

BBC Physical Therapy offers expertise in Joliet

TERRA ROCKHOLD STENE
For the News

Located inside the Joliet Community Center, the newly renovated physical therapy clinic has been serving Carbon, Stillwater and Yellowstone Counties for almost twenty years, with a focus on providing quality, individualized one-on-one care to patients.

Joliet Clinic Manager and Lead Physical Therapist, Amy Hummel, MS, PT, says of their philosophy, "We take the simple to the complicated cases, providing practical programming to help make physical therapy usable. We empower people to know how to take care of themselves and not come back in the shape they were in when they first came to us."

In 2006, when the Joliet Clinic first opened, services were only available three days a week, with Hummel as the lone provider. Since, the clinic has seen tremendous growth and has recently expanded its hours of operation to five days a week and added two more physical therapists.

One of these new therapists, Sarah Pedone, PT, DPT, MPH, FDN, holds a Doctorate of Physical Therapy from the University of Montana. She provides a variety of services for patients, including

functional dry needling, vestibular training, stroke rehabilitation, sports medicine programs, family/care-giver support, and more.

The other new addition is Colin Kruger, PT, DPT, who holds a Doctorate of Physical Therapy degree from the University of Nevada, Las Vegas. His areas of focus include neurological rehabilitation, spinal cord injuries, vestibular rehabilitation, manual therapy and orthopedics.

Despite the rapid growth, the clinic is still finding time and space to accept new patients. "I think our clinic is unique because we are able to offer more one-on-one time with therapists," says Hummel. A 45 minute treatment time is the clinic's standard, with a one hour initial evaluation appointment. This ensures each patient's needs are heard, understood and taken into consideration when the therapist is creating each individualized patient treatment plan.

The clinic provides traditional orthopedic treatments for joint and back pain, pre and post surgery, and sports injuries, among others, but also provides unique treatment strategies to assist patients in their rehabilitation.

Hummel's specialties represent a few of these unique offerings. These specialties



HOLLY LUCARA

Colin Kruger, DPT shows a patient proper lifting technique.

include male and female pelvic floor rehabilitation, cranio-sacral therapy, visceral manipulation and neuromobilization.

The pelvic floor muscles play a large role in supporting the pelvis, as well as working with the deep core muscles to provide overall stability. This connection is one that is extremely important for both genders, but it is rare for a physical therapy clinic to provide male pelvic health support,

which is just one more way that Beartooth Billings Clinic Physical Therapy in Joliet is setting itself apart.

Cranio-sacral therapy, one of the other unique offerings, is a noninvasive therapy that uses gentle pressure on the head, neck and back to relieve musculoskeletal tension.

Neuromobilization is a PT technique that addresses nerves that might be adhered, irritated or compressed. This can cause

referral pain, which is pain in other areas of the body, or even tingling and numbness into the arms and legs.

Visceral mobilization is a gentle massage therapy technique that focuses on specific organs and the surrounding connective tissues that may be causing pain or harmful restrictions in the body. All of these therapies work to address the whole person and are just a few of the many tools in the clinic's toolbox.

The array of special services offered by the skilled clinicians at the Beartooth Billings Clinic Physical Therapy center in Joliet ensures each patient receives the best individualized care possible. They are open Monday-Thursday, 7:30 a.m. — 6 p.m., and Friday 7:30 a.m. — 12 p.m. For more information, call 406-962-9860 or visit BeartoothBillingsClinic.org/therapy-and-rehabilitation-services.