Your Personal Recovery Plan



Valley Rehab
Physical Therapy PS, INC



A Helpful Guide through the recovery process

Welcome to Valley Rehab

"Our Mission is to provide high quality physical therapy services for the Skagit Valley Community, focusing on personal, individualized care." Troy Stang

Troy Stang, MS PT, Owner

After receiving his Bachelors of Science in Biology from Western Washington University, in 1990, Troy went to Washington University School of Medicine. Completing the Physical Therapy program, he graduated in 1993 with a Masters of Science in Physical Therapy.

Troy began developing his physical therapy skills more than 15 years ago. In 1997 he founded Valley Rehab Physical Therapy. He has been a member of the American Physical Therapy Association since 1990. Troy enjoys the study of human anatomy and kinesiology.

While attending Western Washington University Troy was the starting defensive end on their football team, WWU Vikings. He continues to enjoy sports and his favorites include basketball, football, golf and ATV riding. He also enjoys spending quality time with his wife and 2 children.

Testimonials

"We have referred patients to Valley Rehab for many years because of their hands-on personal approach they take with each patient."

Skagit Valley Chiropractor

"Troy, thank you for your personalized rehab, individualized attention, and thoroughness of treatment! Your help in regaining my 'life' is deeply appreciated."

Former Patient, Marlin

"I am an avid horse person, and began working with Troy in 2003 for a chronic back condition. My back was starting to seriously limit my range of motion, and as a result, I felt deep frustration and fear. Troy tailored a rehab program for me that has given me a sense of empowerment. Not a day goes by that I do not use skills I learned from Troy. His sensitivity and compassion were key elements in my return to doing the activities that I Love".

Former Patient, Jeanne

Our Goal at Valley Rehab is to restore structure and facilitate optimal function through evaluating and treating symptomatic and related dysfunctional structures.

Step 1: Evaluation

Your first visit will consist of an evaluation where Troy will do a detailed assessment of your condition. It is important to wear loose fitting and comfortable clothing because your assessment will encompass several areas of the body, not just the painful regions. Based upon the findings of the evaluation, Troy will develop a treatment plan to specifically treat your condition. Subsequent visits will have you working with Troy or his Physical Therapy Assistant executing the plan that was discussed during your first visit.

Step 2: Treatment

Once your personal recovery plan has been developed, your treatment will consist of a combination of these therapies:

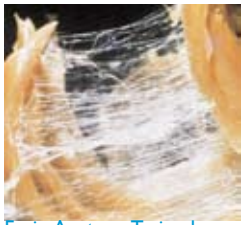
-Therapeutic Exercise-

We believe that an exercise plan is an essential part of your personal recovery plan, but even more important, is the technique that you use when performing an exercise. Performing exercises appropriately or inappropriately can mean the difference between success, failure, or further injury. You will be given a Home Exercise Program (HEP) which will typically include a printed handout and/or a DVD.

Maximum Results

Step 2: Treatment Continued

-Soft Tissue Mobilization/Myofascial Release-



Facia: Anatomy Trains, by Thomas W. Myers

This is a systematic approach for first identifying and then treating restricted mobility of the myofascial structures. Fascia is irregular sheath of collagen and elastin fibers. Fascia is essentially the "glue" that holds your body together. In an abnormal state, fascia can form cross links restricting normal movement and posture leading to dysfunctional movement and pain.

Soft Tissue Mobilization/Myofascial Release is thought to break restrictive cross links in collagen to allow normal tissue elongation. It is also thought to have a neuroreflexive impact upon the soft tissues allowing normal tissue mobility. Soft Tissue Mobilization/Myofascial Release also stimulates glycoaminoglycans synthesis which improves lubrication and hydration to tissues.

-Joint Mobilization-

This is a very specialized passive movement of a joint performed by a therapist to improve restricted joint motion, reduce pain, and restore normal joint mechanics. Joint mobilization attempts to restore normal joint motion by placing the affected joint in a specific position and then applying a low force load into the restricted movements.

Stretching

Laser Therapy

Myofascial Release

-Supportive Modalities-

We may use several of the following modalities to help manage your pain and help you recover from injury.

1. Ultrasound - Deep heat used to prepare the tissue for soft tissue mobilization. It is also used to treat chronic pain and inflammation.
2. Interferential Current – A form of electrical stimulation that is used to treat acute and chronic pain.
3. Moist heat – Superficial heat which helps promote muscle relaxation. It is also used to increase blood flow to local tissue.
4. Phonphoresis – Topical steroid used with ultrasound to treat pain and inflammation.
5. Low Level Laser Therapy – Infrared light treatment which is used to stimulate tissue healing. It is also used to treat peripheral neuropathies and reduces pain.
6. Iontonphoresis – Topical steroid used with electrical stimulation to treat pain and inflammation.

-Patient Education-

The more you understand about your condition, the better equipped you will be to take care of your body. It is important for you to understand what tissues are injured, how joints and muscles function, and how to appropriately perform daily activities. The time you spend outside our clinic far outweighs the time that you will spend with us. It is thus extremely important that you understand and learn what movements and activities you can perform safely outside the clinic.

Strengthen

Ultrasound

Exercise

Progress

Step 3: Discharge

At some point, you will be ready for discharge from physical therapy. At this time you should be able to perform your home program independently and have a firm grasp on the posture and body mechanics that you will use when outside of the clinic. You will be given a handout and or a DVD of your exercise program. You should also know that any time after discharge, you are welcome to call should you have any questions regarding your condition or exercise program.

Case Study

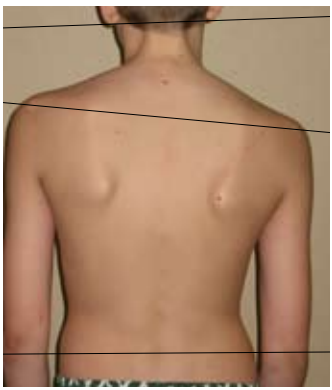
The following Case Study demonstrates the positive impact that our treatment can have on posture and joint mechanics.

Right Shoulder Dysfunction

As you can see, this young man had significant asymmetries which led to a dysfunction in the right shoulder. The shoulder asymmetries were related to a rather significant leg length discrepancy. In this case, the left lower extremity was about an inch shorter than the right. Our objective here was to create better symmetry throughout the spine and scapula in order to eliminate the problems he was having in the right shoulder.

We accomplished this by placing a one inch lift in his left shoe. As you can see from the second photo below, the lift improved his pelvic balance but had very little impact upon the posture of the right shoulder girdle complex. After correcting the leg discrepancy, we turned our attention to the position of the right scapula. We utilized soft tissue mobilization/myofascial release techniques and several core and scapular stabilization exercises to significantly improve the posture of the spine and the right shoulder, thus alleviating his shoulder dysfunction.

First Visit



Corrected Leg Length

Final Treatment