



Enfield Health & Wellness Center

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Suffield Health & Wellness Center

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*One-to-One Treatment Always
with a Licensed Professional*

Your Therapy Team

Carla Fleck, PTA
Katie Myers, DPT
Melissa Doten, MPT
Jennifer Meier, MPT, CLT, CKTP
Jennifer Cavanaugh, PTA
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*Two Modern Locations for
Your Convenience*

Providing Physical Therapy for:

Orthopedic Complaints
Post Surgical Rehab
Work Injuries
Auto Injuries
Back Pain
Neck Pain
Vertigo / Vestibular Rehab
Lymphedema
Headaches
Functional Capacity Evaluations

Specially Certified In:

McKenzie Technique
Lymphedema Management
Vestibular Therapy
Gaston Technique
Mulligan Technique
Dry Needling
Kinesio Taping®
Functional Capacity Evaluations

Payment

Accepting Medicare and most
major insurance. Letters of
protection accepted.

Now Certified in Kinesio Taping® A Special Technique for Protection with Movement



When treating orthopedic complaints, practitioners often seek to protect damaged structures, but that same protection can inhibit healthy movement and/or blood flow. The therapists at the Health & Wellness Centers of Enfield and Suffield use a special technique called Kinesio Taping to provide protection for muscles and joints in a way that actually improves circulation, and Jen Meier, MPT, CLT, CKTP recently earned her certification in this technique. Kinesio Taping facilitates healing and recovery by allowing damaged joints to move within healthy ranges of motion, by enhancing proprioceptive feedback, and by creating a pumping effect for local circulation. Typically not a standalone therapy, this technique enhances several physical therapy treatments to create faster pain relief, more efficient therapeutic results, and more satisfied patients.

In Kinesio Taping® technique, therapists apply adhesive strips to the skin to aid in mechanical and functional corrections in muscles and joints. The technique involves the use of tape with 40% to 60% elasticity. The tape in question features durable four-day wearing periods that allow for more therapeutic effects than traditional taping. The tape used is latex free and hypoallergenic. Your active patients will appreciate how the tape channels out air, sweat, and water to enhance skin breathing. Our therapists can vary the effects of the taping by applying the tape unstretched or pre-stretched; in various patterns; to skin that is unstretched or stretched. **This technique has been connected with improved physical therapy results in focal dystonia, chronic low back pain, shoulder impingement syndrome, rotator cuff tendinopathy, and acute whiplash.**¹⁻⁶ Since your patient can wear the high-grade tape for more significant time spans, structures can be affected to enhance treatment for problems one might not think of such as posture imbalances, lymphedema, hematomas, fascial adhesions & scars, pathological movement patterns, and neurological conditions.



Kinesio Taping at the Health & Wellness Centers of Enfield and Suffield offers a variety of mechanisms for improving circulation. Therapists can apply the elastic tape to literally lift the skin and thereby provide relief from mechanical pressures on the peripheral circulatory system. The elastic works as a pump. By allowing appropriate movement in a muscle or joint, normal circulation is facilitated compared to other orthopedic protection strategies. The Kinesio Taping Association used a Doppler machine to study the effects of Kinesio Taping on peripheral blood flow associated with specific morbidities. They compared measurements taken with and without taping. Measuring blood flow in arteries including radial arteries, dorsalis pedis arteries, and superficial temporal arteries, the authors measured **improvement in blood flow ranging from 21% to 61%.** Subsequent, independent research has verified that Kinesio Taping enhances normal decongestive therapy approaches for edema / lymphedema.^{7,8}

The Kinesio Taping technique practiced at the Health & Wellness Centers of Enfield and Suffield serves as yet another example of how these therapists offer your patients an array of advanced techniques and tools to provide the most appropriate and efficient treatments possible.

Jennifer Meier, MPT, CKTP, Certified Lymphedema Therapist



Jen is trained in the Casley-Smith method for lymphedema management. She can help breast cancer patients with scar management, posture correction, manual lymphatic drainage, compression garment strategy, and more. Jennifer attained her physical therapy license in 1996. Since then she has been trained in Mulligan Technique, McKenzie Technique, Muscle Energy Technique and more and has used these techniques for surgery patients, minor league athletes, work injury patients, and others.

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