



## BIRD PHYSICAL THERAPY

### Mission Statement:

At Bird Physical Therapy our mission is to maximize function through the lifespan.

### Vision Statement:

Our vision at Bird Physical Therapy is to offer a comprehensive approach to rehabilitation that is highly regarded in the community for its expertise, high ethical standards, and excellent patient care.

### Three Most Important Qualities:

- Our practice provides expert knowledge in restoration of the body and physical wellness in partnership with the patient to find the cause of the problem.
- We value a high level of expertise in the area of rehabilitation and wellness and demonstrate that with our focus on Physical Therapy.
- Our patients refer family & friends to our facility because of their strong satisfaction with our services.

### Differentiating Qualities:

- We believe that consistency is a key component to function; therefore, your treatment is initiated and completed by the same Physical Therapist throughout your course of care.
- Our practice is housed in one location with space for groups of people as well as private rooms to ensure an intimate setting for treatment and care.
- We believe that patients should experience transitions in care that incorporate three stages of progress. This movement takes the patient from pain to pain-free and into wellness.

### Expertise

Our team has diverse advanced clinical experience including: 15 years experience providing Physical Therapy in the area of orthopedic, musculoskeletal and neurological impairments.

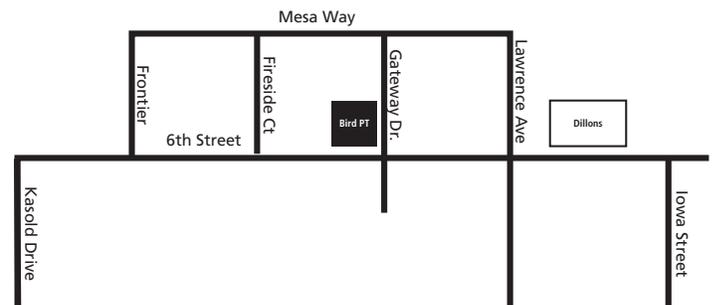
### Services:

- Pre & Post Operative Treatment
- Back & Neck Pain
- Joint Pain
- Dizziness
- Motor Vehicle Accidents
- Chronic Pain
- Wellness Activities
- Athletic Injuries

*Ask us about our gym membership to continue your exercise program after treatment*

### Location

535 Gateway Drive, Lawrence, KS 66049



### Hours

Monday - Friday, 7:00 am to 6:00 pm  
Parking is conveniently located in our personal parking lot. We are a fully handicap accessible clinic.

We are located along the Lawrence Transit System, "The T," bus route. For a map and times, please visit [www.lawrencetransit.org](http://www.lawrencetransit.org) or call 785-312-7054.



## **BIRD PHYSICAL THERAPY**

### **Treatment Program at Bird Physical Therapy**

At Bird Physical Therapy we value a comprehensive approach to the care and treatment of our patients. We utilize a four-step approach in helping patients achieve their goals.

#### **1. Problem Identification**

Our licensed therapists evaluate the patient to discover the cause of their problems and not just treat the symptoms.

#### **2. Education**

This is a partnership/relationship with the patient that is undertaken for their benefit. When the patient is educated as to why a problem occurs, they become an active participant in their recovery process.

#### **3. Treatment**

The therapist and the patient work hard together. The patient completes modifications in their daily life style and exercises at home. The therapist provides guidance, hands-on work and expertise in leading the patient to their goals.

#### **4. On-going Support:**

Our therapists are available by appointment, phone, or accessible in our gym to answer questions and address concerns. Follow-up appointments are made when necessary to ensure compliance. A phone call is made to the patient one month after releasing them from therapy to ensure compliance with exercises and body awareness activities for long term wellness.

What our patients say...

*"I've become much more aware of how to better do things so I can avoid injury and get well. I realize how responsible I must be to maintain my wellness."*

– AL



## BIRD PHYSICAL THERAPY



### Meet Your Therapist **Kevin Bird, LPT**

**Mission Statement:**

To provide one-on-one therapy with an emphasis on not just treating the symptoms, but correcting the underlying cause of the problem, while incorporating education to understand the problem and prevent future injury. I believe pain free movement is a balance of strength, flexibility, and tissue mobility. These components must be addressed to experience normal movement and return to a state of wellness.

