

BEST PT NYC PHILOSOPHY



Karena Wu at the Arthritis Walk Pic Courtesy: <http://www.bestphysicaltherapistnyc.com/>

ActiveCare Physical Therapy, PC is known as the Best PT in NYC. We are located in midtown Manhattan and embody a certain style of physiotherapy. It is holistic in nature, thorough in its assessment and incorporates at its foundation manual therapy techniques to help fix clients. It is an active therapeutic procedure that requires participation from the client as well as knowledge and skills on the practitioner's part. The goal is to fix clients, not just to treat their symptoms.

I have worked in physiotherapy for over 16 years. I was always a solo practitioner (meaning only 1 physiotherapist on site at a time) in the first half of my career. It meant a very serious amount of self-initiation and motivation in order to treat our clients and research treatment techniques. It meant continual educational courses to grow clinically. It meant being responsible and accountable for your actions, thought processes, follow ups and bedside manner.

The clients trust you. They work with you directly and you develop a rapport with

your patients. You have to offer a complete package in order to treat your patient effectively and professionally, while still having fun.

I have had the pleasure of working with two physios who came to America from Mumbai. Both came to attain their Doctor of Physical Therapy degree and to continue their education in advanced manual therapy. The reason for this article is to describe the trend in healthcare and the observations I have in working with physios both in America and from India.

Clinical doctorates in physiotherapy have been available in America since the 1990's. I was just starting physiotherapy school when my high school classmate graduated with his doctorate from the University of Southern California. I had always thought of attaining one, but ended up at the Program in Physical Therapy at Columbia University. In 1998, they still offered the Master of Science degree in physiotherapy. Fast forward 15 years later and I just completed my Doctor of Physical Therapy (DPT) degree from Temple University. To have worked in the physiotherapy profession for 15 years is a blessing.

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To have worked in outpatient orthopedics and sports physiotherapy is an honor. What it gives me is a foundation for my clinical skill set that only improves and helps in understanding the teachings in the transitional doctorate program.

Evidence Based Medicine (EBM) is the foundation of the teachings for the DPT degree. It is a concept that has always been around, but is emphasized more heavily in the DPT program. It considers best available evidence, patient values and clinical expertise equally. It means that you need to use your knowledge and skills from physiotherapy school and how you have treated patients in clinic. Then you incorporate your patient's values and beliefs to make sure they have a thorough understanding of the therapeutic process and get their agreement to go through it with you.

EBM means that to treat your patient, you must incorporate their values, your expertise, and the best available evidence that demonstrate that certain techniques or treatments are appropriate for their age, gender, condition, therapeutic intervention, comorbidities and then demonstrate that to the patient.

It means a LOT and is the most up to date teaching in treatment in our profession.

The Maitland Australian Approach is another style of physiotherapy that I have been practicing since early 2000. The teachings under Geoffrey Maitland incorporate manual skills, assessment and lateral thinking. It means you have to have the basic level of understanding of physiotherapy which includes anatomy, physiology, biomechanics, theories, what is known and what is proven. Then you have to treat your patient by thinking outside of the box.

“To be the best, you have to give no less than 100%. To set yourself apart from the rest, you have to break from the norm and change fixed ideas.”

This means to incorporate what you see, what you hear, what the patient states, what they demonstrate and what is yet to be proven. It is a blend of information that allows you to use what you have learned in school and apply it to what you see in front of you. It emphasizes constant reassessment and finding a 'comparable sign' that is the most functional dysfunctional, painful, or stiff movement that the patient complains about.

ActiveCare Physical Therapy is a host facility for continuing education seminars in the Maitland Australian Approach. This past year, I completed the 2 day examination in order to become a Certified Orthopedic Manual Therapist.

The examination requires a practical component as well as a written component to attain this manual certification.

To be the best, you have to give no less than 100%. To set yourself apart from the rest, you have to break from the norm and change fixed ideas. One of my physios has returned to Mumbai. Her professional peers as well as her patients have noticed the difference in the quality of care she now gives to her patients. She tells me that physios are still graduating with bachelor degrees and are over utilizing modalities that are more temporary treatments and not fixes. Passive therapies are applied with minimal active therapies. Patients require months of therapy to treat their symptoms but are not getting fixed completely.

Physios around the world need to embrace healthcare change. In America, you graduate with a DPT degree but you still need to learn and hone your clinical skills. America's programs offer a more well-rounded educational background of the necessity of evidence based medicine. America also forces clinicians to accept the fact that they are not just clinicians, but networkers and marketers.

The healthcare industry is more digital and more competitive and clinicians need to wear multiple hats. In India, ActiveCare Physical Therapy is looking to change fixed ideas. We hope that this article arouses the interest of the physiotherapist who is looking to set themselves apart from the rest.

Growth and success come from embracing change and challenge which means continued education well past the basic foundational learnings as well as new environments to work, learn, grow and experience.

Workshop On Myofascial Modulation

HANDS ON

- Myofascial Release
- Dry Needling
- Muscle Energy Techniques
- Positional Release Therapy
- Proprioceptive Taping
- Trigger Point Inhibition

THEORY

- Understanding myofascia
- Dry Needling: therapeutic background
- An introduction to trigger points
- Proprioceptive taping basics



- Upper Body module (2 days)
- Lower body module (2 days)

Myofascia can be influenced in a number of ways, like MFR, Dry Needling, MET, Taping or Positional Release. Myofascial modulation workshop combines the best of the above techniques that correct the alignment and restore control of the myofascia to rapidly reduce pain, improve function and posture.

The emphasis is not on the type of technique but in identifying and correcting the underlying dysfunction.

This workshop guides the participants to understand and modulate the myofascial continuum for therapeutic benefit. You will be surprised to see how quickly the soft tissues respond once treated appropriately. This course makes you an expert in palpation, assessment and treatment of myofascia using just your bare hands as tool.

Brought to you by



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