



OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

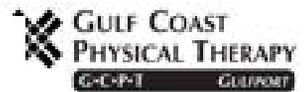
An annual opportunity to raise awareness about the benefits of physical therapy.

The path to
faster
recovery

SPECIAL SECTION



A COLLABORATIVE EFFORT PRESENTED BY





INTERESTING PHYSICAL THERAPY FACTS

You can seek physical therapy on your own

People often see a physical therapist because their doctor prescribed PT for them. But, you don't need a doctor's referral to get this treatment unless your health insurance requires that for you to get coverage. Many physical therapists work in private offices. You can simply call and make an appointment. You don't need to be recovering from a major trauma or illness. Instead, you might have a nagging injury or lingering pain. Check with a therapist to see if PT might help.

— www.healthgrades.com

A woman created the American Physical Therapy Association

At first, physical therapy was considered a career field for women. In 1921, a woman named Mary McMillan organized the American Physical Therapy Association, which was then known as the Women's Physical Therapeutic Association. By the 1960s, membership to the APTA reached nearly 15,000.

— pdtherapy.com

How this project started

The greatest joy for a physical therapist is to hear words like these: "Oh, my goodness, I have no more pain!," "You're my angel," "Thank God for you! So happy I found you," or "How come my doctor didn't send me to you?"

The last one is the tough one to hear. This is why I asked Gulf Coast Woman magazine to help share my mission of creating awareness that someone doesn't need a doctor's prescription to be evaluated by a physical therapist — but you do need one to get treated. And I'd like to shout out from the rooftops, "The Mississippi Gulf Coast has the BEST physical therapists in the country! We are here for you!"

I'm excited for you to meet each of the physical therapists in this issue because they are kind, highly trained and qualified professionals. They have their own specialized, privately owned small businesses or are part of a larger group-owned entity. If you have pain or just need to see a PT to increase your range of motion for a sport, release stress and tension or strengthen your bones, give these PTs a call. It's time to prevent ailments, get to the root cause of your pain and start healing.



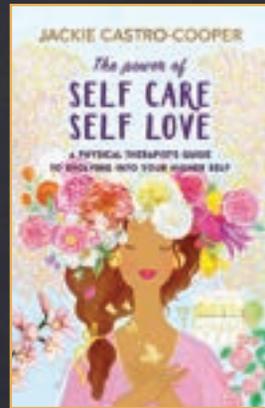
BY JACKIE
CASTRO-COOPER,
MPT
Gulf Coast
Myofascial Release
Physical Therapy



Jackie Castro-Cooper

Creator of The Self Care/Self Love Movement
YOUR WOMAN'S HEALTH ADVOCATE

Jackie Castro-Cooper has a masters in physical therapy and is one of the first holistic, alternative physical therapists in the U.S. She opened her own physical therapy practice, Gulf Coast Myofascial Release in Ocean Springs in 2007. Jackie specializes in Intra-Oral TMJ, Women's Health, Internal pelvic work, babies and children's health, JFB Myofascial Release, EFT, meditation, and PYT yoga.



Jackie is a woman's health advocate, a professional speaker since 2011 and is a 2020 author of "The Power of Self Care/Self Love: A Physical Therapist's Guide to Evolving Into Your Higher Self". Her new healing online course will launch this fall, Back and Neck Pain Relief: The Surprising Gut and Brain Connection. Now you can have Jackie's 15 years of physical therapy wisdom right in your own living room.



Jackie has been writing her E-Newsletter which provides self treatment videos only to her private subscribers since 2017 (you can subscribe on her website). and has created the public, "Womens Health Forum" to educate and promote alternative health care for our communities . She also leads the Self Care/Self Love retreats, which include meditation, yoga, journaling, dance, and healthy food.

She is a longtime board member of STEPS Coalition, which is focused on the needs of the underserved and has founded the Alliance for the Education of Undocumented Youth.

She has been featured in Gulf Coast Woman Magazine, on WLOX and on the Dr. Liana Show.



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INTERESTING PHYSICAL THERAPY FACTS

Physical therapy can help people with Alzheimer's

Physical therapy is one of the few treatments that may slow down the effects of Alzheimer's disease. Alzheimer's is a disease that destroys brain cells. It changes the way people speak, think and act. PT for this condition includes healthy and safe exercise. This is important because exercise may have a role in preserving memory. Physical therapy can also help people with early Alzheimer's handle day-to-day activities. This may let them stay independent longer.

