



PHYSICAL THERAPY
~ & ~
INJURY SPECIALISTS

Staying Active for WORK, SPORT, LIFE.

Physical Therapy & Injury Specialists

- ▶ We provide injury prevention, management and performance enhancement for our local community athletes as well as world-class athletes.
- ▶ At PTIS, we offer one-on-one care with an emphasis on maximizing your potential and preventing re-injury through the use of core stabilization and efficient movement strategies. Our therapists focus on improving athleticism and refining the specialized movement patterns required during sports.



Who are we?

- ▶ Physical Therapy & Injury Specialists
 - PTIS has proudly been caring for the metro Denver community since 1990
 - Our unified approach to physical therapy and wellness means that we treat specific physical issues while never losing sight of the overall goal of ensuring that each patient can live life without physical limitations or pain. We want to keep you staying active for WORK. SPORT. LIFE.



Community Involvement

- ▶ Pre-season physicals & injury prevention screening:
 - Douglas County Schools
 - Local trainers
 - Crossfit
 - Denver Outlaws



Our passion as PT's

- ▶ Empower you to have a better understanding of what creates physical and musculoskeletal problems
- ▶ How to get better when those problems stop you from participating in work, sport, and life
- ▶ To not only stay active and participating in your sport, but to excel

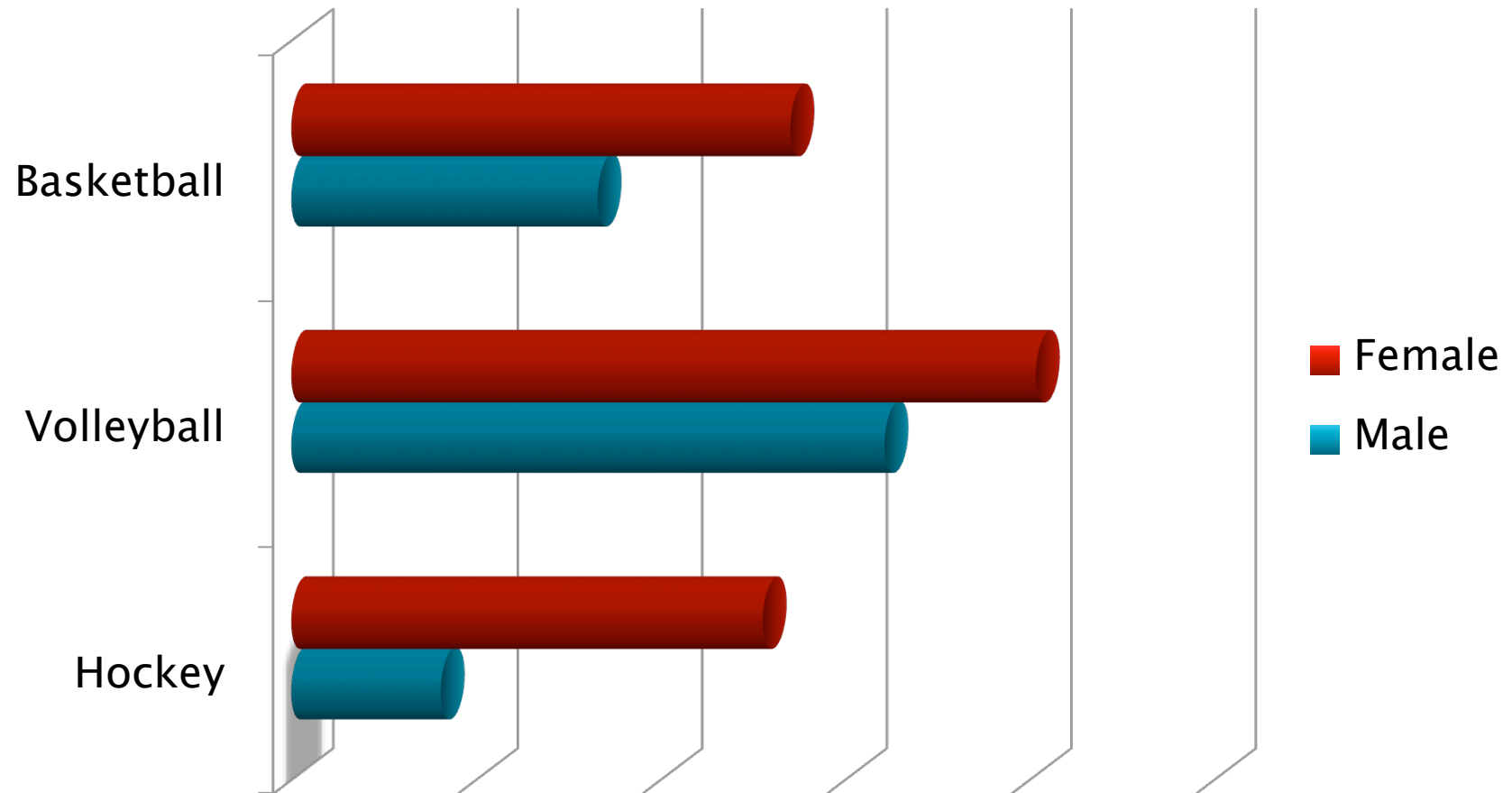


Pre-injury and preventative screening

- ▶ Can we actually predict injury?
- ▶ What does the research tell us?
