



Photo courtesy of The US National Arboretum

THE MOUNTAIN GUIDE

MOUNTAIN PHYSICAL THERAPY

NINTH EDITION ✦ SEPTEMBER, 2007

Welcome to the ninth edition of "The Mountain Guide." In this issue, we welcome two great ladies to our clinic! Trevor discusses a new therapy technique called ASTYM. Trevor is a certified ASTYM provider and it is a valuable asset to Mountain Physical Therapy. Finally we highlight some of the past winners of our numerous contests. Congratulations!

Say Goodbye to Injuries with ASTYM

by Trevor Eccles, D.P.T.



ASTYM Technique

Augmented Soft Tissue Mobilization (The ASTYM System) is a new manual therapy technique now available at Mountain Physical Therapy.

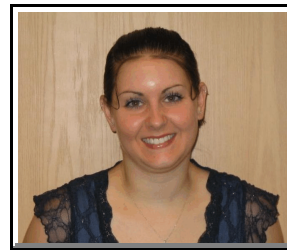
ASTYM is a soft tissue, massage like, technique that uses ergonomic instruments to help in the resorption of scar tissue. When combined with proper stretching and strengthening this technique has proven to be more effective than the more traditional techniques for treatment of soft tissue injuries such as tennis elbow, patellar tendinitis, shin splints, Achilles tendinitis and plantar fasciitis.

The ASTYM system focuses on repairing the normal soft tissues of the body (muscles, tendons, ligaments, etc.) and correcting abnormal soft tissue (scar tissue and other inappropriate fibrosis) which may interfere with movement and cause pain. Many people develop abnormal soft tissue from injuries, surgery, and repeated or "overuse" activities (which often occur in factory work, clerical jobs and sports). The technique is also effective at remodeling scar tissue, and has shown benefit even in difficult chronic cases.

Currently, Mountain Physical Therapy is the only PT clinic in the Valley that has the ASTYM system. We encourage athletes of all ages and levels to let us help you get back to optimal performance. Whether you enjoy a casual walk in Woodland Park or skiing down Evan's Heaven, we know how important your active lifestyle is to you!

**To see if ASTYM is right for you schedule a
FREE
screening at our Evergreen clinic.
Call us at 257-0933**

We Welcome Our Newest Employees!



Amber Massey is the new receptionist at the Buffalo Hills clinic. She was born around the Seattle area and lived there 6 years before relocating to Whitefish. Her family has lived there 16 years. She has a Bachelor of Arts degree in Sociology with a Minor in French but she also speaks German and

Russian. While at Cornell College in Iowa, Amber played volleyball and was an athletic trainer for 3 years starting in High School. She enjoys swing dancing and reading and still plays recreational volleyball.



Kirsten Green comes to us from Walla Walla, Washington with her husband Cody and their two daughters, Haleigh and Aryanna, who are 6 and 3. They live in Bigfork. Kirsten received her Medical Administrative Assistant degree from Apollo College in Spokane and enjoys spending

time with her family, horseback riding, hunting, reading, and playing softball. Kirsten will replace Kelly as the Evergreen receptionist while Kelly will be helping JoAnne in the billing department as well as aiding the therapists.

CONGRATULATIONS!

We honor the winners of our past contests. We appreciate you very much. Thanks for participating!

Penny Hill - Won Applebees gift certificates for guessing the biggest muscle in the human body: the Gluteus Maximus.

Diane Martinson - Won a water bottle full of exercise goodies for correctly guessing our Anniversary Trivia.

Bill Golie - Won a set of Mountain Physical Therapy glasses for knowing that the brain contains exactly 74.8% water.