



# The Connection

November 2019



To our valued patients, family, friends and members of our community,

I am proud to introduce the first edition of Thrive's monthly newsletter. After working tirelessly to bring you the best patient care, athlete recovery and wellness services in our

area since April 1, 2019, we are ready to focus more on communicating with all of you and adding another way to enrich your experience with us.

In the Thrive Connection, you can expect to gain a variety of helpful tips on everything from injury prevention to physical fitness and overall well-being. We will highlight a member of the Thrive family each month and tell you their story, because we are all in this together and we are proud of the family we are building here! We will also make sure to inform you about the latest and greatest happening at Thrive, whether it be one of our Middletown-first tools and services or a cool update on one of our staff members.

Thank you for being a part of this journey with us. I hope you enjoy this newsletter and as always, I am available for any feedback you'd be willing to share!

With sincere gratitude,

Kevin Patrick Calvey PT, DPT  
Thrive Physical Therapy Owner

## Hours of Operation

Monday - Thursday 7AM - 8PM

Friday 7AM - 6PM

Saturday - By Appointment

## Our Team

Lucero Avelos - Technician

Kevin Calvey - Physical Therapist

Tyler Feret - Physical Therapist Assistant

Chrissy Lee - Patient Care Specialist

Julie Marrs - Physical Therapist

Jess Santiago - Physical Therapist Assistant

## Our Values

At Thrive Physical Therapy, our goal is to demonstrate an unselfish commitment to our patients' individual needs by committing to four core values that define us as a company:

### PATIENT COMMITMENT

A dedication to always focus on our patient first

### WINNING ATTITUDE

Being relentless and passionate in our pursuit of health care excellence

### CARING CULTURE

A team environment, trust and accountability that creates a connection to something special

### INNOVATIVE SPIRIT

Having the courage to explore the possibilities of a new and better path

Phone: 302 - 834 - 8400

Social Media: @thrivemiddletown

Visit us today at [www.thrivemiddletown.com](http://www.thrivemiddletown.com)

Hedgelawn Plaza • 834 Kohl Ave. Middletown



# Spotlight on...

## Dry Needling

**I've heard about dry needling, but the term scares me! What exactly is it and does it hurt?**

Dry needling provides relief for some muscular pain and stiffness. In addition, easing the trigger points may improve flexibility and increase range of motion. That's why this method is often used to treat sports injuries, muscle pain, and even fibromyalgia pain.

Dry needling can be painful, and the location of the injury affects the amount of pain experienced, but it usually manifests in two ways:

As the needle is inserted through the skin into the muscle, there may be a slight contraction or twitch within the muscle, that creates pain. Although twitches in the muscles can elicit an initial (but brief!) painful response, twitches in the muscles are considered a good sign that the desired trigger point has been hit.

After the treatment itself, there may be some soreness in the area for up to 48 hours afterwards, but this is not considered a cause for concern, and should be expected for most patients.

**How is it different than acupuncture?**

Acupuncture is a medical practice rooted in traditional Chinese medicine that entails stimulating certain points on the body – most

often with a needle penetrating the skin – to alleviate pain or to help treat various health conditions.

Dry needling is a technique employed by physical therapists and is similar in that a needle is inserted into the skin to alleviate pain. However the primary difference between acupuncture and dry needling is that acupuncture treats for the purpose of altering the flow of Qi (or energy) along traditional Chinese meridians while dry needling follows evidence-based guidelines, recommended “point” locations, and dosages for the treatment of specific conditions.

Physical therapists use dry needling with the goals of addressing neuromuscular conditions, relieving pain, and/or improving range of motion. Evidence to date supports that dry needling improves pain control, reduces muscle tension and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation.

**Should I consider dry needling?**

Thrive therapists evaluate each and every patient and will determine the course of care that will bring you to a healed and stronger state as quickly as possible. Upon evaluation, we will inform you if we feel this treatment may or may not benefit you.

# PATIENT PROPS

*Each month we choose a patient to highlight, a member of the Thrive family that has worked hard or inspired us in some way. If you'd like to be considered for a future issue, let us know!*



## **Beth Ann Reel**

Beth Ann had suffered from pain in both knees for several years, which started to limit her ability to walk or do even basic activities. This led her to decide to have her right knee replaced, then 5 weeks later, also had her left knee replaced.

