

### Steven M. Coppola, MS, PT, DPT



Steven is the founder of the Coppola Physical Therapy facilities.

He has his Doctor of Physical Therapy from Franklin Pierce University and obtained his B.S. in Exercise Physiology, minor in Psychology and Masters in Physical Therapy from the University of Massachusetts at Lowell, where he sits on the Advisory Board.

Steven was also the medical coordinator for the Independent Professional Baseball Team “Nashua Pride” for two and a half years.

Steven has over 15 years of orthopaedic, sports and workers’ compensation physical therapy experience. He has strong manual skills including spinal manipulation, Intramuscular Manual Therapy and myofascial work. He utilizes his Exercise Physiology degree to combine functional exercise with his manual work. Steven is a former comedian and now a renowned speaker throughout the east coast.

### Donna Devitte, BS, MPT



Donna has a B.S. degree in Biology and a Masters in Physical Therapy both from Notre Dame College. She has practiced in the Concord area for the past seven years gaining experience in primarily orthopedic based and workers’ compensation based injury care. She has been with Coppola Physical Therapy for the past five years expanding her orthopedic manual skills with a number of techniques including mobilization, exercise, and neuromuscular re-education, as well as applying her knowledge to develop treatment plans with a return to work and normal functional activity guidelines.

### Kristin “K.K.” Helling, PT, DPT



Kristin attended Adams State College in Colorado, graduating in 1994 receiving an undergraduate degree in Exercise Physiology. She later returned to school getting her associates degree as a Physical Therapy Assistant (P.T.A.) in 1997 at Colby Community College in Kansas. She practiced as a P.T.A. in various settings gaining a myriad of experience in orthopedic, neurology, sports medicine, aquatic and geriatrics. Her passion for therapy grew and realizing she wanted to do more for her patients, she returned to school where she received her Doctorate of Physical Therapy from Franklin Pierce University in New Hampshire in 2009.

Today she is working at Coppola Physical Therapy with a special interest in low back dysfunction, functional and neurological rehabilitation.

### Steve Gordon, PT, STS, BS, DPT



Steven received his Associates degree in Physical Therapy from Hesser College in 2001 and has been a practicing clinician since that time. He also received his strength-training specialty through the International Weight lifters Association. This background, along with his orthopedic background has allowed him to work closely with athletes and many others throughout the last decade.

Steven has remained very active in the practice of Physical Therapy while furthering his academic career by attending Franklin Pierce University where he has received his Bachelor of Science and Doctorate of Physical Therapy. His clinical experience includes Administrator, PTA, STS HealthSouth Sports Medicine in Springvale, ME, Site Coordinator HealthSouth Sports Medicine in Salem, NH, and Physical Therapy Assistant and Access Sports Rehabilitation in Exeter, NH.

Today he is a partner in the Candia, NH Coppola Physical Therapy and Fitness Center. The Candia location offers a wide variety of Physical Fitness Programs and Services that include full evaluations, differential diagnosis and treatment on a multitude of work related pathologies. Additional services include Trigger Point Needling, High Velocity Low Amplitude Mobilizations, Orthotic Fittings, treatment of the spine and shoulder, Therapeutic Exercise, Manual Mobilization, and Neuromuscular Reeducation. Steve applies his knowledge of PTA skills and background to develop a plan of care and establish appropriate treatment guidelines.

### Thomas Naro, PT, DPT



Thomas Naro received his Doctor of Physical Therapy degree from A. T. Still University in 2010 and his Master of Science degree from Springfield College in 2006. During his first year of practice, Tom completed a 1-year residency program at the Institute of Orthopaedic Manual Therapy. For the past 4 years Tom has practiced physical therapy in outpatient settings that focus treatment toward neuromusculoskeletal conditions with personal interest in treating the spine and shoulder. Outside of professional work, Tom enjoys trying new foods, being outdoors, and exploring martial arts.

## Neutral Spine

Neutral spine is the natural position of the spine when all 3 curves of the spine -- cervical (neck), thoracic (middle) and lumbar (lower) -- are present and in good alignment. The neutral spine position can also be thought of as the alignment in which a spine tolerates back discomfort the best. The position can vary from person to person and, in some cases, can vary over time depending on changes in the spine and the surrounding structures.