 - No preseason fitness measure impacted the hazard of injury.
 - Prediction of time to injury was influenced most heavily by gender and sport.
 - Regardless of sport, female athletes had significantly shorter time to injury than males.
 - Athletes playing volleyball had significantly shorter time to injury compared to hockey or basketball.
 - Fitness measures were ROM, push-ups, curl-ups, vertical jump, agility testing, and flexibility tests (performance measures)
 - Can pre-season fitness measures predict time to injury.. (Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology 2012, 4:26)



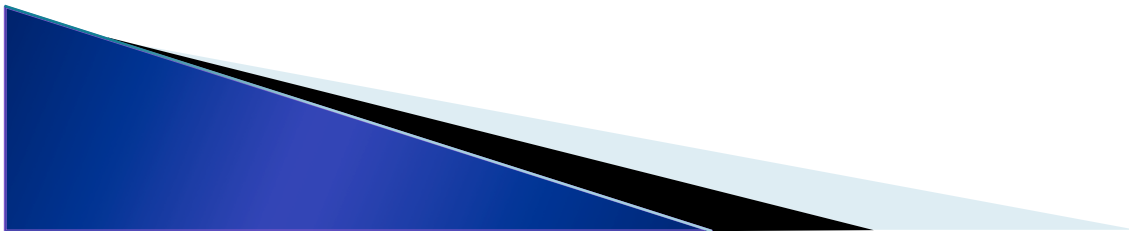
Rate of injury



Pre-injury and preventative screening

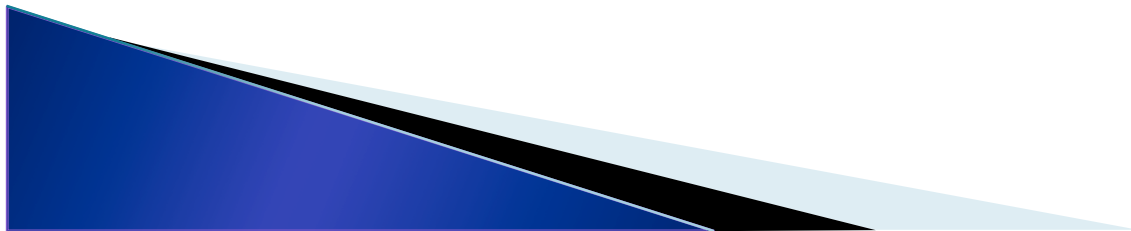
- ▶ Functional Movement Screen (FMS) studies
- ▶ A score of 14 or less on the FMS was positive to predict injury.
- ▶ The findings suggest that players with dysfunctional fundamental movement patterns as measured by the FMS are more likely to suffer an injury than those scoring higher on the FMS.

◦ N Am J Sports Phys Ther 2007; 2(3): 147-58



Pre-injury and preventative screening

- ▶ FMS studies:
- ▶ There was no statistical significant difference in scores between females and males, or those who reported a previous injury and those who did not.
- ▶ The Functional Movement Screen is a reliable tool that can be used to identify individuals who are more likely to become injured. It has also been observed that improvement in the composite FMS score can occur through some movement related training programs.

