

REHAB WORKS

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Success is in the Eye of the Physical Therapist

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Physical therapy is a profession strongly grounded in the health care market. It is progressively making inroads into the medical schema as a way to provide effective and efficient treatment options for a variety of diagnoses. One of the more prevalent diagnoses involves that of the shoulder—rotator cuff repair. The following illustrates the importance of manual therapy (specifically the Mettler Release Technique, MRT®), collaboration with co-workers, and ultimately uniting exercise and a home program to tie it all together.

Our patient arrived to our clinic 4 months post-surgical repair of a rotator cuff tendon. This gentleman had received physical therapy over the course of these few months at another clinic three times per week. They performed well-validated approaches to include joint mobilizations (moving the joint passively), therapeutic exercise for strengthening and stretching, and modalities as necessary (deep heat electrical stimulation). It finally came to a point where the client, the orthopedic surgeon and the physical therapists under the auspices of the surgeon were at a standstill for rehabilitative progress. Fortunately, this same orthopedic surgeon had made contact with the Mettler Center earlier in the year to get to know what we had to offer regarding physical therapy services. Apparently, he liked what he heard and saw. The presumed rehabilitation stagnation was about to change with the Mettler Method.

The area orthopedic surgeon referred his patient to the Mettler Center knowing we provided an intensive manual therapy approach using MRT® as well as other traditional therapy approaches. The first visit involved a detailed evaluation documenting range of motion, strength and more importantly functional limitations. Functional limitations included difficulty combing his hair, inability to reach into back pocket to get his wallet, unable to reach above shoulder height and inability to reach up and turn off a

light switch. He had marked muscle weakness in the affected upper limb and very visible spasms and tremor-like activity. The shoulder was hard to the touch and presented with muscle wasting and poor posturing. Based off of these findings, the treatment approach was established and the transformation began.



Paul and myself utilized the MRT® treatment to release thick adhesions that had developed over the shoulder and surrounding muscles. As the tissue became more elastic, the natural properties of the muscle and soft tissue were becoming more apparent. In conjunction with our manual therapy approach (to also include joint mobilizations), we implemented a structured strengthening and range of motion program to help maintain our new tissue length. Collectively, both Paul and myself were able to see a remarkable transformation with functional improvement. More importantly, our client was seeing it and FEELING IT! Not only did he experience much less pain and discomfort at rest and with movement, he was developing the ability to use his arm again. He could reach into his pocket for his wallet, put his hand behind his head in the recliner, reach for light switches, comb his hair and lift his arm off the recliner with ease. After only 2-3 months of physical therapy, he returned to his job and was thrilled with his progress.

He commented numerous times on his appreciation and thankfulness in our ability to help him regain the use in his arm. His verbal accolades were very much appreciated. It is a testament that we at the Mettler Center will take on challenging cases as a way to not only vindicate what we believe in and know to be true, but to give people their lives again and again and again.... Thank you for believing in us!

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www.mettlercenter.com