



# Client Empowerment

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Take Charge of Your Health.



# Dr Jessica Klain PT, DPT, COMT, CSCS, OCS, CNPT

Owner/Founder of Physio, Yoga & Wellness

## Mission Statement

Investment in our health creates a life full of joy, gratitude and satisfaction

## Post Doctoral Accreditations

Board Certified Orthopedic Clinical Specialist (OCS)  
Certified Strength and Conditioning Specialist (CSCS)  
Certified Orthopedic Manual Therapist (COMT)  
Certified Nutritional Physical Therapist (CNPT)  
Certified Vestibular Specialist  
Certified Concussion Specialist  
Trigger Point Dry Needling Certified, Level 1&2  
Certified Yoga Teacher

## Education

University of Florida, Doctorate in Physical Therapy (2009)  
The Ohio State University, Bachelor of Science in Biology (2006)



# Dr Kelsy Rayl PT, DPT, COMT, CNPT

Owner and Physical Therapist at SparqPT

## Treatment Philosophy

Engaging and supporting the whole person to optimize their care and healthcare experience

## Post Doctoral Accreditations

Certified Orthopedic Manual Therapist (COMT)

Certified Vestibular Specialist

Certified Concussion Specialist

Trigger Point Dry Needling Certified, Level 1&2

## Education

University of Kansas Medical Center, Doctorate in Physical Therapy (2017)

Kansas State University, Bachelor of Science in Kinesiology (2014)



# What is Empowerment?

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# Empowerment

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The degree of **autonomy and self-determination** in people that enables them to represent their interests in a responsible and self-determined way, **acting on their own authority**.

**Authority or power** given to someone to do something.

The process of becoming stronger and more confident, especially in controlling one's life and **claiming one's rights**.

Empowerment also includes encouraging, and developing the skills for, **self-sufficiency**.

# How to Feel Empowered & Take Charge of Your Health

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1. Communicate Your Needs

1. Actively Choose Your Provider Team

1. Make a Plan

# Get the Most out of Your Visits

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- Medical History & Medication
- List of Current Symptoms
  - Include how they are impacting your life
- Test Results or Treatment Notes
- Come Prepared with Goals & Priorities



## Team Based Care

### Provider Team

- PCP
  - Neurologist
  - ENT
  - Audiologist
  - Neuro-optometrist & Vision therapist
  - Occupational therapist
  - Physical therapist
  - Chiropractor
  - Speech therapist
  - Psychiatrist, psychologist, counselors
  - Support Group
  - Acupuncturist
  - Massage therapist
  - Yoga instructor
  - Nutritionist
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# Primary Care Physician

MD, Naturopath, Nurse  
Practitioner, Physician Assistant

Your Primary Care Physician (PCP) should act like a case manager. Your PCP should address all your symptom complaints and facilitate referrals to other necessary providers. Your PCP should communicate with you often to ensure you are getting the care you need

What to expect:

- Thorough evaluation
  - Referrals
  - Medication Management
  - Appointments on a regular basis (monthly, quarterly, etc.)
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# Specialists

Neurologist, ENT, Audiologist

Specialists play an important on your team of providers. They assess particular systems in depth, screening for red flags, getting appropriate imaging, and prescribing medication to help improve your tolerance of treatments and daily activities. They can also facilitate referrals to appropriate therapies.

What to expect:

- Thorough evaluation
    - Including diagnostic testing
  - Referrals
  - Medication Management
  - Single appointment to appointments every 2-3 months
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# Functional Therapies

Vision Therapist, Occupational Therapist, Physical Therapist, Speech Therapist, Cognitive Therapist

Functional therapies are crucial to recovery and improvement in daily function. They are the “bread and butter” of your team of providers. Depending on their area of expertise, they will help you with symptom management, symptom improvement, and getting back to your prior level of activity and function

What to expect:

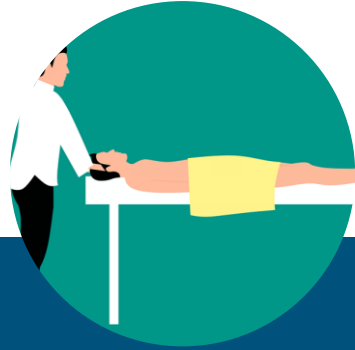
- Thorough evaluation
  - Including diagnostic testing
  - Visits as frequent as 3x/wk or as little as 1x/mth x 3-6 months
  - Daily HEP
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# Who Is Your Dream Team?



## Big Picture

Who is helping you put the puzzle pieces together & directing your overall care?



## Physical

Who is helping improve your physical symptoms associated with your brain injury?



## Emotional

Who is helping you recognize and manage difficulties commonly associated with brain injuries?



## Feel Good

What do you do to feel good?

# Strategies for Managing Multiple Providers

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## Questions to Ask

- Which of my symptoms have the most impact on my daily function?
- How many appointments can I tolerate in one day?
- What do I have the emotional capacity for at this stage of recovery?



# Provider “Red Flags”

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- Doesn't know how to say “I don't know”
- Cuts you off while you're talking
- Is seeing more than one patient at a time or seems to be in a rush
- Doesn't take the time to listen to you
- Doesn't have experience in your symptoms/conditions
- Bad energy or vibe
- Lack of trust in your provider/patient relations

# Provider Directories

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- VEDA: [vestibular.org](http://vestibular.org)
- BIAC: [biacolorado.org](http://biacolorado.org)
- AIB: [dizzy.com](http://dizzy.com)
- NORA (neuro-optometrists): <https://noravisionrehab.org/>

# Make A Plan for Success

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## Step 1

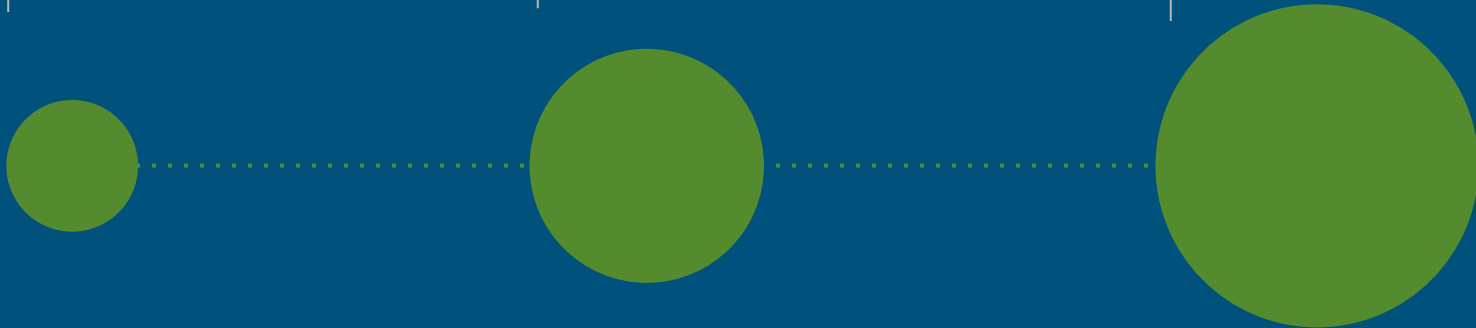
Ask for help, seek advice,  
& feel empowered to take  
action and heal

## Step 2

Acceptance of positives &  
negatives, Integration of new  
strategies & modifications

## Step 3

Get out there and live your life!





# Your Journey. Your Life.

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Every journey is UNIQUE

Feel EMPOWERED to find what's right for you!

Questions,  
Thoughts or  
Comments?

# Get In Touch

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