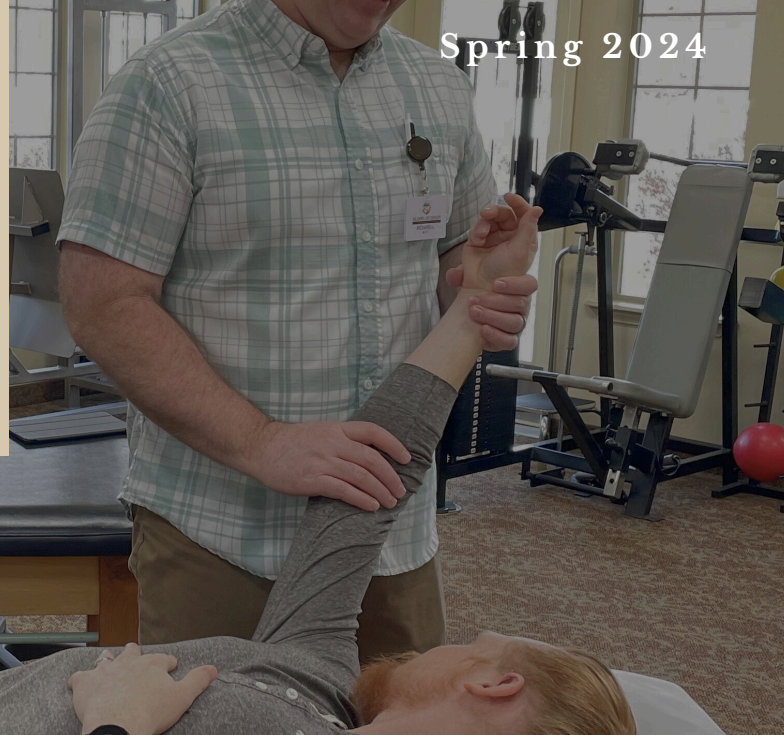




MEADOWLAND THERAPY

• THE RESULTS YOU WANT • THE CARE YOU DESERVE •

*Health & Wellness
Newsletter*



Inside the Issue



Dry Needling



Pelvic Pain



Lower the Risk of Sports Injuries with PT

MEET OUR TEAM

Daniel was raised in Boise but has family roots in Pocatello. After retiring from the Army, he chose to return to God's country (Idaho) and help the chosen people to be healthy and happy. He is married to a wonderful woman with a mixed family of 9 children.

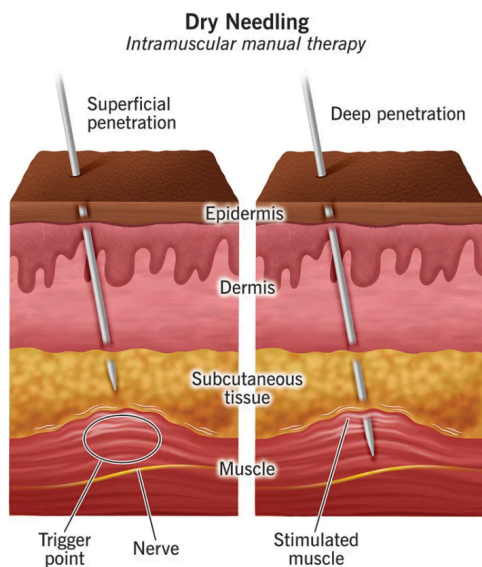
He loves grappling of all types; wrestling, judo, jujitsu, sambo, MMA, reading, movies, and spending time in the mountains.

Dan is a great manual therapist and teaches Dry Needling. For extra special treatment in the clinic, go ahead and bring him some Reese Sticks, chocolate chip cookies, lumpia or lasagna. With any of those, you will get a grateful Dan that won't torture you to better health, but instead will let you gradually improve with less pain. 😊 Come on in and see this amazing therapist and let him help you to be the best you can be!



Daniel Barclay, DPT

DRY NEEDLING & WHY WE USE IT ?



Dry needling is a technique that physical therapists use to treat musculoskeletal pain and movement issues. It's almost always used as part of a larger pain management plan that could include exercise, stretching, massage, and other techniques. During this treatment, a provider inserts thin, sharp needles through your skin to treat underlying myofascial trigger points, spasmed muscles, fascial distortions, or stress reactions of the bone.

Trigger points are knotted, tender areas that develop in your muscles. These trigger points are highly sensitive and can be painful when touched.

Physical therapists use needles to alleviate your trigger points. When dry needling is applied to your muscles and tissues, it can decrease tightness, increase blood flow and reduce local and referred pain.

It is called “dry” needling because nothing is inside the needle. Stimulating a trigger point with a needle helps draw normal blood supply back to flush out the area and release tension. The prick sensation can also fire off nerve fibers that stimulate your brain to release endorphins, your body’s homemade pain medication. Once your therapist locates a trigger point, they’ll insert a needle through your skin directly into it. They might move the needle around a little to try to get what’s called a local twitch response — a quick spasm of your muscle. This reaction can be a good sign that your muscle is reacting. Depending on the technique, your provider may leave the needle in place for as short as two seconds to as long as 20 minutes. After your dry needling treatment, your provider will remove the needle and examine your skin for any reactions. You may experience increased muscle soreness after the treatment but it’s important to keep moving. This is normal and may last for 24 to 36 hours.

