what needs to be modified or avoided altogether. If you ignore or don't understand the clues, you can interfere with the healing process and delay your recovery. Some telltale signs you are regressing include:

- Increased or new swelling
- Regression of function (loss or difficulty with activity and/or mobility previously performed)
- Increased or new loss of motion
- Increased or recent loss of strength
- Lasting pain
- Larger area and/or more referred pain
- Increased or new limping (unable to bear weight)
- New or persistent sleep disturbance related to injury/condition

Understanding when to add more activity or remove obstacles is as much an art as a science. Knowing how to interpret the clues your body sends is essential for complete recovery. Our physical therapists are highly skilled at guiding people through the ups and downs of finding relief and resolving their symptoms fully.

Contact Element Physical Therapy & Audiology today to request an appointment so you can resolve your pain and feel good again!

[Click Here to Request an Appointment](#)

A NOTE FROM AMY



Don't Let A Winter Injury Get You Down

Hello friends,

I hope you're taking the time to enjoy some of the winter sports and other physical activities that we can only do during the coldest months of the year.

Skiing, ice skating, and sledding are all great ways to stay active when it's snowy outside, but unfortunately, they can also bring a risk of injury—as can those icy patches on the sidewalk.

A winter-time injury doesn't have to be the end of the world, though. We have a wide variety of approaches we can use to reduce your pain, improve your mobility, and set you on the road to recovery. At Element Physical Therapy, we're here to work with you to develop a plan to fit your needs and help you achieve your goals!

We'll do our best to have you out and ready to enjoy the sunshine when spring rolls around!

All the best,

Amy Downing,
PT, Owner, Emory Certified Vestibular Specialist

COME BACK TO PT!

ARE YOU IN PAIN?

Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!



Call (406) 220-5362 OR Scan the QR code below to make an appointment.



**2409 DEARBORN AVE.
MISSOULA, MT 59801
(406) 220-5362**



**IF YOU ARE IN PAIN
COME BACK IN FOR PT!**

Schedule Your Consultation Today!

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