



### When Recommending Specific Exercises, Professional Contact Improves Outcomes

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

#### Your Therapy Team

Melissa Doten, MPT, LMT,  
Director of Physical Therapy  
Priscilla Kowal, MPT, COTA/L  
Jennifer Meier, MPT, CLT  
Kevin Sadowski, DC, Cert MDT  
Shawn Breen, PTA  
Jennifer Cavanaugh, PTA

**3,000 square foot facility  
with private treatment  
rooms**

#### Providing Physical Therapy for:

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

Functional Capacity Evaluations

#### Specialty Certified In:

McKenzie Technique  
Lymphedema Management  
Vestibular Therapy  
Graston Technique  
Mulligan Technique  
Functional Capacity Evaluations

#### Payment

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

In many cases, Enfield Health & Wellness Center will assert that a small number of visits to our practice will improve outcomes compared to teaching a patient an exercise regimen once or twice and sending him/her home. For the most part, this is accomplished through verification of correct performance, professional input on progression of intensity, and individualized manual therapy. Interestingly, Gail Deyle, DPT, tested this hypothesis in a randomized, controlled trial (Deyle G, et al. Physical therapy treatment for osteoarthritis of the knee. *Physical Therapy*. 85 (12): 1301-1317).

Researchers followed 120 patients with osteoarthritis of the knee for one year. All patients received a well-designed home exercise regimen. The home exercise program included an exercise log book, a manual with photographs, an initial consultation and training session with a physical therapist, a two-week follow-up with a physical therapist, and instruction on interpreting pain signals and their implication on exercise progression. In addition to the home exercise regimen, sixty patients received eight more physical therapy visits at one of three participating practices. The added physical therapy visits included individualized manual therapy and exercise supervision. Self-reported function, stiffness, and pain were tracked using the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC). Both the home exercise group and the clinic treated group showed clinically significant improvement, but improvement was double in the clinic treated group. At four weeks, the clinic treated group achieved 52% improvement in WOMAC scores compared to 26% improvement in the home exercise group. At one year, the home exercise group was 42% more likely to be taking medications for osteoarthritis (68% vs. 48%). Satisfaction surveys conducted at one year found participants in the home exercise group were three times more likely to be "not at all satisfied" with care (16% vs. 5%), and patients in the clinic treated group were twice as likely to be "very much satisfied" with care (52% vs. 25%).



In their randomized, controlled trial, Deyle et al. demonstrate that a small number of clinic visits adds to the effectiveness of a home exercise program and to patient satisfaction. Improvement in some measures persist at one year follow-up. In your practice, the difference between independent exercise prescription and professional supervision may be even more dramatic than what is seen in this study. Without regular follow-up, adherence to home exercise programs can be problematic. In Deyle's study, adherence may have been enhanced by the fact that all participants knew they were in a study and by the fact that all participants were patients of army community medical centers. When recommending home exercise programs to patients, please remember the potential for improved results from a small number of visits to Enfield Health & Wellness Center.



### One-to-One Care by a Licensed Professional

At Enfield Health & Wellness Center, all scheduled time with your patient is one-to-one time with a licensed therapy professional. We do not use aides or trainers with your patients. We do not attempt to assess your patient while simultaneously monitoring other patients. We feel this difference results in physical therapy programs that progress more efficiently and in better satisfied patients.

**Please refer your patients to Enfield Health & Wellness Center**

*Doctor Recommended, Patient Preferred*