



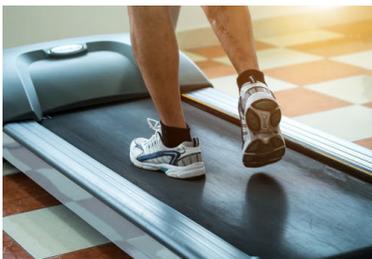
## Recognizing National Physical Therapy Month

Every October, **National Physical Therapy Month** is observed to celebrate the impact of Physical Therapists and Physical Therapy Assistants have on the lives of so many individuals across the country.

Join us in recognizing our team for providing our patients with personalized solutions for their physical therapy and care needs!



## Physical Therapy for a Healthier Life



Did you know? Approximately 80% of adults and adolescents in the United States are insufficiently active, which will lead many of them to experience chronic diseases such as heart disease, diabetes, obesity, and depression.

Fortunately, there is a way to stay ahead and prevent these chronic conditions, physical activity. According to the Physical Guidelines for Americans, older adults should do at least 150 minutes of aerobic activity a week. This must include muscle-strengthening activities twice a week. For adults with chronic health conditions and disabilities, who are able, they should do at least 150 minutes of moderate-intensity activity a week, and this can be supervised by a physical therapist.

Physical therapists empower individuals to be active participants in their own treatment. As part of the interdisciplinary team, they work collaboratively with other health professionals to ensure patients receive comprehensive care that leads to quality living.

After assessing a patient's need and making a diagnosis, physical therapists create personalized treatment plans that help their patients improve mobility, manage pain and other chronic conditions. Working together with the physical therapy assistant (PTA), the PT and PTA help patients recover from injury and prevent future injury and chronic disease. (Source: [ChoosePT](#))

### Informative Articles and Resources:

[Avoid Chronic Disease With Regular Physical Activity – ChoosePT](#)

[Physical Activity Guidelines for Americans, 2nd Edition – U.S. Department of Health](#)

[Keep Moving — And Giving Back: Get Ready for National Physical Therapy Month – APTA](#)

[Physical Therapists Help You Overcome Barriers to Physical Activity – ChoosePT](#)

[Maintaining Health and Fitness: Tips and Exercises for Older Adults – ChoosePT](#)

At ATS, we are honored to provide our patients with therapy solutions to support their path to healthier living. Learn more about our services [here](#).

## Celebrate Respiratory Care Week!

**Respiratory Care Week** recognizes the vital role of Respiratory Therapists when it comes to patient care and support.

There are approximately 130,000 RTs across the U.S., and the need for RTs is projected to grow 23 percent from 2020 to 2030, much faster than the average for all occupations.

(Source: Bureau of Labor Statistics May 2018 Occupational Employment Statistics)

Respiratory Therapists (RTs) play a major role on the interdisciplinary team (IDT) by helping patients who suffer from respiratory issues due to lung and heart conditions or chronic respiratory conditions like COPD, asthma and pulmonary fibrosis. Also, the COVID-19 pandemic underscored the important role RTs play in supporting recovery from the long-haul effects of COVID-19 by providing structured exercise and education on medications and breathing exercises to optimize lung health.

Join us in celebrating the important work of our Respiratory Therapy team.

**Happy #RCWeek21!**

RESPIRATORY  
THERAPISTS

RESILIENCE ♥ STRENGTH ♥ HOPE

**#RCWEEK21**

October 24-30, 2021

## New Respiratory Therapy Services

Advanced Therapy Solutions' **Exhale Program** utilizes our staff of qualified therapists to provide comprehensive respiratory therapy to our patient population. The program's service offerings include **Re-Hospitalization Prevention, Cardio-Pulmonary Rehab, and High Acuity Patient Interventions.**



The benefits of this program include a reduction in re-hospitalizations, improved pulmonary and cardiovascular function, the potential for patients to reach clinical stability, and a higher quality of life for both the patient and their family. We believe that everyone deserves high-quality care, which is why we serve all patients - regard of payor source or diagnosis. [Learn more >](#)

## CLINICAL HIGHLIGHT: STROKE RECOVERY

As a brain injury that can lead to long-term disability, stroke affects a large number of individuals. Each year, nearly 800,000 people in the United States experience a stroke.

During a stroke, blood flow to a part of the brain is disrupted. Damaged connections between the brain and body can lead to a loss of function. Stroke can impact different parts of the brain and cause problems, including paralysis on one or both sides of the body; loss of feeling in the body parts involved; muscle weakness; balance and walking issues; speech impairment; difficulty with or inability to do certain movements; difficulty with thinking, problem-solving, or emotions.

