



CAPTA NEWS

Volume 4, Issue 9

September 2009

Capitol Physical Therapy-Charlotte
616 Meijer Drive
Charlotte, MI 48813
517-543-3459
517-543-3643 Fax
Jim Fradette, PT

Capitol Physical Therapy-Delta
701 Snow Road, Suite A
Lansing, MI 48917
517-323-0593
517-323-0002 Fax
Andy May, PT
Kristen Finos, PT, DPT
Kathy Gorton, OTR, CHT

Capitol Physical Therapy-Dewitt
12800 Escanaba Drive, Suite 3
Dewitt, MI 48820
517-669-7228
517-669-5759 Fax
Kristen Finos, PT, DPT

Capitol Physical Therapy-East Lansing
830 West Lake Lansing Road
Suite 250
East Lansing, MI 48823
517-333-8533
517-333-8539 Fax
Lou Finos, PT
Kathy Gorton, OTR, CHT
Sharalee Boda, OTR, CHT

Capitol Physical Therapy-Lansing
1540 Lake Lansing Road, Ste G-01
Lansing, MI 48912
517-913-3949
517-913-3950 Fax
Kristen Finos, PT, DPT
Nichole Doorn, PT, DPT

There's a difference you can feel.

www.capitolphysicaltherapy.net

NEW STAFF ANNOUNCEMENTS

Please help *Capitol Physical Therapy* welcome our latest two members to our staff roster.

Nichole Doorn, PT, DPT is a 2009 graduate of Central Michigan University in the physical therapy program. She has fieldwork experience from Mary Free Bed Rehabilitation Hospital and Spectrum Health Blodgett Hospital both located in Grand Rapids, MI. There she gained experience working in both long term and acute care rehabilitation. Nichole is currently seeing patients at our Lansing clinic.

Brenda Leonard, PTA is a 2009 graduate of Kellogg Community College of Battle Creek, MI. Brenda is providing us with coverage at all of our clinics however she is primarily located at our Delta and Charlotte clinics.

WHAT IS CARPAL TUNNEL SYNDROME?

Carpal Tunnel Syndrome is a condition that results from a compression on the *median nerve* as it travels through the wrist.

Symptoms: *Pain *Numbness *Pins & Needles *Weakness *Clumsiness
*Awaking at night from pain, numbness, pins & needles.

Causes: *Repetitive Use *Static/Constant Grasping *Continued/Constant Pressure on the Wrist *Inflammatory Arthritis *Diabetes.

Conservative Treatment: *Immobilizing the Wrist at Night with a Wrist Splint *Tendon gliding *Stretching *Education for Cumulative Trauma Disorder Prevention/Precaution *Ultrasound *Sensory Re-Education/Desensitization Techniques.

Post-Operative Treatment: *Tendon Gliding *Scar Massage *Wrist Range of Motion *Stretching *Strengthening *Education for CTD Prevention and Precautions *Sensory Re-education/Desensitization Techniques.

