

NEWSLETTER

October 2023

Celebrate National Physical Therapy Month!

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Provided by 

October is National Physical Therapy Month! Did you know physical therapists can help with more than just post-operative recovery needs, neurologic conditions, or joint/muscle pain for children and adults? St. Peter's

Health employs some of the most qualified and diverse physical therapy specialists in the state! See some of the lesser-known specialties below:

Aquatic Rehabilitation:

Aquatic Rehabilitation consists of targeted exercises performed in warm water to "unload" the joints and reduce pain. This treatment can be used when traditional PT is not well tolerated. The water's buoyancy, viscosity and hydrostatic pressure are all incorporated into an exercise program that helps develop strength, reduce extremity swelling and improve proprioception. Aquatic Rehabilitation may help with:

- Weakness or impaired balance
- Obesity
- Arthritis
- Joint replacements
- Musculoskeletal pain
- Weight bearing restrictions following surgery
- Fibromyalgia



Vestibular Rehabilitation:

Located in your inner ear, the vestibular system detects position and movement of the head in space to allow for eye movements, equilibrium, balance and posture. Dysfunctions of this system can occur at any age. Symptoms may include:

- Vertigo and dizziness
- Lightheadedness
- Nausea and vomiting
- Intolerance to head motion
- Blurred vision
- Disorientation
- Unsteady gait



Therapist Highlights:



Reece Brandon, PT

Physical Therapist
Regional Medical Center

When he's not working, you can find Reece fly fishing in the summer months and downhill skiing in the winter months. Otherwise, he is at the gym, reading, listening to or playing music, and spending quality time with his partner.

How long have you worked at St. Peter's?

I recently joined the team in August of 2023.

What are your favorite types of patients to see?

I enjoy working mostly with people who have neurologic conditions, chronic medical conditions, geriatric populations or general orthopaedic concerns. As a newer clinician, I'm trying to keep a "wide net" to learn as much as I can.

What is a unique or fun fact about you?

I am experienced in filmmaking and have independently produced several health related documentaries and promotional videos for the University of Montana called "Interprofessional Student Hotspotting: A Story of Upstream Healthcare" and "The Prevalence and Impacts of Spinal Cord Injuries for Individuals."

Pelvic Floor Rehabilitation:

Our muscles in the pelvis provide support to the bladder, bowel and uterus. These structures may be affected during (or post) pregnancy, childbirth, prostate cancer treatment or chronic constipation. Symptoms may include:

- Bowel or bladder incontinence or the frequent need to urinate
- Constipation
- Prolapse
- Pain during sexual intercourse
- Pelvic pain or painful urination
- Diastasis recti
- Dysmenorrhea (painful periods)
- Erectile dysfunction

**Breast Cancer Rehabilitation:**

The impact of cancer and its treatments are profound. The goal of all those with a cancer diagnosis, but especially breast cancer, is to undergo PT to improve outcomes and function. Our specialists can help you through:

- Mastectomy or lumpectomy
- Lymph node removal
- Chemotherapy or radiation treatment
- Breast expanders or implants
- Limited shoulder range of motion
- Muscle tightness
- Lymphedema
- Weakness or impaired balance
- Impaired exertional endurance

**Clogged Milk Ducts:**

Clogged milk ducts can occur when a breastfeeding mother has an abundant milk supply, but the baby does not have a good latch. Most clogged ducts resolve within 48-hours. If they persist, our skilled PT specialists can assist by using therapeutic ultrasound. Symptoms may include:

- Tender or painful lump or firm area in the breast
- Red and warm skin around the lump
- Baby fussing when breastfeeding on that side due to slow milk flow

Visit one of our three locations:

Regional Medical Center: 2475 Broadway | 406-444-2340

Capital City Health Club: 1280 North Montana Ave. | 406-447-2755

North Montana Clinic: 3439 Ptarmigan Lane | 406-441-5131

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**Therapist Highlights:****Janice NewMyer, PT**

Physical Therapist
Regional Medical Center

When she's not working, you can find Janice spending time with her husband and two boys enjoying the outdoors and exploring new places around Montana.

How long have you worked at St. Peter's?

I have worked at the Regional Medical Center (hospital) for the last 13 months.

What are your favorite types of patients to treat?

I enjoy treating patients with vestibular and/or neurologic dysfunctions, including post-concussion and traumatic brain injuries.

What is your favorite thing about working at St. Peter's, or working in your department?

I enjoy being able to treat the patient populations I'm passionate about and working alongside my colleagues to create a well-rounded team approach to patient care.

What's a fun fact about you?

I flew Apache Attack Helicopters for the U.S. Army and served over eight years active duty with two combat tours to Iraq before becoming a Physical Therapist.