



PHYSICAL THERAPY

Physical therapy helps people improve their movement and physical function. Promote pain management for chronic conditions. Aids recovery and prevent injury and chronic disease. All physical therapy sessions are individualized based on patient needs. Sessions include strengthening, mobility, balance, pilates-based spinal stabilization, and manual techniques. What sets Futures Therapy apart is our individualized approach as we utilize a combination of specific evidence based strategies such as Dry Needling, Orthopedic Cupping, Myofascial Release, and Joint Mobilizations combined with Therapeutic Exercises and Neuromuscular re-education for posture and balance that has proven success, we then transition the clients through small group settings that allow patients to learn together how to maintain the strength and mobility they have gained prior to being discharged. This allows for a better learning and allows clients to learn these methods with their peers as they can then have “buddies” to exercise with during their FREE GYM times.

PROGRESSION THROUGH PHYSICAL THERAPY HERE AT FUTURES

- ▶ ALL CLIENTS THAT ARE REFERRED BY MEDICAL TO PHYSICAL THERAPY WILL MEET WITH DR. CRISTINE DRAKE TO DETERMINE THE PLAN OF CARE AND GOALS FOR THE PATIENT.
- ▶ DETOX CLIENTS ARE ONLY ALLOWED TO BE IN GYM WITH PHYSICAL THERAPY PERSONNEL DURING THEIR INDIVIDUAL PHYSICAL THERAPY APPOINTMENT. NO EXTRA SERVICES OR GYM TIME UNTIL OFF OF DETOX.
- ▶ CLIENTS ON 1:1 AID DUE TO DECLINE IN FUNCTION AND HIGH RISK FOR FALLS WILL HAVE PHYSICAL THERAPY 5X WEEK FOR GAIT TRAINING, TRANSFER TRAINING, AND BALANCE TRAINING UNTIL OFF OF 1:1 THEN MOVED TO 3X WEEK.
- ▶ CHRONIC PAIN CLIENTS WILL RECEIVE 2-3X WEEK FOR INDIVIDUAL SESSIONS FOR SEVERAL WEEKS THEN MOVED INTO GROUPS. THE READINESS OF THE GROUPS WILL BE DETERMINED BY THE PHYSICAL THERAPY TEAM THAT MEETS WEEKLY TO DISCUS HOW CLIENT IS PROGRESSING AND THEIR READINESS TO PROGRESS TO THE NEXT LEVEL. THE GOAL FOR THIS CLIENT BASE IS TO EDUCATE CLIENTS HOW TO USE NON-PHARMACOLOGICAL METHODS FOR PAIN RELIEVE TO INCLUDE EDUCATION ON BODY MECHANICS, HOME MODALITIES SUCH AS USE OF TENS UNIT, ICE VS HEAT, AND PROPER EXERCISES TO IMPROVE THEIR MOBILITY AND EDUCATION OF HOW TO MANAGE THEIR CHRONIC CONDITION.
- ▶ GROUPS ONLY FOR PHYSICAL THERAPY CLIENTS
- ▶ AQUATIC 11 A.M. TUESDAYS AND THURSDAYS WITH AMIE
- ▶ GYM 11 A.M. AND 2:10 TUESDAYS AND THURSDAYS LEVEL 1 AND LEVEL 2 INTERVAL TRAINING

The Groups are used to transition the client from individual skilled Physical Therapy to a small group setting with clients of similar capability to allow for socialization and enable the clients to transition to independence. Aquatic Groups are for clients who have significant Joint pain with weight bearing activity or for clients who require a less intensive gym setting.

After a few weeks of group therapy the client will be discharged from physical therapy depending on the progress of them learning what they need to continue on their own. All clients progress differently so ultimately discharge is determined by the physical therapy team.

Mental Health PHP clients are normally not provided Physical Therapy as they can receive these services as outpatients within their community, however, the Medical team and Physical Therapist can discuss special circumstances as the need arrives based on the client. Occasionally a client who has been attending Physical Therapy prior to transitioning to PHP may be provided some GROUP Sessions if needed during non clinical times.

“Movement is a medicine for creating change in a person’s physical, emotional, and mental states.” Carol Welch

PHYSICAL THERAPY TEAM AT FUTURES

DR. CRISTINE DRAKE - WELLNESS DIRECTOR - DOCTOR OF PHYSICAL THERAPY, CERTIFIED DRY NEEDLING

CHARLIE JAMES - PTA AND CERT. PERSONAL TRAINING

AMIE DAVIDSON - PTA AND PILATES SPECIALTY

KIM MAKI - PTA AND STRETCH SPECIALTY

QUESTIONS THAT ARISE THAT MANAGERS AND CLINICIANS CAN ASSIST WITH:

The Medical Team and Physical Therapy Team's Stance on Muscle Relaxers

We do not recommend long term use of muscle relaxers and work closely with the medical team on reducing client's dependence on muscle relaxers through reducing their pain using nonpharmacological modalities such as use of TENS unit, Ice, Moist Heat, Manual Therapy and therapeutic exercises to improve mobility and function and decrease soft tissue restrictions. We wean clients who have become dependent physically and psychologically on muscle relaxers and allow them the ability to learn new strategies. The Physical Therapist makes recommendations based on use of muscle relaxers if the client has guarded movement patterns due to acute muscle spasms. Chronic muscle pain is not an indicator for muscle relaxers. The patient will be tapered off this medication and do not recommend more than 5 days and will reduce from 2-3X per day to only at night and then DC the muscle relaxers as the muscle spasms and abnormal movements patterns resolve. The Medical and Physical Therapist meets weekly to discuss these cases.

Free Gym Times

Posted on Gym Door. During the week, the clients should only be using the times posted due to Physical Therapy team requiring the gym to work with their assigned clients without disruption. The weekend times are also posted on the gym door. Clients will be provided a gym orientation and if they do not adhere to the rules, the P.T. team will let the case managers and clinicians know to assist with compliance. The Physical Therapy team will try to correct the problem but if rules not adhered to, gym privileges may be revoked.