— www.healthgrades.com

Physical therapy can help children with autism

Autism spectrum disorder includes many symptoms and behaviors that may respond to PT. Children who have trouble controlling their body movement may benefit from PT, too. A physical therapist can create a plan to improve motor skills and coordination. It may include play skills.

— www.healthgrades.com

When do you need to go to physical therapy?

"An ounce of prevention is worth a pound of cure." As we all live our daily lives, most experience an ache here and there; or chronic pain that we hope will work itself out. Should you wait until it doesn't resolve itself, or take control and ask for a referral for physical therapy?

Anyone can go to a physical therapist for treatment and evaluation. And did you know you can choose where you want to go to physical therapy? It is important to take charge of your own health. In the state of Mississippi, you will need a prescription for PT, which can come from an MD, DO, NP, PA or chiropractor.

What can a physical therapist treat? The answer is all muscle and joint pains, tendinitis, back and neck pain, scoliosis, headaches, TMJ, balance deficits, strokes, age-related function loss, plantar fasciitis, urinary/fecal incontinence and much more. Don't wait too long before the pain has taken over. Go ahead and get evaluated and treated so you don't further injure yourself and don't have as long of a required treatment time.

As movement specialists, physical therapists can analyze the source of a person's dysfunction and develop a plan of action.

Physical therapists are armed with many tools to create an individualized plan just for you. So why wait until the pain is more problematic and limiting your function in life?

Physical therapy is more than treating an isolated pain. There's an educational component as well, which is so critical to physical therapy. It can help promote the best environment in which to heal while teaching you ways to avoid injury and pain in the future.

Finding a physical therapist who performs a comprehensive evaluation is important. Our bodies work dynamically, and the body's imbalances and weaknesses can be discovered during a thorough evaluation. From there, you and your physical therapist can attain your desired goals.

The benefits of physical therapy range from reducing pain and avoiding surgery to improving mobility with increased range of motion and gains in strength. The end goal is returning to all levels of optimal function without any problems. Physical therapy is not only a reactionary process and should be preventative measure against some of the most important health-related issues we face today.



BY BETH
EDMISTON,
PT

Certified Pilates
rehab specialist,
certified in dry
needling

A Core Solution
Integrative
Physical
Therapy



Physical therapists must graduate from accredited program

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care and patient education.

Physical therapists diagnose and treat individuals of all ages, from newborns to those at the end of life. Many patients have injuries, disabilities or other health conditions that require treatment, but PTs also care for people who simply want to become healthier and prevent future problems.

Physical therapists examine each person and develop treatment plans to improve their ability to move, reduce or manage pain, restore function and prevent disability.

To practice physical therapy in the state of Mississippi, the practitioner must graduate from an accredited physical therapist or physical therapist assistant program. Currently, physical therapists must complete the DPT, or doctor of physical therapy degree. Physical therapist assistants typically receive a two-year associate degree. There are two physical therapist education programs in

Mississippi and six physical therapist assistant programs.

Physical therapists also may become board-certified clinical specialists through the American Board of Physical Therapy Specialties. Specialization is the process by which a physical therapist builds on a broad base of professional education and practice to develop a greater depth of knowledge and skills related to a particular area of practice, such as pediatrics, geriatrics, orthopedics, sports medicine, neurology, women's health, cardiopulmonary or electrophysiology. PTs are not required to be certified to practice in a specific area.

Mississippi is home to 2,128 physical therapists and 1,401 physical therapist assistants.

There are 58 physical therapists who have progressed to board-certified clinical specialists. Take advantage of the expertise provided by these highly certified professionals today.

(adapted from ChoosePT.com)

BY CYNTHIA K.
"CYNDI" SCOTT,
PT, PHD, MBA

Professor and
program
director and doctor
of Physical
Therapy Program,
William Carey
University



Be Strong and Courageous
- Joshua 1:9



William Carey University Doctor of Physical Therapy students volunteered at the Friends of the Redeemer United Clinic in Jamaica during a recent mission trip.



**Expect great things from God;
Attempt great things for God.**

wmcarey.edu/pt

Have you had enough of nagging pain?

When you have had enough of the nagging pain, a new stiffness, decreased range of motion or a decrease in your ability to function normally, you can seek out a physical therapy referral.

