



# The Folsom Method

Brought to you by Folsom Physical Therapy & Training Center

## **A Legacy In Leadership -**

Michael Moore and Tim McGonigle have been partners at Folsom Physical Therapy & Training Center since 1984. Through exceptional clinical care, they have become a staple in the Folsom community by enhancing the health of generations of family members in the Sacramento area. In addition to the local contribution of the clinic, Folsom Physical Therapy is recognized nationally and internationally through its involvement with the American Academy of Orthopedic Manual Therapy and the internationally renowned Kaltenborn-Evjenth Orthopedic Manual Therapy Organization, as well as for conducting the longest running year-long, post-graduate orthopedic physical therapy continuing education program in the country.

## **A Future Of Promise -**

Since the clinic opened in 1983, all of the Physical Therapists that have worked at Folsom Physical Therapy & Training Center have taken the Folsom Physical Therapy Long-term course and have been mentored by both Michael and Tim. This tradition continues today. Due to this exceptional level of professional training, Folsom Physical Therapy & Training Center has earned a reputation for being the clinic that delivers optimal care for orthopedic injuries of the spine and the entire body to the Folsom community and its surrounding areas. In addition to orthopedic care, Folsom Physical Therapy & Training Center has also established an outstanding quality of care with the following specialties -

- A pelvic floor program for adults and pediatrics
- A vestibular program for various diagnoses
- A chronic swelling program
- A TMJ program

All of the treatments conducted at Folsom Physical Therapy & Training Center are provided by a Physical Therapist - we do not use aides or assistants.

We hope by starting a newsletter we keep professionals, as well as current and prospective patients -

- Aware of evolving treatments that are available at the clinic
- Abreast of some of the ongoing research in physical therapy/healthcare
- Informed about any community events that we will be hosting at the clinic

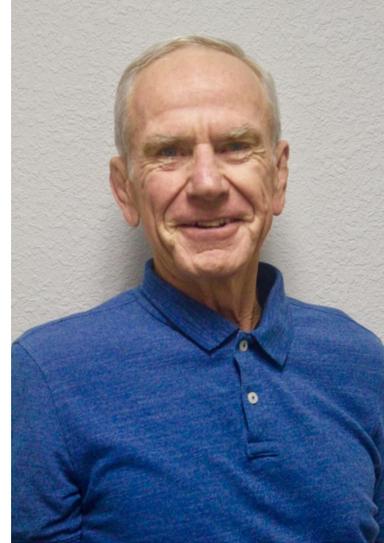
*Please read on to learn more about the Physical Therapists that deliver the amazing care that Folsom Physical Therapy & Training Center is known for...*

## **MEET OUR PHYSICAL THERAPISTS**

### **Michael J. Moore PT**

- Six month Residency in Proprioceptive Neuromuscular Facilitation

- Third American to complete Norwegian Orthopedic Manual Therapy Residency
- One of eight Founding Fellows of the American Academy of Orthopedic Manual Physical Therapists
- Guest Lecturer in UC Davis Medical School Fellowship Program in Pain Medicine since 2001
- Volunteer Clinical Faculty, UC Davis Division of Pain Medicine since 2014
- 2017 150 Distinguished Alumni of University of California San Francisco celebrating 150 years of the medical school - One of only two physical therapists to be awarded this recognition
- Lecturer at national and international medical and physical therapy conferences through his association with the UC Davis School of Medicine, the American Physical Therapy Association, the American Academy of Orthopedic Manual Physical Therapists, the Kaltborn-Evjenth OMT Organization and Folsom Physical Therapy
- Founded the Folsom Physical Therapy post graduate physical therapy continuing education program, the longest running program of its kind in the United States, since 1981
- Blessed to be married to Lynn Bollinger since 1977 and also blessed with 4 children - Brigit, Daniel, David and Matthew



### Tim McGonigle PT



- Graduated Magna Cum Laude from the Physical Therapy program at CSU Fresno in 1980
- Completed a residency in orthopedic manual physical therapy (OMT) through the Kaiser Hayward OMT Residency Program in 1983
- Passed his first international OMT examination by Olaf Evjenth in 1990
- Was in the first group inducted as Fellows of the American Academy of Orthopedic Manual Therapists in 1994
- Guest lecturer in the UC Davis Medical School Fellowship Program in Pain Medicine since 2001
- Serves as a Volunteer Clinical Faculty Member for the University of California Davis School of Medicine through the Department of Anesthesiology and Pain Management since 2006
- Served on the International Board of Directors of the Kaltborn-Evjenth Orthopedic Manual Therapy (KEOMT) Organization since 2014 as their secretary for four years and now serves as a Member-At-

