



rehab and revive Physical Therapy

May. 2015

What is the difference between a Physical Therapist, Master of Physical Therapy, and Doctor of Physical Therapy?

Great question! A Physical Therapist (PT) often means that the therapist is licensed in the state and in some cases has a "Bachelor of Science" (BS) depending on how long ago they obtained the title. In the early 90's, schools shifted to a "Master of Science or Masters of Physical Therapy" (MPT). In the late 2000's, all schools started offering "Doctorate of Physical Therapy" (DPT) degrees to keep up with the increasing trend of other professions offering doctorate degrees and the rising requirements in medical training. The extra schooling emphasized the role of X-rays, MRI's, and pharmaceuticals, as well as how to make physical therapy more commonplace in the medical system.

So what does this all mean to you when you are looking for a physical therapist? All new graduates have DPT's now. But this does not mean that someone who graduated some time ago with a BS or MPT are less qualified to care for patients. Those who graduated with a BS or MS have a chance to stay up-to-date and get their transitional doctorate degrees. This is what I did. I spent three years going to school part-time to earn this extra degree.

However, some in our profession feel that those with DPT degrees pay more and stay in school longer without the added benefit of being a better clinician. Thus, does a DPT guarantee better quality care? This is hotly debated in our profession. I believe going back to get my DPT was one of the best moves for my career and I am a better therapist in terms of safety for my patients. Some clinicians even decide to specialize and obtain their manual therapy specializations or PhD's for working with children, neurological disorders, taping and the list goes on.

At the end of the day, one type of degree versus another does not indicate the quality of care you will receive with your physical therapist. However, never choose a physical therapist who shows no interest in learning new and improved methods of patient care.

You should know it takes time, money and true dedication to the art of helping our patients feel better. This is the beauty of our profession, despite the negative press sometimes. There are many of us who seek to learn to be better so you can feel better!

Truly, we can and we will get better together!

Dr. Justin C. Lin

Follow us on social media for wellness tips and fun videos to keep that busy mind and busy body informed! @RehabandRevive





rehab and revive Physical Therapy

Apr. 2015

Spring Allergies Bothering You?

As Spring begins, so do seasonal allergies. As flowers start to bloom and the pollen is released into the air, people with allergies begin their uncontrollable sniffing and sneezing. Many choose to take medicine or have nasal sprays, but another option for treatment surprisingly is cherry juice! The juicing of cherries creates a compound called quercetin, which helps boost your immune system. It's a natural way to help and prevent your allergy symptoms without the intake of medicine.

Not only does it help with allergies, it also helps with insomnia, gout, and is a very good anti-inflammatory. Dr. Lin recommends 2 tablespoons of cherry juice concentrate every night 1 hour before bed. But it is also a type of blood thinner, so if you have any conditions of high blood pressure or heart related issues, it is best to consult with your doctor before trying.



Tip of the Month

Are you someone who loves gardening around your home? Are you feeling pain after? Gardening may not feel like much, but it's still a workout! Please be aware of your body and try to avoid causing pain to your lower back, knees, neck, and shoulders. Gardening requires a lot of kneeling, pushing and pulling, up and down motions, so here are some tips to avoid hurting yourself: 1. Avoid bending at the waist while you work 2. Don't slouch 3. Remember to use weight shifting when pulling and

pushing, not using just your arms and hands 4. The neck should be relaxed with chin tucks

5. Choose the right tools to avoid continuous strain on areas like the wrist. We know it's spring and it's time to decorate your homes with beautiful flowers and plants, but don't forget to keep these tips in mind! Happy Gardening!