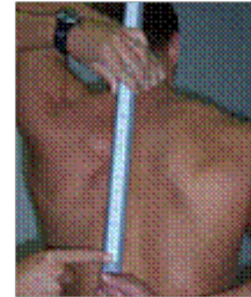
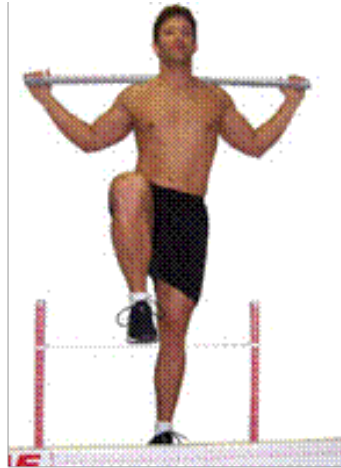


What is the FMS

- ▶ The Functional Movement Screen (FMS) is a ranking and grading system that documents movement patterns that are key to normal function. It readily identifies functional limitations and asymmetries that can reduce the effects of training and conditioning.
- ▶ 7 fundamental movement patterns



The Functional Movement Screen



The Functional Movement Screen



FMS Scoring

- ▶ If FMS score ≤ 14 then probability of suffering a time loss injury increased from 15% (pre-test probability) to just over 50% (when using the FMS as the test with a +LR of 5.0)
 - *Based upon study done on NFL players*



How do movement patterns effect us?

- ▶ What is happening at the pelvis, hip and knee have a direct affect on what occurs at the ankle
- ▶ When we look at rehabilitating an athlete from an ankle injury, we want to be sure the movement pattern based around that ankle are moving and returning as well



Building our foundation



Skill

Performance

Movement

Now what?

- ▶ We know who is at risk and what to look for, now what?
 - We need to put our athletes into groups
 - No real risk (good score with no asymmetries)
 - Monitor and re-test
 - What happens if there is an injury?
 - Passing score but asymmetries present
 - Correct the asymmetries – don't let these become bigger problems (finding risks before they get expensive)
 - Corrective exercises
 - PT, trainer, exercise professional, coach



Now what?

► Poor FMS score

- Should be seen by musculoskeletal expert
- PT to do full biomechanical and musculoskeletal exam
 - Assess
 - Treat
 - Re-train patterns
 - Conditioning program / functional exercise program
 - Re-test



The time is now!

- ▶ We believe in this system
- ▶ We see what can happen to those who don't address these easily diagnosed issues
- ▶ We feel strongly that it's at this age the best opportunity for prevention exists
- ▶ We want to see these kids function well and continue to thrive in athletics and sports
- ▶ Let's not let pain, injury, and dysfunction get in their way

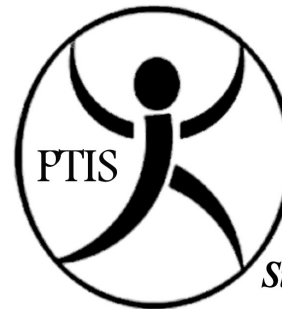


The future matters!

- ▶ The main cause of OA is due to traumatic injury
 - The primary problem is not necessarily obesity but more likely to be an underlying musculoskeletal problems
 - It's why we should be assessing and correctly rehabilitating our teenagers through their problems now
- ▶ There is something you can do about how you feel and will perform in the future and it begins now!
- ▶ We have 6–8 week group classes/training
 - Can customize the group with sport specific/team specific training
 - We can work with any sports group or team
- ▶ We have 1:1 training and consults



Questions?



PHYSICAL THERAPY
~ & ~
INJURY SPECIALISTS

Staying Active for WORK, SPORT, LIFE.

Physical Therapy & Injury Specialists

Meridian (near I-25 & Lincoln)

9570 S. Kingston Ct
Suite 300
Englewood, CO 80112
phone: 303-792-7379
fax: 303-790-4576

Pearl Street (Near Swedish)

3601 South Pearl Street
Suite 200
Englewood, CO 80113
phone: 303-757-1554
fax: 303-757-3104

www.DenverPTIS.com

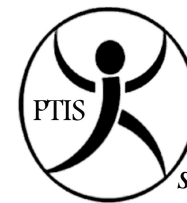


PHYSICAL THERAPY
~ & ~
INJURY SPECIALISTS

Staying Active for WORK, SPORT, LIFE.

Thank You!

- ▶ Please feel free to contact me with questions or if you would like to request information:
 - robert@denverptis.com



PHYSICAL THERAPY
~ & ~
INJURY SPECIALISTS

Staying Active for WORK, SPORT, LIFE.