Client Empowerment

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?
Empowerment

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

1. Communicate Your Needs

1. Actively Choose Your Provider Team

1. Make a Plan
Get the Most out of Your Visits

- 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
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.)
Specialists

Neurologist, ENT, Audiologist

Specialists play an important role 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
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
Who Is Your Dream Team?

**Big Picture**
Who is helping you put the puzzles 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

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”

- 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

- VEDA: vestibular.org
- BIAC: biacolorado.org
- AIB: dizzy.com
- NORA (neuro-optometrists): https://noravisionrehab.org/
Make A Plan for Success

Step 1
Ask for help, seek advice, & feel empowered to take action and heel

Step 2
Acceptance of positives & negatives, Integration of new strategies & modifications

Step 3
Get out there and live your life!
Your Journey. Your Life.

Every journey is UNIQUE

Feel EMPOWERED to find what’s right for you!
Questions, Thoughts or Comments?
Get In Touch

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