**Education:**

Master of Science in Physical Therapy – University of Kansas Medical Center

**Experience:**

Owner of Bird Physical Therapy since 1998  
Practicing physical therapy since 1993

**Specialty Areas/Areas of Interest:**

Orthopedic injuries  
Neurological injuries  
Post-surgical rehabilitation  
Vestibular rehabilitation including BPPV

**Hobbies:**

I enjoy spending time with my family, fishing, gardening, woodworking, running, and cheering on the Jayhawks.

What our patients say...

*“Kevin Bird’s ability to assess the problem and provide instructions on what exercises will correct the problem is exceptionally good. I have had chronic pain for 20 years and in 6 weeks my pain is almost gone.”*

– MI



## BIRD PHYSICAL THERAPY



### Meet Your Therapist

## Mark Luttrell, DPT

#### **Mission Statement:**

To provide a comprehensive and personalized treatment plan that restores optimal mobility and physical movement, so that each individual can return to their highest functional level as efficiently as possible. I also believe that patient education and wellness are important factors for an effective recovery and prevention of future injuries. I consider these crucial components in order for each individual to reach their fullest potential through recovery and beyond.

#### **Education:**

Doctorate in Physical Therapy  
University of Kansas Medical Center

Master of Science in Education,  
emphasis in Exercise Physiology  
University of Kansas

#### **Academic Honors and Awards:**

Chair's Outstanding Student Award, Class of 2008

#### **Specialty Areas/Areas of Interest:**

Orthopedic and post-surgical rehabilitation

Sport-related injuries

Vestibular rehabilitation including BPPV

#### **Hobbies:**

I enjoy spending time with my family, swimming, running, cycling, triathlons, and reading.

What our patients say...

*"I have been very pleased with my therapy. I'm more flexible now than I ever knew I was capable of. I was given 3 different therapists and asked to choose 1. I am glad I chose yours and it will be my pleasure to refer friends and relatives. Thank you much."*

– BP



## BIRD PHYSICAL THERAPY

# Back and Neck Pain

At Bird Physical Therapy we understand the frustration of back and neck pain. As one of the most common ailments we treat, understanding all the causes of pain is necessary to return to pain-free living. Pain is a sign of an underlying breakdown in the integrity of the body. This is due to many deficiencies that come together to create pain. We take a comprehensive approach to identifying the cause of the pain and offer a multilevel plan to eliminate it. Successful and long term recovery is dependent upon addressing all areas in a comprehensive approach. Because our therapists possess extensive manual skills and stay current on the latest research, our highly specialized therapy solutions are the difference between temporary and long term pain relief.

Individualized exercises for trunk stability and flexibility are provided at the first appointment to empower the patient in eliminating the pain. It is through education and empowerment that long term pain relief is achieved.

### **Our services include treatment for:**

- Acute Back/Neck pain
- Sprain/Strain
- Whiplash
- Disc Pathology
- Stenosis
- Arthritis
- Sciatica
- Post-Operative Rehabilitation
- Chronic Pain/Myalgia

After completing your therapy and returning to your normal routine, you may return to the previous lifestyle that produced pain. Within 30 days after the last appointment, a clinician will call to check on your condition and inquire about compliance with the individualized exercise routine, and answer any questions you may have.

What our patients say...

*"I was skeptical at first when my general physician recommended physical therapy. I have been very impressed with the level of attention that I have received by Kevin as well as other staff. I have been completely satisfied with the care I have received. I'm also happy to be virtually pain free for the first time in 4 years. I'm now a believer in physical therapy."*

– AR



**BIRD PHYSICAL THERAPY**

## Wellness Program

At Bird Physical Therapy, we are committed to maximizing your overall function. Our commitment entails a continuum beyond the completion of therapy; it's not just about achieving your goals, it's about maintaining what you have achieved. For most of our patients, continuing with their exercise program as part of their therapy is vital for their transition into wellness. This is achieved by maintaining and progressing your home exercise program.

Wellness is achieved as patients sustain their exercise regimen independently once their physical therapy sessions have ended. We offer several options for our patients, for a small monthly fee, to utilize our gymnasium equipment to enhance their strength, flexibility, and aerobic fitness. You can choose the level of assistance needed for your continued wellness. The options are listed below:

- An individualized home exercise program which is tailored to you during the course of therapy. This is continued at home once you are discharged from therapy.
- A monthly gym membership. This includes the independent use of the equipment and is handled on a pay by month basis with no contract to sign.
- A small exercise group. This option involves 2-4 individuals with a tailored exercise program that is progressed as wellness improves. A personal trainer is present with this program.
- An individualized exercise regimen. Your time is one-on-one with a personal trainer who evaluates, progresses, and coaches you in form and encourages maximal effort and compliance.

