

## **Services**

### **Certified Techniques**

- \*Dry Needling
- \*Graston Technique
- \*Selective Functional Movement Assessment (SFMA)
- \*Spine and Extremity Manipulation

### **Pain Treatment**

- \*Shoulder
- \*Back and Neck
- \*Hip and Knee
- \*Ankle and Foot
- \*Temporomandibular Disorders (TMJ/TMD)

### **Pre- and Post-Surgical Rehab**

### **Sports Injury Therapy**

### **Vertigo and Balance Treatment**

## **Dry Needling**

Dry needling is a highly effective technique for relieving pain.

Thin, flexible needles are inserted into painful areas of muscle, fascia, and tissue—body areas that often feel hard and painful to touch, frequently referred to as “trigger points.” The thin needles slide easily through skin, causing little pain. Insertion of the sterile needle into the muscle or tissue causes a reaction that both breaks up the tension held there and stimulates healing. This reaction eases—and often eliminates—pain for most dry needling recipients.

Dry needling is not acupuncture, although both techniques use needles to relieve pain. While acupuncture draws on traditional Chinese medicine focused on the body’s internal flow of energy, dry needling is a newer technique based in Western medicine’s scientific study of the skeleton and neuromuscular system. Needles are referred to as “dry” because no fluid or medication is inserted into the body, as happens with hypodermic syringes. Recipients of dry needling sometimes report a “twitch” when the needle enters the targeted muscle or tissue, and describe the twitch as feeling like a small electric shock or ache that quickly passes.

Many painful conditions and body areas are eased by dry needling. Physical therapist Shane Bauer will review your symptoms and use his expertise to determine if dry needling is a good technique for addressing your pain. He has been certified in dry needling since 2013, long before current media attention elevated public awareness of this technique.

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## **Graston Technique**

The patented, stainless steel hand tools used in Graston Technique augment the ways a physical therapist can access and work on painful body parts. Used to comb over the body and locate problem areas, the non-invasive tools also are used to break up painful muscle knots, fascia restrictions, and scar tissue through intense cross-friction manual massage that increases blood flow and healing.

The technique is used in conjunction with warm-up exercises and a follow-up program of stretching and strengthening. Occasional post-treatment soreness is treated with ice.

Graston Technique can be used on a wide range of chronic, acute and post-surgical conditions, as determined by Physical Therapist Shane Bauer, who has been certified in the technique since 2009. Elite athletes and many professional sports teams prefer this technique for relieving pain and increasing mobility quickly.

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## **Selective Functional Movement Assessment (SFMA)**

Determining the cause of pain—not only its location—requires special skill. Selective Functional Movement Assessment (SFMA) is a technique that uses a specific set of seven broad movement patterns encompassing the full body to look for movement limitation and movement that provokes pain.

The body moves as a whole, and this interdependence in movement means that impairment in one section of the body can affect another area in ways that may not be obvious without studied assessment. SFMA breaks down dysfunctional movement patterns in a method that is structured and repeatable, and indicates where pain is generated.

Determination of pain cause then makes it possible to more quickly treat for pain relief and prevention. Shane Bauer has been SFMA-certified since 2017.

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## **Spine and Extremity Manipulation**

Relief from neuromuscular-skeletal pain and restoration of mobility are the goals of physical therapy. Spine and extremity manipulation are hands-on, manual therapy techniques used to facilitate both relief of pain and the return of mobility, as well as improve muscle function.

Physical therapy manipulation techniques are focused on specific body dysfunctions; this differs from chiropractic practice, which uses spinal manipulation as a means to manage or prevent disease in all systems of the body.

Both thrust and non-thrust manipulation technique are used in physical therapy when a therapist manually moves a joint or spinal section. The movement triggers the patient's nervous system to alter

muscle tone and alleviate pain. Hands-on manipulation can also target soft tissue (fascia), and can include the tissue and muscle manipulation of therapeutic massage.

Shane Bauer studied spine and extremity manipulation while earning his physical therapy degree. He continues to keep updated on technique, and uses physical manipulation on clients when he diagnoses it as appropriate for an individual's pain or mobility situation. He received certification in spinal manipulation therapy from the American Academy of Manipulative Therapy in 2013.

