



MOUNTAIN MAN

Physical Therapy

Welcome to Mountain Man Physical Therapy! We are honored and excited to have you as a patient. Are you here to rehab a nagging injury, resolve pain, restore mobility post-surgery, recover from an accident, or to improve your overall health and function? You have come to the right place! Mountain Man PT was founded on the principle that all patients deserve one-on-one care by a Licensed Physical Therapist, with no techs or assistants. This standard of care and the beautiful setting in which the rehabilitation takes place is unmatched in the region. Our goal is to provide you with the best experience and outcome you have ever had in PT. We will not only address your injury, but also teach you the Mountain Man Method™—our breakthrough process of restoring mobility throughout the body, regaining function, and maximizing athletic performance for those looking to break boundaries. Our goals for you go way beyond symptom management: we aim to target the source of dysfunction and assist your body in healing when it is unable to do so on its own.

You are in great hands with Dr. Sander Schiller, PT, DPT, Dr. Kyle Amerson, PT, DPT, and Scott Foust, PT, MPT. They possess extraordinary knowledge of the body and the advanced manual skills to target even the oldest, deepest, and most severe injuries with pinpoint accuracy. Their approach aims to produce significant improvements in function, mobility, and symptom reduction during your first few visits. They will develop and teach you your home exercise program according to your treatment plan and fitness goals. Finally, you will learn to treat yourself according to the Mountain Man Method™, dramatically reducing recovery times and forever changing your understanding of and relationship with injuries.

As we start out in this process together, we'd like to share some insight and information to supplement what you will learn from your PT. Much more can and will be discussed during your sessions, but below is a crash course that has been developed and fine-tuned over the past 6 years through research, case studies, and closely observing the effectiveness of each technique implemented at MMPT. Let's start with the MUSCLES—and more specifically, TRIGGER POINTS—which are responsible for over 90% of all pain and dysfunction typically seen at Mountain Man PT. Trigger points, also known as muscle strains, muscle pulls, and knots, are sections of muscle that are locked in contraction and no longer work. They restrict movement, limit strength, create pain, mimic nerve/joint symptoms, and can cause problems such as nausea, abdominal bloating, hearing loss, headaches, dry eyes, numbness, and thousands of other symptoms. Everyone develops trigger points throughout life, however when left untreated, they often lead to the gradual shutting down of the neurological and musculoskeletal systems.

Trigger points form from basic causes such as overuse, poor posture, tripping, falling, sports, surgery, pregnancy, infections, stress, and several other incidents that occur throughout life. If we are involved in high intensity sports, stressful situations or have poor body mechanics, this process may be accelerated. Imagine that you were born with the ability to activate 100% of your muscle as an infant. As you move through life, and trigger points form, you begin to lose the ability to fully engage your muscles. Strength, flexibility, endurance, explosiveness, and overall function decrease proportionately with the formation and size of corresponding trigger points. Whether or not pain is present, patients frequently feel as if they are unable to fully

activate/engage the injured muscle. The injured area will also likely fatigue much sooner than the surrounding muscles because a portion of an injured muscle no longer works. The consequences of neglecting to rehab muscular trigger points wreaks havoc on the body and life in general. We begin to put limitations on activities we can and cannot perform, and also lose the ability to maintain a healthy and active lifestyle. By the time most people enter their later decades, they can no longer move around and manipulate their environment as they did in their youth. They become prone to the onset of diseases due to poor physical and cardiovascular health. But this is avoidable! We are here to change your ideas about injuries, aging, and the needless loss of function most people eventually experience.

The miraculous ability to heal injuries through manipulating the tissues has been understood for hundreds of years, however currently there are very few health care practitioners that understand, recognize, or know how to resolve trigger points and fully restore lost function. Without directly addressing trigger points, patients are likely to experience a superficial rehab at best, as even with a perfect exercise routine, large sections of muscle no longer take part in the contract-release cycle. Loss of performance and function is often blamed on reasons such as “normal age-related changes” but this is rarely the case. Considering all the dysfunction trigger points are known to cause, why do most healthcare practitioners neglect to manipulate and treat the muscles? Why do doctors prescribe medication, braces, joint replacements, and surgeries that will permanently change the body instead of directly addressing the trigger points known to mimic so many conditions when they are present? The answer is complex, but what is not complex is treating what is in front of us. While trigger point therapy has been around in some form for centuries, development of the intervention has been stagnant and neglected during recent decades. Dry needling (a form of trigger point therapy) has gained momentum; however, it tends to be very uncomfortable, carries risks such as infection, and cannot be performed at home by the patient. On top of that, access to practitioners who perform dry-needling at a high level are few-and-far between. Through realization of the shortcomings of our medical system, the Mountain Man Method™ was born. Its sole purpose is to give patients with no medical background the skills to heal themselves and avoid missing out on the joys of a happy active lifestyle throughout all decades.

When injuries are correctly diagnosed and treated through hands-on palpation and manipulation, along with specific exercise-based interventions, their general tendency is to resolve back to their pre-injured state. Even when MRIs reveal labrum tears, discs herniations, arthritic changes, and other commonly seen defects, patients at Mountain Man PT frequently surpass their pre-injury level of function. Injuries that are problematic for conventional PT are often remarkably simple to rehab—so simple that motivated patients with no medical background frequently gain the ability to fix many common injuries and perform required maintenance that addresses injuries before they happen.

Thank you for entrusting us with your care. We look forward to sharing this healing process with you!

Sincerely,

Dr. Sander Schiller, PT, DPT

Dr. Kyle Amerson, PT, DPT

Scott Foust, PT, MPT

Brigid McCarthy, Practice Manager & Zoe the Vizsla, Therapy Dog (in-training)