



Atlas Physial Therapy

Atlas Helps Doctor Back on her Feet

After she fell down a flight of stairs, Vickie Prince, M.D. needed ACL (anterior cruciate ligament) reconstruction and right knee joint surgery (a medial meniscectomy). Eager to regain her normal fast pace of work and keep up with her basketball-playing daughters, the Mandarin family physician sought the help of Atlas Physical Therapy and Sports Medicine the day after her surgery.

"Dr. Prince started her physical therapy with us in early September," says Atlas owner Ron Berger, a registered physical therapist and certified athletic trainer. "She had had ACL surgery years ago on her other knee, and she knew it was important to begin physical therapy as soon as possible after the surgery. She came in on crutches, with a knee immobilizer, but was ready to start weight bearing the very first day."

"For patients like Dr. Prince, who come to us right after any kind of limb surgery, the first thing we do is remove their surgical dressing and get some baseline measurements. Our initial therapy can then begin. In Dr. Prince's case, our first goal was to decrease swelling, increase muscle control and muscle contractions, and work on helping her regain her range of motion."

"Early therapy after surgery is so crucial," Berger explains. "When patients participate fully in their therapy at the beginning, it makes it that much easier down the road. On the other hand, if they don't start therapy right away or do it less than recommended, they can delay getting their range of motion and strength back. They may also have problems with scar tissue or doing the normal things they did when they were healthy."

Berger has an extensive sports medicine background, with experience helping athletes at the high school, college and professional levels since 1989. "We learned very quickly that Dr. Prince was very competitive," he says. "I've seen her play basketball alongside her daughters."



Atlas Physical Therapy and Sports Medicine helps athletes and patients of all ages and abilities get back to work and everyday living. Among the therapy advantages offered are:

- ❖ **Post-op Procedures including Total Joint Replacement**
- ❖ **Aquatic Therapy**
- ❖ **Electro-therapy**
- ❖ **Ultrasound**
- ❖ **Soft Tissue Mobilization/Massage**
- ❖ **Joint Mobilization**
- ❖ **Mechanical Traction**
- ❖ **Therapeutic Exercise & Passive Range of Motion**
- ❖ **Isokinetic Testing and Exercise**
- ❖ **Aerobic and Cardiovascular Exercise**
- ❖ **Gait Training**
- ❖ **Biofeedback**
- ❖ **Hydrotherapy**
- ❖ **Comprehensive Women's Therapy**

She wanted to get back up to full speed very quickly. She was great to work with and she kept all of us on our toes. Competition is motivating for her, so she challenged us to do exercises along with her during her therapy sessions. Together, we'd get on the stationary bike, do some ankle weightlifting and wall squats with therapy balls. Some of the other therapists participated too – they didn't want to get shown up by this doctor who had just had

surgery. That helped her stay motivated, and it helped us tune in to exactly what she was going through."

Berger used a variety of therapies to keep Prince challenged as she progressed. "She advanced very quickly. We didn't need to work on a lot of heavy range-of-motion exercises. Included in her therapy were straight leg raises and knee extensions, and each time here she looked a little stronger. She took the PT seriously and put a lot into it. She obviously kept up her routines at home. As therapists we can always tell if someone has been doing what we ask them to do at home, because we can see the results. Those patients are a pleasure to work with."

One of the therapies Berger has special expertise using is biofeedback. "We use it with any type of condition involving patella (kneecap) tracking problems. The biofeedback device provides readings on the function of the quadriceps tendon above the knee. The therapist and the patient can use the readings to help with timing and muscle control, and to decrease any secondary pain. The device makes noise when the patient reaches a set target, and for Dr. Prince, that appealed to her competitive side. It gave her goals to work toward, since she could see her progress and she always wanted to exceed the last session's mark."

Dr. Prince rapidly reached the point at which she was ahead of protocol. "Protocol is what we use to gauge someone's recovery," says Berger. "In Dr. Prince's case, she was definitely ahead of the norm – to the point that sometimes we had to rein her back so she didn't go beyond what was safe. Her determination and competitive spirit really helped the healing process."

Atlas Physical Therapy accepts most insurance plans. Hours are 7 a.m. to 7 p.m. Monday through Friday, and Saturdays by appointment.



Atlas Physical Therapy and Sports Medicine, Inc.

NO EXCUSES, JUST RESULTS...

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