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### **Shoulder Pain**

*Physical therapy is used to treat a wide range of painful body conditions. While pain can manifest itself in almost any area of the human body, several specific areas tend to hold pain for a very large number of people. Shane Bauer has developed specific treatment plans for these areas, while also taking individual client needs into consideration.*

Shoulder pain is experienced by three in 10 adults\*. The shoulder joint is among the largest and most complex joints in the body: The way the ball and socket joint fit loosely together provides a wide range of motion, but also leads to vulnerability for injury.

Shoulder injury can stem from a wide range of causes—from overuse and over-exertion (think sports, lifting, and repetitive movement) to pinched nerves to dislocation, fracture, and other traumatic incidents.

Injury to the muscles and tendons surrounding the shoulder joint—called the rotator cuff—is common; tears to the muscle often require surgery and considerable physical therapy for healing.

The source of the pain will dictate the treatment. Physical Therapist Shane Bauer will assess and diagnose the pain source and create a treatment plan using a variety of complementary therapies that can include hands-on manipulation and muscle loosening, specialized techniques such as Dry Needling and The Graston Technique, and education and instruction in exercises to restore strength and mobility. Each treatment plan will be tailored to the needs of the individual.

\*According to data on WebMD.com

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### **Back and Neck Pain**

*Physical therapy is used to treat a wide range of painful body conditions. While pain can manifest itself in almost any area of the human body, several specific areas tend to hold pain for a very large number of people. Shane Bauer has developed specific treatment plans for these areas, while also taking individual client needs into consideration.*

Back and neck pain is spinal dysfunction. The length of the spinal column can experience a wide range of injury. A majority of adult Americans will identify a problem with back pain at some point in their lives.

The most common source of acute back and neck pain is muscle injury caused by over use or repetitive motion.

Chronic back and neck pain is caused by issues with the spine's mechanics and anatomy, including disc herniation and deterioration. Problems in joints and vertebrae, and diseases including osteoporosis, narrowing of the spine, and arthritis, can also cause pain.

Poor posture, obesity, smoking, lifting, inactivity, and over use of screens are known contributors to back and neck pain. Blows to the body from sports or vehicle accidents can result in fractures and other body trauma that require immediate medical attention.

Back and neck pain can manifest as soreness, stiffness, spasms, headache, radiating pain, and fatigue. Neck pain can lead to limited mobility in the shoulders, arms and hands. The section of the spine, the type of pain, and the underlying cause of the pain will direct the physical therapy techniques used to remediate pain and restore function.

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### **Hip and Knee Pain**

*Physical therapy is used to treat a wide range of painful body conditions. While pain can manifest itself in almost any area of the human body, several specific areas tend to hold pain for a very large number of people. Shane Bauer has developed specific treatment plans for these areas, while also taking individual client needs into consideration.*

The large size of the hip and knee joints is reflective of their roles: supporting the body's weight while providing mobility to walk, run, jump, climb, bend, and stand. With use and age, the cartilage protecting these joint sockets can become damaged. Overused muscles and tendons can create pain, as will arthritis. Breaks and fractures always require physical therapy to regain strength and motion in these areas.

Pain stemming from the back or groin can radiate to the hip, and a hip issue can manifest in knee pain. Sciatica—inflammation of the sciatic nerve—often radiates from the low back through the hip and knee. Pain in both hips and knees can be related to the feet, stemming from issues with stance and gait. Knees are prone to arthritis and to tears of the meniscus and ligaments, to bursitis and tendonitis, and to injury from sports.

Correct diagnosis of the underlying issues is important for treatment.

Physical therapy for hip and knee pain generally includes a combination of techniques, including physical exercises, with the goal of decreasing or eliminating pain, and improving strength and range of motion, while aiming to restore normal functional mobility.

The source of the pain will dictate the treatment. Physical Therapist Shane Bauer will assess and diagnose the pain source and create a treatment plan using a variety of complementary therapies that can include hands-on manipulation and muscle loosening, specialized techniques such as Dry Needling and The Graston Technique, and education and instruction in exercises to restore strength and mobility. Each treatment plan will be tailored to the needs of the individual.