Dry needling may help relieve pain and increase your range of motion. Conditions that dry needling may treat include:

- Joint pain issues
- Disc/back issues
- Tendonitis
- Migraine/Headaches
- Jaw/mouth problems
- Whiplash
- Repetitive motion disorders
- Spinal issues
- Pelvic pain
- Night Cramps

Dry needling is a safe and effective method of relieving pain and tension in muscles and is one treatment style in your recovery process. When used appropriately, dry needling can be effective in helping to restore joint range of motion and facilitate better body mechanics, which can also prevent future injury and pain. If you are interested in dry needling or curious if it’s right for you, we encourage you to contact our office to schedule an appointment with Daniel Barclay.



<https://my.clevelandclinic.org/health/treatments/16542-dry-needling>

Call us and schedule an appointment! (208) 233-4800

DO YOU EXPERIENCE PELVIC PAIN?



Pelvic pain can happen in both males or females and might stem from infections or abnormalities in internal organs, but some pelvic pain can have causes that aren't due to underlying disease. Examples include constipation, pregnancy, full bladder, sexual pain, menstruation, pelvic floor muscle dysfunction, and/or trauma.

Pelvic floor physical therapy (PFPT) aims to relieve or ease pain, improve muscle function, and improve your pelvic joint position and stability.

This may include:

- manual therapy to make sure the joints of your pelvis, hip, and spine move normally
- exercises to strengthen/loosen your pelvic floor, stomach, core, back, and hip muscles
- exercises in water in our private pool
- education about labor and delivery, sexual positions, and lifting and carrying techniques to care for your baby
- pelvic assistance equipment education, if necessary

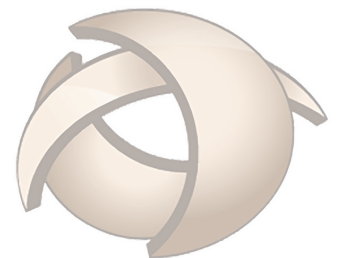
Our lives hint at the intimate relationship between the functions of the pelvic floor and the emotional state of your body evidenced by phrases such as; "I was so scared, I peed my pants." Your pelvic floor and your pelvic organs are designed to respond to emotional stimuli. This stimuli can be from the present or the past.

Research has found that almost half of women being treated for chronic pelvic pain have a history of sexual, physical, or emotional trauma. If you have suffered physical or emotional trauma (especially sexual trauma) you may be more prone to pelvic pain or dysfunction. If you have experienced unwanted sexual activity or sexual trauma in your past, your nervous system may associate this activity as threatening. So even during a comfortable, safe sexual experience, your pelvic floor muscles may tense up and cause pain. Our pelvic floor therapists listen to your symptoms and help develop a customized treatment plan for your personal needs. If you are looking for an understanding provider to help aid you on your pelvic journey Call (208)233-4800 to have our pelvic floor physical therapists, Sarah or Amber, help!

CONDITIONS WE TREAT

Athletic Injuries • Work-Related Injuries • Motor Vehicle Accident Injuries • Pre-Surgical Patients • Post-Surgical Patients • Pain Management • Accidental Injuries

- Back
- Elbow, Wrist, and Hand
- Foot and Ankle
- Head and Neck
- Hip
- Knee, Balance, and Walking
- Pelvic Floor and Incontinence
- Shoulder



LOWER THE RISK OF SPORTS INJURIES WITH PHYSICAL THERAPY



Did you know many PTs are former athletes and still enjoy sports as adults?

Having experiences as both an athlete and a caregiver, makes our profession uniquely qualified to help athletes perform better and prevent injury. Our physical therapists have the skills and knowledge to examine movement patterns and spot muscle weaknesses. By correcting these imbalances, increasing flexibility, and enhancing overall body mechanics, physical therapy can significantly lower an athlete's risk of injuries.

What to Expect from a Sports Injury Prevention Program

Physical therapy plays an important role in helping athletes avoid sports injuries. By proactively addressing potential issues and focusing on injury prevention, athletes can substantially reduce the risk of injury during sports activities. Here are some ways physical therapy can help:

- 1. Identifying and Addressing Imbalances:** Athletes with sport specializations may experience muscle imbalances from repetitive movements and overtraining. While it's important to strengthen muscles needed for a sport, this could leave underutilized muscle groups weak and at risk for injury. Through targeted exercises, physical therapists can identify and correct muscle imbalances to relieve unnecessary stress on tendons and joints, reducing the likelihood of injury.
- 2. Enhancing Body Awareness and Coordination:** Sports Performance programs focus on strengthening and educating athletes on awareness of their position and movement. By developing better control and coordination, athletes can react more effectively during sports activities. Depending upon the sport, the ability and age of the athlete, the movements and exercises within this program will change.
- 3. Creating a Dynamic Warm-Up Routines:** Dynamic warmups are essential to athletic performance. It promotes blood flow to the muscles, gradually increases the heart rate, and lowers an athlete's risk of injury. A good dynamic routine will target the major muscles needed in a sport and prepare the body for exertion. We help them develop a routine.

Our physical therapists are ready to help you stay injury-free so they can enjoy their sport!

<https://ptandme.com/wp-content/uploads/2024/02/March-2024.pdf>

LET'S GET SOCIAL

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 www.MeadowlandTherapy.com



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