

Spring & Summer
2019



Catalyst PT Welcomes Amy Messer, DPT

Amy received her Doctor of Physical Therapy education at Eastern Washington University, graduating in 2010. Following graduation, Amy worked in a variety of settings throughout the United States as a traveling PT. She brings a wide range of experiences back with her and looks forward to serving the community. Amy believes in providing evidence-based care and tailoring physical therapy services to address the unique goals of each patient. As a former collegiate athlete, Amy understands the importance of injury prevention and successful rehabilitation. Professional areas of interest include post-surgical care, sports rehabilitation including injury prevention and treatment of overuse injuries.

While not working, Amy enjoys spending time with friends and family. You'll find her enjoying the beauty of the Bitterroot with her husband and two dogs - rock climbing, skiing, hiking and gardening.

Amy will be accepting patients at Catalyst Physical Therapy beginning June 3, 2019.



Now Offering

Certified Concussion Rehabilitation

In the United States, there are 3+ million sports-related concussions each year. And those are just the ones that are reported and diagnosed. Concussions, while considered mild, can be serious and can have long-term effects on memory, coordination, balance and emotions if not addressed and treated properly by a health care professional.

Concussions are not limited to just a trauma to the head or neck but are truly a form of mild traumatic brain injury (MTBI) which may manifest in multiple clinical presentations.

Patients with MTBI may experience headaches, foginess, dizziness, nausea, sensitivity to light/noise/busy environments, emotional changes, anxiety, difficulty with academics, abnormal eye movements, fatigue, difficulty concentrating and remembering, changes in sleep patterns,

blurred vision, difficulty reading, and symptoms with physical activity.

A physical therapist with specialty training in concussion management will assess and treat symptoms related to the vestibular systems, neurocognitive function, ocular motor system, and physical exertion. The PT will administer specialized tests to evaluate performance in each of these categories and then establish a plan of care and treatment protocol based on each patient's unique symptoms.

The trajectory and plan of care in concussion management is focused on the deficits found during the patient's evaluation. Physical therapy treatment may include sleep behavior management, vestibular activities, specific vision exercises,

monitored exertion, cardiovascular activities, cervical spine mobilization and proprioception, strengthening and endurance exercises for cervical spine, and balance activities.

Caleb Kemp, Doctor of Physical Therapy, recently completed his certification in concussion management through ImPACT Applications. He is the only ImPACT certified Concussion Rehabilitation Specialist in Hamilton, MT. Catalyst Physical Therapy now offers pre and post concussion assessments and provides a plan of care for the treatment of concussions.

LEARN CONCUSSION SIGNS AND SYMPTOMS

SEE FULL LIST OF SYMPTOMS @ www.cdc.gov/Concussion

- Headache
- Dizziness
- Blurred Vision
- Difficulty Thinking Clearly
- Sensitivity to Noise & Light

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Catalyst Connected in the Community



Rebekah Stamp, Owner, has a passion for being active and involved in Hamilton, MT and surrounding communities.

*Catalyst Physical Therapy offers various programs geared towards youth athletes to aid in injury prevention and conditioning, such as with our upcoming **Catalyst Kinetics** program. Rebekah believes developing partnerships with community organizations to support athletes is a key component to long term athletic success.*

Community involvement and volunteering is important at Catalyst Physical Therapy, especially with non-profit and youth organizations. Rebekah is a board member of Valley Elite F.C. (the local youth based competitive soccer program) and is a newly appointed board member of the Hamilton School District School Board.

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Eating Well...

Grilled Zucchini with Parmesan Breadcrumbs



Ingredients:

- ¼ cup olive oil
- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated (about ½ cup)
- 1½ teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchini, halved lengthwise
- Lemon wedges for serving

Directions:

- Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt.
- Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut-sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut-side up; spoon the panko mixture evenly on top. Grill, covered, until the topping is golden brown in spots, 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

Nutrition information:

Serving size: 1 zucchini piece / Per serving: 234 calories; 18 g fat(4 g sat); 2 g fiber; 3 g carbohydrates; 6 g protein; 40 mcg folate; 9 mg cholesterol; 4 g sugars; 0 g added sugars; 482 IU vitamin A; 31 mg vitamin C; 116 mg calcium; 1 mg iron; 351 mg sodium; 450 mg potassium / Nutrition Bonus: Vitamin C (52% daily value) / Carbohydrate Servings: 0 / Exchanges: 3 fat, 1 vegetable, ½ high-fat protein, ½ starch