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### **Ankle and Foot Pain**

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Our feet and ankles support our mass—our weight and the related pressure we put on these bones, muscles, and joints when standing, walking, running, and jumping. Their constant workload can lead to overuse and injury.

Both feet and ankles are prone to sudden injury—including both sprain and fracture—during sports or from missteps while walking, as well as from repetitive injury from the actions of daily life. Issues with gait and stance can affect both the ankles and the feet. Poorly fitting footwear and conditions including diabetes, arthritis, tendonitis, collapsed arches, and plantar fasciitis can also cause pain in the feet.

The feet and ankles are a complex, interconnected system. The hinged joint of the ankle and its related muscles connects the lower leg to the very mobile foot. The feet contain a large number of small bones—nearly a quarter of all the bones in the human body—and a surprising variety of small muscles. Determining the location of pain and the reason for it is key for treatment.

Feet and ankles respond to a combination of treatments, often including manual physical therapy and exercise to relieve pain and to increase strength, stability, and mobility.

The source of the pain will dictate the treatment. Physical Therapist Shane Bauer will assess and diagnose the pain source and create a treatment plan using a variety of complementary therapies that can include hands-on manipulation and muscle loosening, specialized techniques such as Dry Needling and The Graston Technique, and education and instruction in exercises to restore strength and mobility. Each treatment plan will be tailored to the needs of the individual.

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## **Temporomandibular Disorders (TMJ/TMD)**

*Physical therapy is used to treat a wide range of painful body conditions. While pain can manifest itself in almost any area of the human body, several specific areas tend to hold pain for a very large number of people. Shane Bauer has developed specific treatment plans for these areas, while also taking individual client needs into consideration.*

Our two temporomandibular joints (TMJ) connect each side of our lower jaw to our skull. The joint allows for both a hinged open-and-close action and a gliding side-to-side action that permits the mouth to open widely. The temporomandibular joints are used in talking, chewing, swallowing, and yawning.

Muscle and nerve problems in this area can cause headache; face, neck, and ear pain; muscle spasm; ringing in the ears and hearing loss; and difficulty biting and chewing, and even opening the mouth. The jaw may make audible clicking or popping sounds, and can lock open or closed.

Problems with the jaw joint are referred to as TMJ Syndrome or Temporomandibular Joint Disorder (TMD). The condition appears more often in women than in men.

TMJ/TMD has a wide variety of causes, including:

- Physical injury, such as a blow to the face.
- Self-induced trauma from grinding or clenching the teeth.
- Gum-chewing and other oral habits.
- Shoulder-holding a telephone.
- Arthritis.
- Jaw/teeth formation.
- Suffering with other painful body conditions.

Recurrent and chronic TMJ/TMD responds well to physical therapy, which relieves pain, increases muscle strength, releases scar tissue, and improves or restores joint mobility. Physical Therapist Shane Bauer will assess and diagnose the pain source and create a treatment plan using a variety of complementary therapies that can include hands-on manipulation and muscle loosening, and education and instruction in exercises. Each treatment plan will be tailored to the needs of the individual.

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## **Pre- and Post-Surgical Rehab**

Surgery takes a toll on the body. While healing is the long-term and final outcome of most surgery, it can take both time and personal effort to reach that goal. Physical therapy can speed healing, both before and after a surgical procedure is performed.

### *Pre-surgical rehab*

Seeking “pre-hab”—physical therapy prior to surgery—is known to decrease recuperation time for many procedures, especially those involving hip and knee replacement and all types of shoulder surgery. Physical Therapist Shane Bauer can help you identify areas of the body that will be affected and that can benefit from increased strengthening before undergoing a procedure. Improving the condition of

affected muscles and tissue before surgery gives your body a jump-start on healing from the innate physical trauma that results from surgery.

Learning post-operative exercises before surgery also gives your brain and body the opportunity to experience and retain the exercises, increasing understanding of the recovery path and performance ability after surgery. Recovery time will be more efficient and effective.

When you expect surgery in your future, consult with Shane to determine a start date and session duration for your pre-hab surgical preparation.