## Neutral Spine Position

Although many individuals have a “tolerance range”, that is, variances from absolute neutral position for the least spine discomfort, depending on the nature of the spinal stress, there is generally a limited range of lumbar motion in which the patient may safely move. Patients need to become skilled at placing their lumbar spine in a single position when there are significant forces on the spine. Significant forces are:

- Prolonged positioning (e.g. sitting, standing, lying)
- Major movements of the body (e.g. getting out of bed, getting down and up from the floor)
- Movements requiring force (e.g. lifting, reaching, pushing)

The amount of muscle effort needed to maintain neutral spine depends upon the amount of force acting on that spine. Maintaining neutral spine position while standing or walking at an easy pace may take very little effort. When properly placed sitting in neutral need not require any active abdominal contraction. Heavy work, lifting, contact sports may, at times, require maximal abdominal contraction to brace the spine. In order for neutral spine positioning in daily activities to be practical and efficient individuals must learn to use only the amount of muscle effort needed in a given situation. Lack of flexibility in the hip, hamstring, leg and back muscles may make maintenance of the neutral spine difficult or impossible.

## Neutral Spine - Proper Lifting / Lowering Techniques

- Take a wide stance
- Use your stomach muscles
- Use smooth, even motions when lifting
- Keep load close to your body
- Use your legs to push up and lift the load
- Do not use your upper body or back to lift!
- Lift the load close to your body and straighten your legs.
- Stand up straight before walking with the load
- Move your feet instead of twisting your body
- Lower the load to the ground by bending your knees, not your back
- Keep the load close to your body
- Never bend your upper body or back
- Keep your hands and feet clear

### DO NOT:

- Lift while reaching or stretching
- Lift from an uncomfortable posture
- Fight to recover a dropped object (let it go)!
- Twist and lift
- Lift with one hand (unbalanced)
- Lift loads across obstacles



To learn more on how we can help you with Neutral Spine Safety and Lifting Techniques for you or a family member, please give our office a call and ask for one of our Physical Therapist. Steve Coppola and Donna Devitte are available at our Concord office, Kristin “KK” Helling at our NEW Tilton office and Steve Gordon at our Candia location.

## BACK PAIN

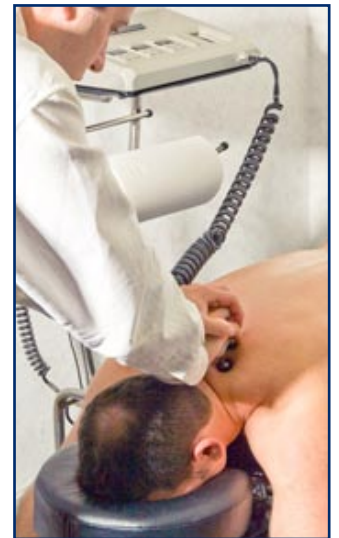
As the spine's flexibility and mobility of youth fades, the lower back and neck become increasingly overworked and over stressed. This often leads to herniated discs (following even minor injury) or chronic back pain and sciatica. Research has shown that increasing spinal flexibility and mobility restores function and helps to relieve pain.

### CURRENT TREATMENTS FOR BACK PAIN

Today most treatment for back pain includes pain relievers, injections, physical therapy, chiropractic or surgery. If you are a person who has had these done with only mild to moderate results at best then there is another revolutionary option recently approved by the FDA. Today, with the use of the Advanced Spinal Mobilization Instrument (ASMI), trained practitioners can perform an effective and lasting treatment for patients with back pain. Through the gentle, passive movement of pairs of spinal vertebrae and the stimulation of the surrounding spinal muscles and reflexes, we can return flexibility and mobility, restoring function and relieving pain.

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### THE ADVANCED SPINAL MOBILIZATION INSTRUMENT

One of the most effective means to restore flexibility and mobility to the spine is the technique of Spinal Mobilization. The strength, consistency, repetition required however to effectively treat patients is beyond the abilities of most practitioners and so the Advanced Spinal Mobilization Instrument was developed. Cleared by the United States Food and Drug Administration (FDA) in 2005, the ASMI is indicated for use and designed as an extension of the practitioner's own hands, combining precise and infinitely variable control.

Developed in the United Kingdom there are currently only three clinics in the United States that have this unique hand held device. The patented handset incorporates four moving pads powered by variably controllable electro-pneumatics. Each treatment is delivered in three modes, an introductory or "spasm" mode, a para-spinal muscle "reflex" stimulation mode and the "mobilization" mode. Each mode is used to varying degrees depending on the patient's condition as determined by the practitioner. The ASMI is used to gently rock neighboring vertebrae back and forth. The condition of the joint determines the response to the applied effort. Initially the joint may be fixed or move imperceptibly. With time and successive treatments, flexibility, mobility and function is restored to the back and spine.

### A UNIQUE TREATMENT

Treatments are performed with patients lying prone or face down on a specially-designed treatment table that places the patient in a comfortable position while providing gentle passive traction opening up the joints in the spine. As the instrument is worked up and down the spine, each vertebra is gently counter-rotated with its neighbors. In many cases, after only a few treatment sessions, pain is progressively relieved!