All sessions are supervised by a licensed Physical Therapist.

**Wellness: a state of mental and physical balance and fitness**

What our patients say...

*"I never thought I'd look forward to working out. It has been such a pleasant experience; I want to now "get in shape". I came in with lots of stress and shoulder pain and I leave with feeling so much healthier and better. Shoulders are much more relaxed and NO PAIN!"*

– PD



## BIRD PHYSICAL THERAPY

### Orthotics Why and When?



Bird Physical Therapy is a certified provider of *Sole Supports™* custom made orthotics. *Sole Supports™* orthotics are uniquely designed to directly and completely support and restore the arch of your foot. Restoration of proper function for prolonged, pain-free foot health that benefits the entire body is our goal for you.

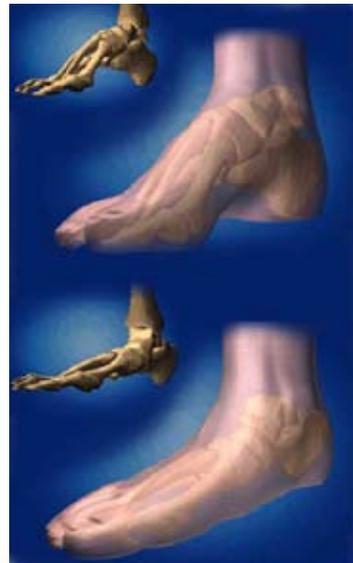
The first goal of proper foot management is to understand what is going wrong. When the problem is identified, biomechanical correction of foot function becomes profoundly clear. The high repetitive forces that converge on the weight-bearing foot require a highly efficient mechanical means of control. Custom made orthotics may be the difference between long-term success and failure in the management of your pain.

#### Benefits of *Sole Supports™* Orthotics

- Conform perfectly to your arch for support
- Designed with your weight and activity levels in mind
- Engineered to actually control foot function, not just cushion it
- Captures the foot in the ideal position for weight bearing activities

#### Common conditions that may be helped with orthotics

- Plantar Fasciitis
- Heel spurs
- Knee pain
- Hallux Rigidus
- Bunion
- Shin Splints
- Morton's Neuroma
- Metatarsalgia
- IT Band syndrome
- Low back pain/ Hip pain



What our patients say...

*"This has made a huge difference for me!"*

– JAJ



## BIRD PHYSICAL THERAPY

Dear Patient,

Bird Physical Therapy strives to provide the highest quality of rehabilitation services within a caring environment. To provide the opportunity to measure our ability to meet your needs, we ask that you complete this patient satisfaction survey. Results of this survey are reported directly to Kevin and Erin Bird, and the source of individual comments/suggestions is kept confidential, unless otherwise indicated by you. It is our hope that, with your help, we can continue to grow in our capacity to serve you.

Please rate the following general practice and professional staff issues. Feel free to provide suggestions and information, so we can better understand your needs. It is optional to provide your name. We look forward to your comments and suggestions!

1 = Strongly Disagree    2 = Disagree  
3 = Agree    4 = Strongly Agree

### Office & Facility:

Reception and Office Staff are helpful and courteous:

1    2    3    4

Comments: \_\_\_\_\_

Office Staff are clear and helpful on Billing and Medical Records Issues:

1    2    3    4

Comments: \_\_\_\_\_

Bird P.T. is adequate in size and offers appropriate rehab equipment:

1    2    3    4

Comments: \_\_\_\_\_

Bird P.T. offers scheduling that meets my personal and family needs:

1    2    3    4

Comments: \_\_\_\_\_

### Professional Staff:

My therapist demonstrates genuine concern for my care:

1    2    3    4

Comments: \_\_\_\_\_

My therapist listens to my needs, concerns, and questions and takes time to respond to me thoroughly:

1    2    3    4

Comments: \_\_\_\_\_

My therapist communicates well with other staff involved in my care:

1    2    3    4

Comments: \_\_\_\_\_

My therapist provides useful information/education regarding my needs/treatment/wellness:

1    2    3    4

Comments: \_\_\_\_\_

Therapy has assisted in making significant improvements in my daily function:

1    2    3    4

Comments: \_\_\_\_\_

I would return to Bird Physical Therapy if I needed rehabilitation services/ I would refer family and friends to Bird Physical Therapy:

YES    NO

What else could we do to better serve you?

