

**PRESS RELEASE
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Who Says Health Care Professionals Don't Make House Calls Anymore?

Santa Rosa Retailer in Chronic Discomfort Gets Personal Physical Therapy Visit

SANTA ROSA, CA - Carol Orme of Santa Rosa experienced back, knee and hip discomfort for many years. With a master's degree in clinical nursing, she spent a majority of her time during her early career in a hospital helping others more than herself. Following work in the non-profit field, she switched to retail where she found the work and benefits rewarding. However, constantly moving and lifting merchandise affected her comfort level and mobility.

"I thought I was in good shape. I'm a homemaker, gardener, hiker and a super active person," said Orme. "I work at an upscale retail store where I have to constantly dress windows and lift heavy mannequins for displays, which is physically taxing."

In the past, Orme had difficulty getting referrals to physical therapy from her primary physician and had limited access to physical therapy.

After switching to a different health care provider, Orme was referred to Chris Lynch, an accomplished physical therapist with post-graduate degrees from the prestigious Children's Hospital Los Angeles and Chapman College. Lynch, who practiced outpatient and in-patient therapy at an acute care hospital in Southern California, eventually moved to Santa Rosa to raise a family. In 2000, she joined Physiotherapy Associates where she cares for clients from infants to 93-year-old men and women.

"Carol is one of those patients who does many things right; she stays active, exercises regularly and eats healthy," said Lynch. "I detected pelvic dysfunction and knew that if I could teach her proper body mechanics and strength exercises, she would be a good candidate for full recovery. But to do that, I needed to see her in action to find out what she was doing wrong."

Since Orme's workplace was close by, Lynch made a house call to watch her on the job and gave her a comprehensive exercise and training regimen to follow.

"What sets Chris and many other physical therapists apart from other health care professionals is that instead of just sending you home with prescribed medications that often mask your pain, they empower you to take control of your health by teaching and showing you by example," said Orme. "Chris took the time to instruct me about proper body movement and function. After three visits, I have never felt better and know how to move and work to stay well."

“If my schedule allows,” said Lynch, “I will go to patients’ gyms to guide their workouts or visit their office and provide them with strategies for proper functioning on the job. I see my work as a physical therapist to be a facilitator for a healthy lifestyle and equip my patients with the right tools, so they take on the responsibility to do for themselves. Most people want to be active and mobile and don’t want to miss work because they’re hurt, so they will make the commitment. Our goal as physical therapists is to help patients get back on their feet quicker so they can schedule more time for themselves.”

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