

HAPPENINGS

at Pinnacle Physical Therapy

- ✚ **Leigh Boyle**, (formerly Leigh Hazen) Pinnacle's Clinical Co-ordinator, had a very busy 2008! She completed her DPT in physical therapy at Franklin Pierce University, trained rigorously for several triathlete competitions, and qualified for the nationals. And in August, 2008, she married David Boyle, a software engineer. Congratulations, Leigh!
- ✚ **Bob Worden**, Pinnacle's Administrator, completed training in basic and advanced Graston Technique in the fall of 2008 (see page 2). He also attended advanced training at the Cincinnati Sports Medicine Foundation and the Harvard Medical School program on ankle diagnosis and treatment.



Pinnacle Physical Therapy
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Plaistow NH, 03865

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Pinnacle Physical Therapy
95 Plaistow Rd (Rte 125)
Plaistow NH 03865
Tel: 603-378-0082
Fax: 603-378-0083
Hours: 7-7, M-F

Meet Our New Staff!

Cindy Baer, MS, CHT/OT heads up the hand program at Pinnacle PT. With new training in the Graston Technique, she has acquired additional tools to improve hand, shoulder, and elbow function. A 30-year veteran of hand services, Cindy has vast experience in treating conditions such as overuse syndromes, tendonitis, carpal tunnel syndrome and tennis/golfer's elbow. Cindy is board certified in hand therapy and enjoys weekends with family and friends on the Cape and Vineyard.

Barbara St. Jean, DPT, is the newest addition to the Pinnacle staff. She comes to us from Lawrence General Hospital and is thrilled to be back in the greater Plaistow community, where she was born and raised. Barbara has a passion for geriatric orthopaedic care, aquatic therapy and recently trained in the Graston technique. Barbara is an avid pool player and recently returned from Las Vegas where she participated in the National Pool Player's championship.

New at Pinnacle! The Graston Technique

Pinnacle Physical Therapy is one of the few rehabilitation centers trained in the Graston technique.™ This innovative technique was originally developed by athletes and uses specially designed stainless steel instruments to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation. Benefits of the Graston Technique may include:

- Decreased overall time of treatment
- Faster rehabilitation/recovery
- Reduced need for anti-inflammatory medication
- Resolution of chronic conditions thought to be permanent

According to **Leigh Boyle, DPT**, Pinnacle's Clinical Coordinator, "We've had success combining the Graston Technique with conventional treatment. We've seen remarkable improvements with conditions that range from chronic surgical scar pain to the pain of long-term plantar fasciitis."

Hours of service

M-F, 7AM-7PM

Contact us at:

(Tel): 603-378-0082

(Fax): 603-378-0083

Internet

www.pinnaclephysicaltherapy.com

Why Physical Therapy?

Our physical therapy services can help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities for patients suffering from injuries or other medical conditions.

Pinnacle's patients include those with painful or disabling conditions such as low-back pain, arthritis, total joint replacement, fractures, rotator cuff tendonitis, pre- and post-arthroscopy, neck pain, carpal tunnel, and acute/chronic foot pain.