

Physical Therapy Solutions provides employers in the community with on-site wellness and safety options to create and sustain a culture of health among their employees. Our mission as Movement Specialists is to enhance the overall physical health, fitness, function, and quality of life of adults and children by treating and educating them with high quality, individualized, and comprehensive services.



Physical Therapy Solutions
Solutions for an ACTIVE life

Workplace Wellness Solutions

Wellness, along with health and safety, are essential components of a worksite culture. Our staff at Physical Therapy Solutions believes that a healthy workforce is a productive workforce! Research has shown that promoting health, wellness, and safety at work can improve employee morale, decrease stress, help reduce absenteeism and employee turnover, lower worker's compensation costs, and enhance employee retention. Our mission is to offer employers programs, resources, and activities to employees to support and encourage a healthy and safe lifestyle. Our team works deliberately at implementing programs that suit your participating employee population's needs and interests. We offer a spectrum of programming options, which are available a la carte and can be customized for your worksite.

Meet Our Staff: Danielle Brachman, DPT



Danielle was raised in Dubuque and graduated from Wahlert High School. She received her Bachelor's of Science Degree in Exercise Science with a minor in Biology from St. Ambrose in 2011. She went on to complete her Doctorate of Physical Therapy in 2012.

After graduation, she was employed in Denver, CO for 6 years, improving her skills in outpatient orthopedics. During this time, she earned the designation as a Board Certified Orthopedic Specialist (OCS). She then spent several years studying at Regis University in Denver, completing her Fellowship in Orthopedic Manual Physical Therapy (FAAOMPT) in 2018. She obtained her Level 2 Dry Needling Certificate through Kinetacore in 2015.

Danielle greatly enjoys being a Physical Therapist and the lasting relationships she creates with patients. She strongly believes in empowering patients through education. She treats all ages, from pediatrics through geriatrics, and enjoys returning patients to the activities they love. Danielle will primarily be in our Manchester Clinic, treating patients Monday through Friday. When not in the clinic, Danielle enjoys spending time with her husband and son, as well as hiking, biking, and camping.

Study: Early Physical Therapy for Neck Pain Associated With Lower Imaging Rates, Opioid Prescriptions, and Overall Cost

In findings on neck pain that echo the results of similar studies on low back pain, researchers have identified an association between early consultation with a physical therapist (PT) and lower rates of opioid prescription, imaging, and injections. Those lower-use rates contributed to significant cost savings over a 1-year study period compared with patients who waited 90 days or more before seeing a PT.

The study, published in BMC Health Services Research, looked at health care utilization over 1 year among 308 patients who presented with neck pain. The patients were divided into 3 groups: an "early" group that consulted a PT within 14 days, a "delayed" group that received a PT consultation between 15 and 90 days after initial health care provider consultation, and a "late" group that waited from between 91 and 364 days to consult with a PT.

Click [here](#) to read the findings from this interesting study!



Study: Large-Scale Study Finds Connection Between Early Physical Therapy and Lower Opioid Use

The evidence of physical therapy's potential to make a difference in the nation's opioid crisis continues to mount-this time, by way of a study in JAMA Network Open, which concludes that for patients experiencing back, knee, neck, or shoulder pain, a visit to a physical therapist (PT) early on can reduce the chances that they'll take any opioids for the condition.

And among those who do wind up taking opioids during the episode of care, researchers identified an association, albeit less strong, between early physical therapy and reduced number of pills taken for 3 of the 4 conditions.

Click [here](#) to continue reading what the researchers found!

VS.

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ABOUT SAFER WAYS TO MANAGE PAIN.**

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Article: Pharmacists are partners with physical therapists in nonopioid pain management

The 2016 CDC guidelines on opioid prescribing encourage health professionals to find alternatives to opioids for managing their patients' chronic pain, including nonopioid drugs and nonpharmacologic options like physical therapy. Considering that 100 million Americans experience chronic pain, and 5 - 8 million take prescription opioids as treatment, there's plenty of room for pharmacists to partner with physical therapists to help patients manage chronic pain in ways that align with the guidelines.

Click [here](#) to read this article!



**"The best preparation for good work tomorrow
is to do good work today!"**


Physical Therapy Solutions

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