



# SYNERGY

## Rehab and Wellness

Changing Lives, One Patient at a Time.

SEPT 2016  
VOL. I

Physical Therapy • Acupuncture • Naturopathy

### TEAM SNAPSHOT!

Meet our newest Physical Therapist, Dr. Ryan Bolena, DPT



Originally from Western Pennsylvania, Ryan moved to Staunton three and a half years ago. He and his wife, Virginia, were drawn to the Shenandoah Valley because of the endless opportunities for outdoor recreation, their love of the mountains, and closer proximity to family. When Virginia was offered a full time position as organist and Choirmaster at Trinity Episcopal Church in Staunton, they jumped on the opportunity to relocate. Ryan enjoys backpacking, hiking and camping with his family, working out and cycling, and participating in the Mad Anthony Mud Run, held in Waynesboro, each February. The Mad

Anthony Mud Run, sponsored by Waynesboro Parks and Recreation, as part of their "Run the Valley" series, is a five mile course with obstacle challenges and the added variable of unpredictable weather. Two years ago, the temperature was a balmy nine degrees! The first year Ryan ran, he and his wife were looking for a running event that would be fun to run as a couple. She loves to run short and long distances and he was interested in the obstacle challenges and mud. Although he doesn't consider himself a runner per say, the obstacles slow some competitors who are great runners while Ryan masters them! Participating in the Mad Anthony Mud Run inspires him throughout the year to stay in shape and keep good physical condition.

Learn More about all our therapists at our [Facebook Page!](#)

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FIND:

Tell me what  
Woody loves...



Inside our Newsletter we tell you!

Submit your Answers to:  
Tiffni@synergyrehabandwellness.com





Shenandoah Valley's ONLY Multi-disciplinary practice of it's kind.



## Patient of the Month... Gerry Perselay!

Synergy is SUPER EXCITED to announce our new Synergy Patient of the Month Program! Each month the staff will be selecting a patient to highlight in our monthly newsletter. Our staff is looking for amazing qualities in our patients that go above and beyond their physical therapy goals.

Some examples of these qualities are completing the home exercises that are a part of their treatment, overcoming a fear or goal that they have talked to us about (Woody loves to hear about Synergy clients overcoming their fears!) or graduating from their treatment successfully! Let us not forget, they love to tell their friends and family about SYNERGY!

In the beginning I was unable to participate in family activities at the YMCA and when I could it was hard! By coming to Physical Therapy and learning to utilize my new knee, I began seeing improvements. Even being able to stand for longer periods of time and carrying objects around the house!

Now I can stand without any help & NO CANE!!!

"You have to take it gradually and build strength progressively." Taking the advice of my therapist helped me improve my strength daily and I was initially worried about falling. Now I am no longer worried, but I am careful!



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## MORE ABOUT

# LOW BACK PAIN

### Did you know?

Up to 30% of Americans have Low Back Pain right now!

Up to 65% will have a back pain episode each year.

84% of people will have back pain in their lifetime.

Unfortunately 60% of those who have low back pain will experience a recurrence in 3-6 months.

**Only 25% of people with low back pain ever seek help!**



### If you are having low back pain right now:

Stay active, and do as much of your normal routine as possible (bed rest for longer than a day can actually slow down your recovery.)

If your pain lasts more than a few days or gets worse, schedule an appt to see your physical therapist.

Not all low back pain is the same, so your treatment should be tailored to for your specific symptoms and condition. Our Physical Therapists specialize in evaluating low back pain and determining the cause. This allows for very specific treatments to give you the fastest recovery and best outcome.

Treatments may include:

- Pain relief starting at your first visit! We don't just talk, we start treatment immediately and many experience relief even after one visit!
- Manual therapy, including spinal manipulation, to improve the mobility of joints and soft tissues
- Specific strengthening and flexibility exercises to address the source of your pain
- Education about how you can take better care of your back & specifics on what is causing your pain
- Dry Needling Treatment options with those with stubborn trigger points
- ATM 2 -Our Standing Mobilization Table- A Unique and very effective treatment for Low Back Pain

We also offer Acupuncture and Naturopathy options to help resolve stubborn Low Back cases!



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Do you have **Low Back Pain?**

**Sciatica Pain?**



Then our  
**FREE WORKSHOP**  
is perfect for you!

We'll be giving away a FREE BOOKLET to our first 10 registrants!

**Tues, Sept 27, 2016**

**5:30-6:30 pm**

**Call us now to register! I(540)416-0530**

Be sure to tell someone you know with low back or sciatica pain about this great opportunity to learn more





"Breaking both of my arms simultaneously was not only challenging physically with the limitations but it was also very stressful. My mobility & flexibility improved significantly. I went from barely being able to write to lifting weights up to 70 lbs and resuming my normal activities, including playing basketball again. I was even doing push ups, which my doctor said I wouldn't be able to do in a year! After working with Meghan, I met all of my personal goals and have regained the confidence to take part in novel activities. Thank you to everyone for walking beside me on this incredible journey!"

~Tonya Rowe, Aug 4



"All of your staff were special. Especially Meredith, Jen and Meghan! They were wonderful. I really enjoyed myself and thought I would never be able to do things with my left hand until I came to Synergy!"

~Yvonne Lambert, July 28



"It is nice to work with people who help you reach your goals. Thank you so much for that! Running my first 50K was a wonderful experience and you all helped me get over my back issues to get there!"

~Donna Gee, July 20

Stay Tuned Synergy Fans!

*Our Website will have More...*



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Specializing In: Lower Back Pain · Neck Pain · Sciatica · Hip Problems · Shoulder Pain · Bursitis · Muscle Pains  
Tendonitis · Frozen Shoulder · Joint Pain and Replacements · Foot and Ankle Pain · Plantar Fasciitis · Sprains  
Knee Problems · Arthritis · Strains · Hand and Elbow Problems · Sports Injuries · Balance and Dizziness

Question: "I woke up with a "KINK" in my neck 3 days ago and it hasn't gone away. Can **PHYSICAL THERAPY** help me?"

Answer: This is a common question that we hear a lot! If you answer "YES" to any of these questions, then Physical Therapy can help!

Part 1 : Does it hurt when changing lanes or backing your car up?

Part 2: Does it hurt when you nod your head?

Part 3: Does it hurt when you hold your phone to your ear with your shoulder?

**CALL I(540)416-0530 today to schedule!**

Remember, most insurances don't require a doctor's referral, so call us today!