### Types of Stroke

There are three main types of stroke:

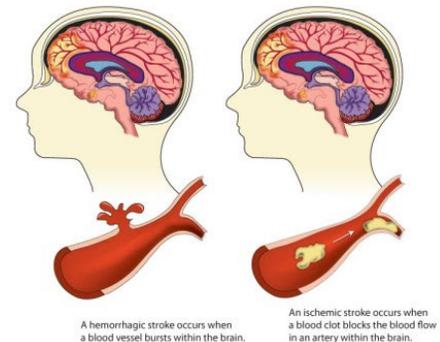
**Ischemic:** It happens when blood flow through the artery that supplies oxygen-rich blood to the brain becomes blocked.

**Hemorrhagic:** It happens when an artery in the brain leaks blood or ruptures (breaks open). The leaked blood puts too much pressure on brain cells, which damages them.

**Transient Ischemic Attack (or mini-stroke):** It is different from the major types of stroke because blood flow to the brain is blocked for only a short time—usually no more than 5 minutes.

(Source: CDC)

The type of stroke a person has suffered will determine the course of treatment and recovery. However, physical therapists are ready to provide treatments focused on each patients' needs.



### The Role of PT in Stroke Recovery

As experts who improve the quality of life of their patients through hands-on care, patient education, and prescribed movement, physical therapists are key members of the stroke recovery team. They help individuals recover faster and be stronger through physical activity focused on improved movement and function.



Physical Therapists will design a recovery program based on the tasks each individual needs to do every day. After assessing the needs of each patient and developing a plan of action, treatment options may include the following:

- Task-oriented and functional training
- Strength training
- Walking and balance training
- Constraint-induced movement therapy
- Functional electrical stimulation
- Motor imagery and mental practice
- Positioning
- Robotic, virtual reality, and interactive video games
- Bodyweight support
- Biofeedback

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## Advancements Continue

Recently, the Food and Drug Administration approved drug-free rehabilitation technology that treats moderate to severe upper extremity motor deficits in certain stroke patients. The MicroTransponder Vivistim Paired VNS System (Vivistim System), is a prescription system that is designed to be used along with rehabilitation exercises in patients recovering from long-lasting symptoms of chronic ischemic stroke. [Read the article.](#)

As the Physical Therapy treatments progress, the needs of the patient will change over time, so even after the initial recovery phase in a rehabilitation facility, the PT will continue to assess progress, update the exercise program, help prevent further problems and promote the healthiest possible lifestyle.

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## Benefits of PT in Stroke Recovery

As stroke survivor continue their personalized plan of care, they will be able to enjoy the benefits of working with an interdisciplinary team that includes a physical therapist.

Working hand in hand, the physical therapist will help the patient to:

- Recover from brain damage and loss of muscle function and stimulate damaged nerves and muscles
- Reduce stiffness of and maintain circulation to affected muscles and nerves
- Relearn movements and activities
- Gain the most function and independence possible
- Learn new ways to move due to any lingering side effects
- Rebuild mobility and physical strength
- Prevent muscle loss and recover better and faster



## Informative Articles and Resources:

[Physical Therapy Guide to Stroke – ChoosePT](#)

[2021 Guideline for the Prevention of Stroke in Patients With Stroke and Transient Ischemic Attack: A Guideline From the American Heart Association/American Stroke Association – AHA](#)

[FDA Approves ‘First of its Kind’ Vagus Nerve Stroke Rehab Technology – McKnight’s](#)

[Recovery From a Stroke: 9 Benefits of Physical Therapy – ChoosePT](#)

[Recovering From Stroke – CDC](#)

[Rehabilitation for Stroke – Johns Hopkins Medicine](#)

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**At Advanced Therapy Solutions, we are focused on maximizing our patients’ physical comfort and functionality. Learn more about our Physical Therapy services [here](#).**

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## Leadership Recommendations

- Provide team members with appropriate training and resources to support competencies regarding therapy approaches for each patient.
- A person-centered approach to patient assessment and care planning should be developed by the Interdisciplinary Team (IDT) to ensure care is personalized for each individual.
- IDT should also identify achievable goals to make mobility easier for their patients.
- Encourage patients to participate in their plan of care that is customized to their specific needs and goals.
- Educate patients and families about the importance of lifestyle changes and monitoring risk factors to help support their path to recovery.



## Stroke Rehabilitation Services

At ATS, we provide stroke rehabilitation services to patients in all care settings, including skilled nursing, assisted/independent living, outpatient and home health.

Working with an Interdisciplinary Team, we combine excellent therapeutic programming with state-of-the-art equipment for a perfect rehabilitative combination.

Our Physical Therapists and Occupational Therapists will provide individualized treatment plans to tailor a program specifically for the goals and needs of each individual.

[Contact us to learn more>](#)



## Reflections from the ATS Team

“ATS is a thorough and thoughtful close team environment, they care deeply about their patients and their patient’s goals to return home.”



Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.

[Learn more about our services](#) | [info@ats-therapy.com](mailto:info@ats-therapy.com)

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