The introductory or Spasm mode always begins and ends a treatment, relaxing the patient. In the Reflex mode, short taps are applied to and stimulate and "wake up" para-spinal muscle groups. In the Mobilization mode, gentle, moderate or firm hands-on treatment is applied to pairs of adjacent vertebrae producing counter-rotational movement and spinal mobilization.

Back pain accounts for over \$90 billion a year in health care costs in the United States alone! With the introduction of the Advanced Spinal Mobilization Instrument (ASMI), there is a safe, efficacious, drug free, surgery free, non-invasive and conservative alternative to treat the millions of back pain sufferers in the United States and around the world.

## Intramuscular Manual Therapy

Intramuscular Manual Therapy (IMT) otherwise known as Trigger Point Dry Needling is a treatment for relieving pain caused by muscular tightness and spasms which commonly follows injuries and often accompanies the degenerative processes. Combining the Intramuscular Manual Therapy techniques with other manual and rehabilitative methods has shown to be very effective in the treatment of chronic pain and speeding up the recovery time. IMT can help relieve pain associated with carpal tunnel, tendonitis, and osteoarthritis of various joints. The treatment is also effective with decreased mobility, chronic and acute pain syndromes.

### How Intramuscular Manual Therapy Works

Intramuscular Manual Therapy utilizes a very thin filament needle. The needle used is similar to an acupuncture needle but this treatment is not considered acupuncture and is based on Western physiologic approaches. The needle is inserted into the trigger point and a local twitch response is ideally elicited. This twitch response is an involuntary contraction of the muscle that allows the muscle to relax. Sometimes electrical stimulation is applied to the needle to elicit these twitches to help the muscle relax as well. The theory behind dry needling is that it works by disrupting a reflex arc of contracted tissue as well as stimulating biochemical changes to allow improved blood flow and healing to the area.

### What Are Trigger Points?

Trigger points are hyperirritable contraction knots found in tight bands of muscles. These points are usually associated with muscle tightness and pain. Trigger points can affect the local area of pain but also can refer to other parts of the body which can all effect strength, flexibility, and coordination of muscles.



### What Does It Feel Like?

The filament needle is very different than the hypodermic needle you would see at a doctor's office. A filament needle is very thin, solid, and flexible vs. a hypodermic needle which is relatively thicker, hollow and has a blade tip. The filament pushes through the skin vs. cutting through the skin like a hypodermic needle would. The filament needles' properties lend themselves to a much more comfortable entry. After the dry needling treatment, immediate improvement can be noted. However, soreness is usually accompanied, which can last on average 1-2 days, followed by relief of symptoms.

### What Conditions Can Be Treated?

- Neck and mid-back pain
- Headaches and migraines
- Hamstring and lower back problems
- Muscle tightness
- Chronic pain syndrome
- Sports injuries
- Hand & Foot pain
- TMJ
- Many other pain related symptoms that may not have resolved through traditional treatment methods

To learn more on how we can help you with Intramuscular Manual Therapy for you or a family member, please give our office a call and ask for one of our Physical Therapist. Steve Coppola and Donna Devitte are available at our Concord office, Kristin "KK" Helling at our NEW Tilton office and Steve Gordon at our Candia location.

Greetings,

I have always believed that family is important. I also believe that you should treat everyone as family.

At **Coppola Physical Therapy** clients will always feel this as we have the highest quality and specially trained physical therapists in the region who truly invest in the care they give. As part of our family, clients receive all one on one attention from their therapist with a focus on one aspiration, *“You Deserve To Feel Your Best!”*

**Our goal is to be YOUR physical therapist just as you have your dentist or your primary care physician.**

We are making extraordinary changes in people’s lives every day. Please don’t let yourself or others settle for any less. We stay open early mornings to late evenings so we can be available to our clients. I hope you will come and be a part of our growing family.

Best Wishes,

**Steven M. Coppola PT, DPT**

Doctor of Physical Therapy

Owner of Coppola Physical Therapy

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Doctor of  
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## We Accept:

Aetna  
Anthem Blue Cross / Blue Shield  
Cigna  
Harvard  
Medicare / Medicaid  
MVP  
TriCare  
All Workers Compensation Insurances  
Auto Insurances  
Most Other Group Health Payers