After several weeks of PT and a lot of stretching and exercises, her knee surgeries were a success. She regained normal motion, her joint pain was improved, and she was walking better with less need for her cane. Her doctor released her from PT, to continue her progress at home.

Unfortunately, it soon became obvious that something more was going on, as she was now having intense pain in both legs, couldn't sleep, could not be on her feet for more than 5 minutes, and she was unable to return to work or do most of her normal daily activities.

She was re-assessed at Thrive and put on a rigorous program of high intensity interval exercises to strengthen her legs and core. At first she really struggled and felt like quitting, but she stuck with it and started noticing improvement! Now, after more than 3 months of very hard work on her part, both in PT and in her home program, Beth's pain is almost gone, she is back to performing household duties as well as enjoying her hobbies, and has returned to work full time.

That is why Beth Ann is our first Patient Success Story! We are so proud you didn't give up Beth. Thank you for letting us help you along the way!

## **Quick Tips from Thrive**

1. When on longer trips, or maybe even short ones where you find yourself stuck in gridlocked Route 1 traffic, be sure to stop every 2 hours to stretch and walk for 10 minutes.

Prolonged sitting can aggravate back pain by putting pressure on your discs. Walking is the best way to prevent this from happening!

2. Many people suffer from calf tightness, which, if ignored, can lead to more serious conditions like Plantar Fasciitis and Achilles Tendinitis.

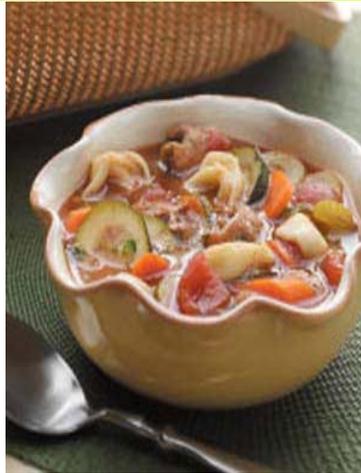
To prevent this from happening to you, invest a minimal \$20 on a foam slant board and stretch 30 seconds twice a day. It's really that easy!

3. Does the front of your knee hurt? I bet you didn't know that in most cases, the cause of that pain is actually weakness of your hip.

One way to get on the right path is to perform a sidelying clamshell exercise 3-5 times per week. Google it for an example!

# Our Favorite Things to Eat

This month's featured recipe: Tortellini Minestrone from a Taste of Home



In a Dutch oven or large saucepan, cook sausage and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Add the broth, tomatoes, carrots, celery, ketchup and Italian seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until vegetables are tender.

Add the zucchini and green pepper; cook 5-7 minutes longer or until green pepper is tender. Stir in tortellini and parsley. Bring to a boil. Reduce heat to medium; cook, uncovered, for 5 minutes or until tortellini is tender. Sprinkle with cheese just before serving.

*Kevin's tip: We use half spicy sausage and half regular for even more flavor.*

## Ingredients

1-1/4 lbs. Italian sausage links, casings removed  
1 large onion, chopped  
2 garlic cloves, minced  
6-1/2 cups reduced-sodium beef broth  
1 can (14-1/2 ounces) diced tomatoes, undrained  
2 cups thinly sliced carrots  
1 cup thinly sliced celery

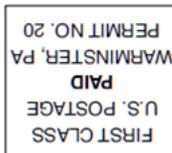
1 cup ketchup  
1 teaspoon Italian seasoning  
2 cups sliced zucchini  
1 medium green pepper, chopped  
2 cups frozen cheese tortellini  
1/4 cup minced fresh parsley  
2 tablespoons grated Parmesan cheese

Light refreshments will be provided. Please feel free to invite anyone who may be interested. We look forward to seeing you at the clinic for this valuable session!

Dr. Kevin Calvey will educate participants on the shoulder and provide tips and tricks for injury prevention, strengthening and what to do if you are someone who suffers from shoulder issues.

**Thrive's next FREE seminar  
Thursday, December 5th at 6:30pm**

**MARK YOUR CALENDAR!**



Physical Therapy

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834 Kohl Ave.

Middletown, DE 19709