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Special thanks to Brad Wiersma, Burg Communications, Cathy White and Leann Tobin

Pelvic Health at Mountain View Therapy

Mountain View Therapy's Pelvic Health physical therapy experts have relocated to their own building at 421 S. Nevada in Montrose. Many health issues can originate in the pelvic region in both men and women, including chronic back and hip pain, muscle dysfunction, urinary and fecal incontinence and erectile dysfunction to name a few. People who experience pelvic concerns often think this is their new normal and that they must live with it, but many problems can be addressed and improved.

These specialized physical therapists observe how patients move and examine their hips, pelvis, abdomen, spine and muscles. For example, "Joe" is a 62 year old male who suffered from stress incontinence after a prostatectomy to remove his cancerous prostate. He recovered quickly but scar tissue blocked his urethra and most physical activity resulted in leakage. He was referred to Physical Therapist Laura Bielak, Mountain View Therapy's Pelvic Health Clinical Supervisor and was very pleased that specific exercises and behavior changes resulted in many of his issues being resolved.

"Debra," age 72, experienced pelvic floor dysfunction caused by her earlier pregnancies. For many years she experienced lower pelvic pain, irritation and bladder leakage and assumed she would have to live with it for the rest of her life. Time spent with Laura resulted in improvement she never imagined possible.

"Jennifer," a 26 year old female, enjoyed an active outdoor lifestyle with her family but after two pregnancies found herself immobilized with pelvic issues. She feared that a hysterectomy might be her only option, even though she wanted more children. Her obstetrician, Dr. Derick Fenton, at Alpine Women's Centre, referred her to the Pelvic Health Clinic where Physical Therapist Julie Mazzola worked with her to resolve her problems. Much to Jennifer's delight, she is back to hiking and running again.

For more information ask your physician about the Pelvic Health physical therapy experts at Mountain View Therapy or call them directly at 252-2570.

MMH Health Fair 2021 Dates to be Determined.

Visit MontroseHospital.com for the latest updates.



The Sensory Room at Mountain View Therapy Pediatric Rehabilitation Clinic

Imagine a safe, comfy room specially designed to help kids of any age with a myriad of issues. The room can be made dim and quiet or filled with color, light and sound. It can help a child to become calmer or move them to a more alert stage in preparation for therapy.

Rebecca Cooper, Registered Occupational Therapist, is the Clinical Supervisor at the MVT Pediatric Rehabilitation Clinic. "Often if children come here they are frustrated and overexcited," she said. "Their time spent in the Sensory Room where they might, say, sit in a big, stuffed rocking chair and experience things like dimmed lights, soothing sounds and relaxing smells can provide a calming effect and an invaluable respite during which they can relax and ready themselves to proceed with their therapy."

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Getting Friends & Families Back to Health

March 2021

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Dynavision D2

Emily Mercer is an Occupational Therapist at Montrose Memorial Hospital's Mountain View Therapy. She sees many patients with visual and neurological impairment and is thrilled to now have the Dynavision D2 in her arsenal of tools. "When a patient has had a stroke or concussion or traumatic brain injury, it takes a lot of work for them to regain a degree of normalcy and the capacity to function and multi-task, both physically and mentally," Mercer said. "The Dynavision D2 is an amazing tool that helps facilitate that process."

The Dynavision D2 is a cognitive training device used by athletic training facilities, sports teams, the military, hospitals and rehabilitation practices. It combines eye-hand coordination, peripheral vision training and brain processing to drive performance enhancement, faster recovery from injuries and more efficient neural processing.

Utilized by Athletic Trainers, Occupational Therapists, Physical Therapists, and Neuro Optometrists, among others, it is used to evaluate, train and improve visual, cognitive and motor function across all ages, stages and conditions. In clinical rehabilitation it can be used to address underlying visual, cognitive and motor deficits including visual-motor reaction time, peripheral visual awareness, executive functions, active range of motion and dynamic balance. Function and performance improve as new skills develop and improve.

In addition to helping patients with medical impairment, the Dynavision D2 is a highly effective sports training tool that helps athletes improve reaction time, visual awareness and hand eye coordination to enhance their performance. It can also be an invaluable aid for older drivers whose attention and reaction capabilities have declined over the years and also for new drivers with little road experience.

For more information call Mountain View Therapy at 240-7369.

Occupational Therapists treat injured, ill or disabled patients through the therapeutic use of everyday activities. They help these patients develop, recover, improve and maintain the skills needed for living and working so they can participate in daily life to the fullest.



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Emily Mercer,
MVT Occupational Therapist

Alter G Treadmill Touches Down at Mountain View Therapy

It looks space age and high tech. Not too surprising, since the Alter G Anti-Gravity Treadmill System integrates NASA differential air pressure technology with real time information. Mountain View Therapy at Montrose Memorial Hospital has recently joined the ranks of many sports teams and major medical facilities like the Mayo Clinic, Craig Rehabilitation Center, Johns Hopkins and the Department of Veterans Affairs that have added the Alter G Treadmill to their arsenal of therapeutic tools. The goal is to help patients rehab sooner and faster to regain, maintain and improve mobility, wellness and performance. The Alter G is especially helpful for physical therapists and trainers working with orthopedic patients, seniors, athletes of all levels, people with chronic pain issues and patients with neurological problems.

The system has users gently “unweight” themselves with positive air pressure to reduce gravitational forces on the body. It enables patients and athletes to move unrestricted and pain free, building muscle strength and improving range of motion, balance, function and fitness. This can shorten orthopedic recovery times, manage neurological conditions and chronic disease and build strength and endurance. For patients with injuries it enables earlier weight bearing exercise while protecting sensitive healing tissues. For athletes it can be a game changer.

Physical Therapist Justin Wilson, who is also a Certified Ergonomic Assessment Specialist and the Rehab Service Line Clinical Director, is excited that this outstanding, multi-use technology is now available in Montrose. “The Alter G allows patients to start rehab sooner and see results more quickly,” Wilson said. “If someone has difficulty walking or has post-surgical restrictions, this will help with walking patterns and building strength so they can get moving better and faster. And there are many other applications for its utilization in the community. In addition to improving patient outcomes and the ability to return to a higher quality of life, sports performance of local athletes can be greatly enhanced.”

For more information on the Alter G and other physical therapy options at Mountain View Therapy, call 240-7369.



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The Sensory Room can be a magical, life-changing place for those who enter and experience its diverse features. It provides a reassuring environment that can be used to help children with a wide range of difficulties such as developmental delays and disabilities, autism and cerebral palsy. It can also help adults with vestibular issues that result in dizziness. The numerous aspects of the room can be used to encourage things such as reach, touch, balance and especially important, the ability to control or impact their environment.

For example, if the child starts out in a darkened, quiet room with little stimuli and they are allowed to use a device to turn on or change one sensory impulse at a time such as light, color or sound, it can give them a sense of control often missing in their daily lives. The knowledge that when they push a certain button their whole world can move and change under their own direction can be of immense help and reassurance to them. Add in the outstanding staff at the clinic and the changes in a child can be amazing. “The Sensory Room has many uses and is pretty wonderful,” Cooper added. “It can effect major changes in the behavior and capabilities of those who use it and we are very excited to have it as a new addition for our Pediatric Therapy program.”

For more information on Pediatric Therapy call the Clinic at 252-2819.