*Affordable self pay options  
are also available.*



### CONCORD

171 Pleasant Street  
Concord, NH 03301  
(603) 228-7500

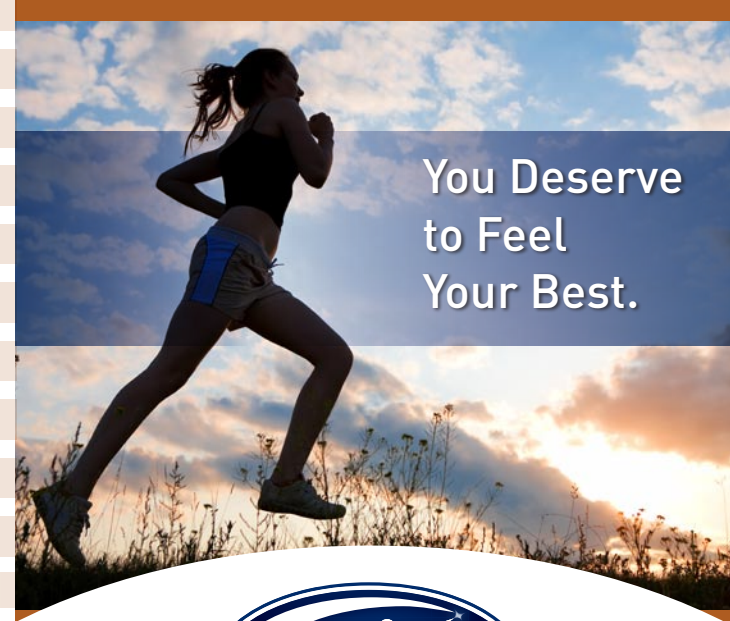
### CANDIA

143 Raymond Rd., Unit 8  
Candia, NH 03034  
(603) 483-3355

### TILTON

614 Laconia Rd., Unit 2  
Tilton, NH 03276  
(603) 717-7010

[www.coppolapt.com](http://www.coppolapt.com)



You Deserve  
to Feel  
Your Best.



**COPPOLA**  
PHYSICAL THERAPY

Coppola Physical Therapy emphasizes manual therapy, mobilization/manipulation techniques, and individualized strengthening programs on a one to one ratio to ensure proper progress towards an individuals goals using state of the art equipment.

We offer many effective treatments, including Intramuscular Manual Therapy (Trigger Point Dry Needling) and our Concord location is equipped with the Advanced Spinal Mobilizer instrument.

[www.coppolapt.com](http://www.coppolapt.com)

## Our Services

- Physical Therapy
- Manual Therapy
- Spinal Manipulation and Mobilization
- Modality Treatments
- Prevention Programs
- Ergonomic Work Checks
- Functional Spinal Conditioning Program
- Intramuscular Manual Therapy (Trigger Point Dry Needling)
- Advanced Spinal Mobilizer\*

*\*Only Available at Concord Location*

## Special Programs

- Functional Capacity Exams
- Onsite, Work Hardening
- Back School
- Peer Chart Reviews
- McGill Back Functional Restoration Program

## Medical Specialties

- Diabetes
- Chronic Pain
- Pre and Post Surgical
- Deconditioning
- Osteoporosis
- TMJ
- Sports Injuries
- Headaches
- Neck Pain
- Chronic Back Pain
- Acute Back Pain
- Fibromyalgia
- Multiple Sclerosis
- Geriatric Programs
- Work Injuries
- Exercise Programs

## Workshops - Health & Safety

We provide workshops at your location or at our facilities in Concord or Candia.

### Workshop Topics

- Back Safety & Safe Lifting
- The Aging Population in the Workplace
- Biomarkers 10 Keys to Prolonged Vitality
- Back to Basics
- Chronic Lower Back Pain & Physical Therapy Treatment Options
- The Difficult Workers' Compensation Claim
- Ohhhhh My Aging Back!
- The Secret in the Sauce
- Why Chronic Back Pain Keeps Coming Back
- Case Management of Physical Therapy
- Functional Capacity Evaluations
- Workers Compensation Statistics

*We can develop a presentation program specifically for you.*

### Businesses we have provided workshops for:

#### *Insurance Companies*

Liberty Mutual  
Peerless  
Acadia Insurance  
Comp Sigma One  
Memic

#### *Other Companies*

NH Safety Council  
NH DOT  
Sabbow  
Burton Wire and Cable  
NHADA  
Pike Industries  
Freudenberg NOK  
Tandem Injury Management  
NH Motor Transport  
NH Liquor Council  
NH Distributors

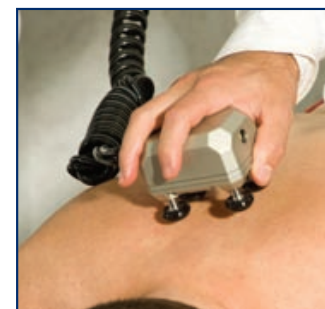
Many more conferences throughout the east coast.

## The Advanced Spinal Mobilizer

Available at our Concord location only

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