### *Post-surgical rehab*

Post-operative physical therapy is necessary after a wide variety of surgeries to facilitate and speed recovery. Surgery is the most common reason an M.D. refers a patient to physical therapy, often within 24 hours of a procedure. The type of injury and surgery will determine the duration and complexity of your rehabilitation process.

Patients who participate in post-surgical physical therapy decrease pain, maintain muscle structure, gain strength, and recapture mobility. Physical therapy helps circulation to prevent blood clots, and can also minimize internal and external scar tissue from incisions.

Completing a prescribed round of post-surgical physical therapy leads patients to more quickly resume favorite activities and active lifestyle preferences, while also preventing new or additional injuries.

Physical Therapist Shane Bauer is knowledgeable about treatment of a wide variety of postsurgical conditions and is highly collaborative with patients' doctors, to ensure treatment is tailored to individual needs.

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### **Sports Injury Therapy**

Too much rest for an injured body part can lead to muscle atrophy. Physical therapy speeds the healing of sports-related injuries and prevents permanent damage, and can also help prevent new or recurring injuries by building strength and educating athletes about better body mechanics.

Physical Therapist Shane Bauer assesses injury, evaluates his therapeutic modes, and determines the best therapies to use to alleviate pain and encourage healing in athletes of all ages in all sports. As a longtime, multi-sport athlete and coach, he understands that you want to get back to the activities you love as quickly as possible. He received certification as a Strength and Conditioning Specialist from the National Strength and Conditioning Association in 1999.

Whether it's your back, shoulder, knee, elbow, neck, wrist, ankle or foot—or a body part in between—suffering from fracture, sprain, strain, tear, pulling, or dislocation, Shane Bauer will work to help you regain your ability to pitch, throw, run, reach, stretch, jump, kick, swing a club, backhand a racket or whichever maneuver you need to do to return to your favorite sport. Each treatment plan will be tailored to the needs of the individual. ###

## **Vertigo and Balance Treatment**

Our eyes, inner ears, muscles, and skeletal system work together to coordinate our sense of balance. A variety of issues can affect balance and lead to

- Vertigo—which gives the impression of the room spinning around us.
- Dizziness—which is the feeling of imbalance in conjunction with light-headedness, and sometimes nausea, anxiety and decreased concentration.

Impaired balance can lead to falls, swaying, stumbling, and tripping. Our risk for balance problems increases as we age.

Most balance issues benefit from physical therapy treatment. Physical Therapist Shane Bauer is knowledgeable about the vestibular (inner ear) system, as well as the symptoms and sources of other balance issues, including disease. He is able to differentiate the types and sources of imbalance and provide appropriate therapies to ease and eliminate the problems. His expertise enables him to know when symptoms will benefit from physical therapy alone, and when care should be coordinated with a physician. Each treatment plan will be tailored to the needs of the individual.

### *Vertigo*

Fluid pressure, infection of the inner ear nerve, inner ear and head trauma, and concussion are among the issues that can disrupt the vestibular system and lead to vertigo.

Allergies, ear infection, blows to the head, and concussion often can cause Benign Paroximal Positional Vertigo (BPPV), a disorder in which inner ear crystals dislodge and land in other places in the ear. Symptoms of this type of vertigo manifest as dizziness when looking up, bending down, or looking over the shoulder. Manual physical therapy treatment for this disorder is very effective and generally quite swift, often requiring only a few physical therapy appointments.

### *Dizziness*

Many syndromes and diseases can cause dizziness and lightheadedness. These symptoms of impaired balance can result from migraines, diabetes, arthritis, low blood pressure, Parkinson's disease, and stroke.

Physical therapy can alleviate this dizziness, as well as improve balance, minimize falls, improve coordination, and relieve associated anxiety.

### *Balance*

It's not uncommon for balance to erode with age. But targeted exercise can keep this erosion from becoming serious, and physical therapy can help build back balance that has declined.

General balance issues can be due to muscle weakness, joint stiffness, and sedentary lifestyle. Shane Bauer can create physical activity plans to increase stability, strength, mobility, posture, flexibility, coordination, and activity levels.

When balance issues are related to specific medical conditions, he will work in collaboration with your physician. Aging does not have to mean inactivity and fear of falling.

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