\_\_\_\_\_

Please tell us what we are doing well (i.e. staffing, equipment, cleanliness, educational materials, etc.):

\_\_\_\_\_

Please let us know how you selected Bird Physical Therapy (Check all that apply):

Friend/Relative                       MD  
 Insurance Company/HMO     Yellow Pages  
 Other:

Who can we thank for referring you?

\_\_\_\_\_

### OPTIONAL:

Your Initials \_\_\_\_ You may share this survey with pertinent staff, referral sources and/or patients.

Feel free to attach additional information.

Thank you for your input!!



**BIRD PHYSICAL THERAPY**

## Taking Flight Sports Conditioning Program

Team practice in youth athletics is often concentrated more on technical skill improvement rather than fitness improvement. Commonly due to time constraints, fundamental fitness is pushed aside to the detriment of speed, agility, and explosive jumping. Our goal at Bird Physical Therapy is to help athletes reach their full potential by introducing exercises meant to develop and refine their abilities in these specific areas. Our program, Taking Flight, is directed at junior high and high school athletes who desire speed, quickness, and jump training. This program may be especially beneficial to those who wish to compete at a collegiate level.

Taking Flight will focus on athletes participating in the following sports:

- Volleyball
- Basketball
- Baseball
- Softball
- Football
- Track and Field
- Tennis

Athletes should participate in Taking Flight during the off-season of their particular sport to allow for fitness development and the utilization of program benefits during in-season play.

### **Program Outline**

Taking Flight is designed to improve performance through strength, plyometric, agility, and speed drills. Routines will be personalized to fit each individual's sport and fitness goals. Participants will attend workouts three times per week for a total of four weeks. Pre-tests will be conducted at the beginning of each session to determine baseline measurements of fitness, and post-tests will be performed regularly to monitor progress.

### **Staff**

Kevin Bird, MS, LPT  
Mark Luttrell, DPT

### **Performance Nutrition**

Need to gain weight? Want to add muscle and lose fat? Need to improve your endurance? Nutrition could be the answer. Staci Hendrickson, Dietitian, is available for performance nutrition consultations at Bird Physical Therapy. Staci has experience working with athletes of all ages. Call 785-760-4501 to set up an appointment. Mention that you are working with Bird Physical Therapy and receive a 20% discount.

### **Our Facility**

Bird Physical Therapy houses a fitness area equipped with tools for cardiovascular and strength training, as well as matted tables for comfortable stretching and core strengthening.

- Treadmills, Bikes, Rowing machine
- Agility ladders
- Jumping Platforms
- Just Jump or Run Meter: a handheld computer that measures vertical jump, foot quickness, reactions times, and voice-activated sprints.
- Weights



## BIRD PHYSICAL THERAPY

# Staying on Your Feet:

## How to Keep Your Balance and Prevent Falls

- More than one third of older adults fall each year and fall rates increase with advancing age
- Falls are the leading cause of injury deaths, the most common cause of non-fatal injuries, and the most common reason for hospital admission due to trauma in older adults.
- 20-30% of people who fall suffer moderate to severe injuries such as lacerations, hip fractures, or head traumas.
- Falls are the most common cause of traumatic brain injuries (TBI) and more than 95% of hip fractures are caused by falls.
- Many people, who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activity, which in turn increases their actual risk of falling.

### Risk Factors

- Muscle Weakness
- History of Falls
- Gait Deficit
- Balance Deficit
- Use of Assistive Device
- Visual Deficit
- Neurologic Deficit
- Multiple Medications
- Impaired ADL's
- Depression
- Cognitive Impairment
- Arthritis



### Balance Rehabilitation at Bird Physical Therapy

- 1. Balance Retraining:** Controlling center of gravity (COG) over base of support (BOS). Challenge regulation of balance and postural stability specifically engaging visual, vestibular, somatosensory and cognitive systems. Elicit postural reactions and ankle, hip and step strategies by altering stimuli, surfaces, and secondary tasks to mimic functional activities, resistance, direction, and velocity of movement.
- 2. Exercises:** Concentrate on strengthening legs, especially the ankle, and trunk/core musculature affecting motor control. Reduce joint pain/instability, and correct postural defaults
- 3. Gait Training:** Appropriate and accurately adjusted assistive devices. Challenge and advance with changes in surfaces/terrain, elevation, time/rhythm, distance, physical load, attention, postural transition, and amount of support.