In Mississippi, you will need a prescription for PT to be treated. Your therapist will do an evaluation of the problem area. A good PT will do a thorough evaluation. As taught in PT school, we are to evaluate the joint above and below the injury. However; as I have practiced long enough, I have learned that it's not always that simple and a more comprehensive evaluation should be completed. You and your PT will then set goals, and treatment will begin.

Treatment of any disorder or pain is patient specific, geared toward the best outcome. In my toolbox of treatment skills, I utilize a myriad of options. Patient education is very important so understanding of the problem and contributing factors can be understood. Exercises for home are at the top of my list for carryover of treatment.

Physical therapists can use hands-on techniques that include myofascial release, soft tissue mobilization, trigger point release, joint mobilizations and deep tissue massage. Dry needling is very effective for the management of neuromusculoskeletal pain and movement impairments, and physical therapists have seen great outcomes with this additional tool.

A skilled, trained physical therapist who is certified in the procedure will use thin "dry" (no medication) monofilament needles and insert them through the skin into areas of the muscle. Those suffering from osteoarthritis, muscle tension, TMJ, plantar fasciitis and much more can benefit from dry needling. Pilates-based rehabilitation exercises using techniques and Pilates machines are also beneficial in the treatment of musculoskeletal and neuromuscular disorders.

Don't hesitate to call a physical therapists to help get you feeling better and back to what you love to do!



BY BETH
EDMISTON,
PT

Certified Pilates
rehab specialist,
certified in dry
needling

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BETH EDMISTON, PT

21 Years Experience

Injured? How to continue your exercise routine

Whether you're dealing with a minor injury or one that requires surgery, a fast recovery is probably your priority. And, if you have been working out for a while, the activity 'withdrawal' can be real and cause anxiety for those who are used to a regular exercise routine.

As physical therapists, we help with motion — whether that is in sports, daily activities or work. We use various modalities to help increase circulation, improve the way your muscles contract and decrease pain.

Many people may be under the impression that rest is the best way to heal. Prolonged stationary periods can cause muscle stiffness, atrophy and a loss of tendon flexibility — all of which could lead to reinjury later. That is why it is important to promote the benefits of movement therapy when it comes to injury recovery.

As you resume your exercise routine, it is important to make sure you are under the care of a licensed and highly trained physical therapist who has the latest state-of-the-art treatments and equipment.

Here are some of the latest tools:

- “Weightless” treadmills: Devices exist that allow you to walk or run on a treadmill-like surface at 20 and 80 percent of your body weight to lower the impact on your joints and muscles — almost like you are “running on air.”
- For optimizing muscular strength in lieu of moderate- to high-resistance exercises, techniques like Personalized Blood Flow Restriction Rehabilitation (PBFR) can help. A surgical-grade tourniquet is applied briefly and intermittently to an exercising limb to induce strength and allow you to work out while using a very light load and avoiding heavy weights that could be detrimental to healing tissues.
- For painful and tender muscles, including hard “knots” and “trigger points” in the surrounding areas of the body, dry needling allows the tight muscle bands to be stimulated, thus relaxing muscles, reducing pain and improving function. It is proven to be more effective than traditional acupuncture.

Regardless of the injury, each treatment plan developed by a physical therapist is designed to meet your specific needs so you can get back to the active lifestyle you enjoy.



BY KEITH GANEY, P.T.,
DPT, SCS, ATC

Board certified sports
clinical specialist.

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The benefits of physical therapy

PHYSICAL THERAPY HELPS MANAGE PAIN

Chronic pain can be one of the most frustrating conditions to experience, especially if the underlying cause is unknown. Physical therapy techniques can help your joints and soft tissue and restore muscle function, reducing or eliminating pain altogether. When patients continue to perform the prescribed physical exercises regularly, it can keep pain from returning. Physical therapy also can help reduce or eliminate the need for opioid pain medication. The Centers for Disease Control and Prevention (CDC) is urging health care providers to reduce the use of opioids in favor of safe alternatives like physical therapy for most long-term pain. Opioid risks include depression, overdose and addiction, plus withdrawal symptoms when stopping use.

Physical therapy can help avoid surgery. While surgery is required in some cases, physical therapy can help avoid surgery for others. By eliminating pain, assisting with healing and improving function, physical therapy often can eliminate the need for surgery. If you already have had surgery physical therapy can help you recover the range of motion and strength required to return to your normal lifestyle.