#### Large

- Was accredited as an International Level KEOMT instructor in 2015
- Was selected to the International Orthopedic Manual and Manipulative Therapy Examination Committee in 2017, becoming an examiner for all levels of proficiency in the KEOMT organization
- Lecturer at national and international medical and physical therapy conferences through his association with the UC Davis School of Medicine, the American Physical Therapy Association, the American Academy of Orthopedic Manual Physical Therapists, the Kaltborn-Evjenth OMT Organization and Folsom Physical Therapy
- Published in the Journal of Manual and Manipulative Therapy
- Received the Top Alumni Award for the CSUF School of Health and Human Services in 2018

### Brigit Moore Lim MPT

Brigit graduated with a Master's in Physical Therapy from CSU Fresno in 2005 and started working for Sutter Roseville outpatient clinic. Being a novice therapist she wanted to better her manual skills to treat orthopedic issues in the spine and peripheral joints, and took the Long-term course offered at Folsom Physical Therapy. It was so good she ended up taking it 3 years in a row from '06, '07 and '08, and then became an assistant instructor when she started working for Folsom Physical Therapy in 2009. Brigit took several continuing education courses for vestibular therapy and sensory integration work from 2008-2009, and when she started working at FPT she started the vestibular rehabilitation program.



### **Kristen Branham MPT**



Kristen received her Master's degree in Physical Therapy from CSU Fresno in 2000 and after that she studied for three years in Folsom Physical Therapy's Long-term course. Her career has been concentrated in the orthopedic setting and she has maintained the status of her Orthopedic Clinical Specialist certification since 2004. She has since continued her education to include training in pelvic floor physical therapy which has given her deeper insight into a body systems approach to treating individuals. Kristen was a contributing author to the book, *Physical Therapy Treatment of Common Orthopedic Conditions* (Baheti, 2016) and works to keep up with the latest research, courses, and any avenues available to assist her patients.

### **Angie Blaikie MPT**

Angie is a graduate of the Master's Physical Therapy program at CSU Sacramento. She has completed the Folsom Physical Therapy Long-term course two times, and is an assistant instructor for the current professional education programming at FPT. She also has specialty training in the management of chronic swelling. She enjoys helping her patients decrease or resolve pain, as well as helping them build a more injury resistant body. In her free time she enjoys cycling, alpine skiing, the outdoors in general and spending time with her husband Kyle and dog Mousse.



### **Kristia Suutala PT**



Kristia has been a physical therapist for 30+ years. She enjoys the diversity of each individual body and specializes in the treatment of head, neck, facial and TMJ pain.

Kristia is an Orthopedic Certified Specialist through the American Board of Physical Therapy Specialties, she has a Bachelors of Science in Physical Therapy from the University of California, San Francisco and a Bachelors of Arts in Chemistry from Florida Southern College, Lakeland. Kristia also graduated from the Kaiser Permanente OMT Residency program in 1997. She is a member of the American Academy of

Orthopedic Manual Physical Therapists (AAOMP) and a member of the American

Physical Therapy Association (APTA/CPTA) since 1998. Kristia completed the Folsom Physical Therapy Long-term course in 1994.

### **Christina Moskala DPT**

Christina graduated with her Doctorate in Physical Therapy in 2013 from Andrews University. She has completed Level I and II NAIOMT (North American Institute of Orthopedic Manual Therapy) courses on the Cervical/Lumbar/Thoracic Spine and Lower and Upper Extremity. She is also currently enrolled in the Folsom Physical Therapy Long-term course.

When asked what she loves about the profession, she says, "it's exciting to see patients gain confidence and control of their physical health by learning how to promote healing, train deficient muscles, create better postural habits, and correct improper body mechanics." Her goal is to get all patients back to doing what they love.

When not treating patients, she can be found playing tennis, hiking, or traveling. Christina is fluent in Spanish.



### **Bill Garcia DPT**



Bill is a highly skilled clinician and a full-time Assistant Professor in the Physical Therapy program at CSU Sacramento, working part-time at Folsom Physical Therapy. He received his Masters in Physical Therapy degree at Western University of Health Sciences in Pomona, CA, followed by multiple post-graduate long-term courses in orthopedic manual therapy, including twice through Folsom Physical Therapy's Long-term course in 2003-2004. Bill completed a fellowship with Evidence in Motion, a three-year post-professional clinical and education process, and is a certified specialist in orthopedic physical therapy through the American Board of Physical Therapy Specialties. He is a fellow in the

American Academy of Orthopedic Manual Physical Therapists (FAAOMPT).

