

# For physical therapy that's one-on-one, see Optimal Performance

## Karen Bailey customizes therapies with your goals in mind

With Karen Bailey, physical therapy begins and ends with the patient.

Oh, she helps all right. Karen, who owns and runs Optimal Performance, LLC in Scarborough, is both a licensed physical therapist and a certified athletic trainer. She's been in athletics her whole life, both as a participant and as a coach on a college level.

But as a physical therapist, Karen realizes each individual patient is unique. Each has his or her own concerns and goals. That's what Karen is interested in. Once she identifies the problems and establishes the goals, then she works with the patient on how to reach their goals.

"I view my role as understanding their problem and helping them to work towards improving their health," Karen says. "I'm not here to heal them. I'm here to help them heal themselves. They need to take an active part in the process and the patients who do, usually do very, very well here."

Sometimes goals are short-term. One example was a football player who hurt his knee by stretching the medial collateral ligament.

"I came up with a program that was sports specific so he could return to football," Karen says. "He returned to the team two weeks later. The program decreased the recovery time, getting him back on the field as soon as possible."

Patients goals vary depending on what activities are important in their life. For this young man, playing football was the goal. For some people they just want to be able to go to work without pain or to garden or to enjoy walking. A lot of people are in pain for an extended period of time and only seek treatment when it interferes with their activities. Always remember the sooner you

treat the pain the sooner it can get better.

"The patient's goals are always my concern," Karen says. "I talk with them and review their medical history. I like to spend quality time with the patients, educating them. Then, using a combination of hands-on manual therapy techniques and a proper exercise program, I can come up with the treatment plan that's right for them."

Proper exercise, of course, is a big part of the solution, as is nutrition. Karen makes sure though, that the exercises are the best ones for that particular patient. "The saying, 'No pain, no gain' does not exist here," she says. "A patient doesn't have to hurt to get better."

### Relaxed Atmosphere

Karen is a very skilled therapist treating her patients in a relaxed atmosphere! She also has her patients doing an HEP on their own, allowing for a hopeful, quicker recovery. The right exercise program needs to be designed so the patient will complete the program. If they hurt, there is no doubt they won't complete the program, which limits their potential recovery. They need the right exercises.

All of this is done on a one-on-one basis. That's Karen's focus — to do what is best for the patient. She even works with patients to help them understand their insurance policy so that they can receive the maximum benefit out of their coverage. "So many people are confused about what's covered and what's not," she says. "We help educate the people prior to their first visit, giving them a clear understanding of their insurance benefits."

To find out more, please contact Karen at Optimal Performance Physical Therapy at 510-6500 or stop by the office at 306 U.S. Route One, Suite D2, Scarborough.