PHYSICAL THERAPY CAN HELP MANAGE AGE-RELATED ISSUES

As they age, people often develop arthritis and osteoporosis. Physical therapy can help alleviate the pain and speed up the recovery from knee, hip or other joint replacement. Another benefit of physical therapy is that it can help manage arthritis and osteoporosis.

PHYSICAL THERAPY CAN HELP WITH OTHER ISSUES.

Through physical therapy, we can improve mobility and balance, help patients with diabetes and lung disease and build strength and flexibility to help return you to your maximum capability. Physical therapy also is key in returning athletes to peak performance after injury. You do not need a physician's referral to make an appointment with a physical therapist for an evaluation. Anyone can be seen by a physical therapist for evaluation, but for treatment in the state of Mississippi, a prescription is required. Your doctor, nurse practitioner, physician's assistant, or chiropractor can provide that prescription. You can (and should) decide where you go to physical therapy. As always, we hope you choose to support a locally owned small business.



BY JOE FRAME
PT,
certified in dry
needling and ia
certified strength
coach.

COAST
REHABILITATION
OF SOUTH
MISSISSIPPI



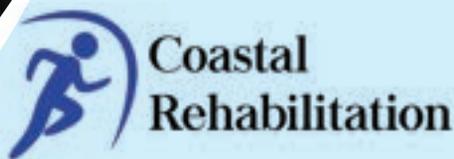
COASTAL REHABILITATION OF SOUTH MISSISSIPPI

Physical therapists who deal with joint motion, muscle strength and endurance, function of heart and lungs, and performance of activities required in daily living, among other responsibilities.

**THERAPEUTIC EXERCISES | CARDIOVASCULAR ENDURANCE TRAINING
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Physical Therapy treatments have been proved effective in many problems, such as **continuous back pain, neck pain, headache, digestive problems, balance difficulties, whiplash and other collision injuries**, occupational and sports injuries. Some of the other diseases in which physio treatment is helpful are Sciatica, Scoliosis, Fibromyalgia, TMJ disorders, etc.

At Coastal Rehabilitation, **JOE FRAME, PT** has been caring for the residents of the Gulf Coast for over 20 years. He is certified in dry needling and is a certified strength coach. He has an extensive manual therapy background. He has performed hundreds of functional capacity evaluations and is qualified to perform impairment ratings.



Call for an appointment

228-831-4646

15444 Dedeaux Rd. | Suite A | Gulfport, MS 39503

Physical therapy: The alternative treatment of pain

From toddler to child to teenager to adult to old age, we engage in activities that are repetitive, strenuous, sedentary, traumatic, accidental, surgical and destructive to our bodies. Our bodies respond by creating compensatory patterns to either protect our injured areas or encourage us to continue to move, resulting in faulty movement patterns and/or muscle imbalances that create micro-trauma to areas of our bodies.



Our bodies communicate something is wrong through pain. Pain can have an adverse effect on our blood pressure, heart rate, digestive system, immune system, behavior, sexual function, mental energy and enjoyment of life.

Physical therapists are trained to identify and address pain and its causes, to help manage chronic pain, educate in proper movement patterns, promote healthier living and return to activities you enjoy.

Physical therapy may be an alternative treatment for those who experience negative side-effects, adverse reactions and/or allergies to medications.

If you are on medication for diabetes, cholesterol or blood pressure, or if you are sedentary, physical therapy can get you started on an exercise program that will assist you in beginning a healthier lifestyle.



BY KEN
ACKERMAN,
PT

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- WEAKNESS - OVERUSE CONDITIONS - POST-SURGICAL ISSUES
- FUNCTIONAL CAPACITY EVALUATIONS FOR RETURN TO WORK ISSUES

We are certified to perform Dry Needling.

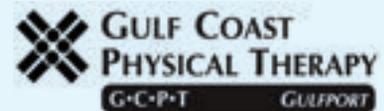


KEN ACKERMAN, PT

Owner of Gulf Coast Physical Therapy in Gulfport, MS

Ackerman graduated from the University of Mississippi Medical Center's Physical Therapy program in 1999. He participated in postgraduate Manual Therapy program and became an Orthopaedic Certified Specialist (OCS). He has been in private practice here on the Coast since 1999, specializing in all forms of Orthopaedic and Neuromuscular rehabilitation.

MAKE AN APPOINTMENT TODAY!



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