Living in Auburn, mountain biking, hiking and enjoying the outdoors with his wife and two daughters fills his nonworking hours.

### **Piper Barnes DPT**

Piper graduated from the University of Portland with a Bachelors of Science in Biology and the University of the Pacific with a Doctorate in Physical Therapy. She also completed Folsom Physical Therapy's Long-term course in 2016. Her background is in outpatient therapy with emphasis on orthopedic and sports rehabilitation.

She is passionate about clients achieving their highest quality of life through functional training and manual techniques driven by client-centered goals. She believes that the greatest joy of treatment is the profound improvement in body, mind, and spirit through healing and in developing lifelong partnerships in health and wellness for optimal results.



# Can Exercise Affect Mortality?

Article Review by FPT's Christina Moskala DPT

Are you or a loved one 60+ years old and not as strong or healthy as you or they used to be? Would you consider yourself or that loved one frail? Did you know frail individuals are at a greater risk of disability, falls, hospitalization, and even death?<sup>1-3</sup>

## NOT TO WORRY! WE HAVE GOOD NEWS!

Research<sup>4</sup> done by Universidad Autónoma de Madrid (UAM) in Spain and published in the *Journal of the American Geriatrics Society* discovered that you and your loved one are not helpless! Frail people over the age of 60 can reduce their mortality rate simply by being physically active!

3,896 people over the age of 60 were put into one of three categories: Robust, Prefrail, and Frail according to how they scored on the Fatigue, low Resistance, limitation in Ambulation, Illness and weight Loss (FRAIL) scale. Each participant was also labeled as Physically Active or Physically Inactive according to how they rated themselves. The participants were followed from 2001 until 2014. By 2014, 1,801 of the participants had passed away.

## RESULTS:

- Frail individuals were twice as likely to die than those who were Robust
- Being Physically Active lowered all-cause mortality rate by 18% in Robust patients, 28% in Prefrail patients, and 39% in Frail patients
- Mortality of Prefrail Active participants was similar to that of Robust Inactive participants, and Mortality of Frail Active participants was similar to that of Prefrail Inactive participants
- Physical activity might partly compensate for the greater mortality risk associated with frailty in old age

You can access the full article here: <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jgs.15542>

## WHAT THIS MEANS FOR YOU:

Even if you rate your physical activity as occasional or several times a month, you can be placed in the Physically Active category and reduce your all-cause mortality rate! There are plenty of ways to incorporate physical activity into your life which the highly qualified therapists at Folsom PT would be happy to discuss with you to make sure the activities are safe, fun, and customized to meet your body's individual needs.

## REFERENCES

1. Clegg A, Young J, Iliffe S, Rikkert MO, Rockwood K. Frailty in elderly people. *Lancet* 2013;381:752–762.
2. Fried LP, Tangen CM, Walston J et al. Frailty in older adults: evidence for a phenotype. *J Gerontol A Biol Sci Med Sci* 2001;56A:M146–M156.
3. Walston J, Hadley EC, Ferrucci L et al. Research agenda for frailty in older adults: Toward a better understanding of physiology and etiology: Summary from the American Geriatrics Society/National Institute on Aging Research Conference on Frailty in Older Adults. *J Am Geriatr Soc* 2006;54:991–1001.
4. Higuera-Fresnillo, Sara, et al. "Physical Activity and Association Between Frailty and All-Cause and Cardiovascular Mortality in Older Adults: Population-Based Prospective Cohort Study." *J Am Geriatr Soc* 2018, doi:10.1111/jgs.15542.

Visit our Website

## FPT Calendar



• **December 2, 2018**  
**CHRISTMAS PARTY**  
2pm - 5pm @ FPT

• **January 17, 2019**  
**Lecture by Dr. Jamieson on**  
**What You Need To Know**  
**About Arthritis**  
7pm @ FPT

• **February 9, 2019**  
**Lower Quadrant PT Con. Ed.**  
**Course begins!**

• **February 13, 2019**  
**Lecture by Ginger McMurchie**  
**on Elder Care**  
**7pm @ FPT**

Please call 916-355-8500 with questions