

HANDS-ON APPROACH TO KNEE REHABILITATION

At 79, Norman Long keeps himself busy.

"I work part time at Publix," he explains, "and I also enjoy golf and fishing."

Unfortunately, knee pain was interfering with his active lifestyle.

"I was having major league problems with my knee, to the point where I had to have a knee replacement," he says. "The operation was a success, but I needed help afterward."

Norman received physical therapy at home after his surgery, but the treatment wasn't getting him back to his golf game — in fact, quite the opposite.

"It didn't seem to work as well as they wanted," he concedes. "My leg was so stiff and sore. Everything hurt. Sleeping, walking — everything was tough."

Dissatisfied with Norman's results, his surgeon referred him to Olive N. DeGuzman, RPT, BS, CWT, CEAS. Norman recalls his first consultation.

"Olive just bubbles over with enthusiasm, and she takes the time to explain everything," says Norman. "She was very thorough in her evaluation."

Customized treatment

Olive explains that physical therapy is about alleviating pain, not just exercising.

"People need to know that there are different kinds of physical therapy," says Olive. "Sometimes, patients assume that physical therapy means being exercised to death, but that's not what we do here."

In fact, Olive notes that for certain patients, too much exercise in their therapy has the opposite of the intended effect.

"When a patient exercises too much after a recent surgery," she explains, "the surgical site will aggressively build up scar tissue. If no one even looks at the condition of the muscles before they are exercised — and if the muscles were already quite knotted up — then more exercise will just make the muscles more knotted up."

"The orthopedic doctors in our area are excellent," she adds. "The important consideration is what happens after the surgery. Two main factors vital to the success of the surgery are the patient's cooperation and the right approach by a therapist."

"Norman tried his best, but the aggressive therapy he was receiving simply made his knee pain worse. We focused instead on manipulating the soft tissues around the knee joint rather than exercising the joint, and that enabled him to heal."

At Olive's clinic, patients always see a physical therapist, a considerable advantage over treatment at a large, more impersonal clinic. "Our patients are with a physical therapist all the time, so the assessment is not just on the first day," explains Olive.

"If someone has tried physical therapy without success, we encourage them to seek a second opinion."

"The best"

Unlike his previous physical therapy experience, Norman has benefited



**Olive N. DeGuzman
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greatly from Olive's treatment.

"Olive kept me walking," assures Norman. "She just worked on it and worked on it, and everything seemed to fall into place. Each time I came out of therapy, I was a little better."

"Now everything is great. I've been playing golf a couple times a week with no problem at all."

He records his thanks to Olive and her staff.

"I can't recommend her center highly enough," he says. "The staff is great: The receptionists are all nice, and both Cindy and Olive do a wonderful job."

"I say, if you've tried the rest, go to the best." *FHCN—Michael J. Sabno*



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Olive N. DeGuzman, RPT, BS, CWT, CEAS, holds a bachelor of science in both biology (Velez College, 1987) and physical therapy (Southwestern University, 1990). She is a certified weight trainer through the International Weightlifting Association and a certified ergonomic assessment specialist through the Back School, Atlanta. Olive has trained therapists from all over the world and was awarded by NOVACARE for helping the company understand the multicultural backgrounds of foreign-trained therapists. She is an active member of the American Physical Therapy Association, Florida Physical Therapy Association, International Myopain Society, and Arthritis Foundation.

No pain, more gain

The experienced therapists at Olive N. DeGuzman Physical Therapy Center look forward to working with you. Outpatient facilities are located in the Maple Leaf Plaza at **2200 Kings Hwy., Suite 2F**, in Port Charlotte, phone **(941) 629-5288**, and **100 Madrid Blvd., Suite 312**, in Punta Gorda, phone **(941) 505-8088**.

Visit Olive N. DeGuzman Physical Therapy Center on the Web at www.olivedrpt.com.