

Vivian Eisenstadt M.A.P.T., O.C.S.

“My greatest joy is when patients excel in weeks where they have failed before in years to rid themselves of the weight of physical and emotional pain.”

Vivian Eisenstadt, M.A.P.T., O.C.S., chief Orthopedic Specialist and owner of Prevent The Pain Therapy, has been a dedicated health practitioner for over 18 years. A native of Brooklyn, New York, she is a physical/sports therapist and a mind-body wellness practitioner. Application of her skills range from testing and creating fitness programs for thousands of clients at Tony Robbins Mastery Seminars to working with Cedars-Sinai Outpatient & Spine Centers to working with bicycle racing teams as professional biomechanical consultant. She is a passionate explorer of both traditional and non-traditional healing techniques and is constantly educating herself on the latest methods available to advance her treatment skills. Vivian’s therapy treatments encompass manual skills, mental and physical training, orthopedic knowledge and integration of the latest healing modalities. This combination of approaches creates a healing environment for the body, resulting in speedy recovery for the patients. She further emphasizes education



Vivian Eisenstadt M.A.P.T., O.C.S. Physical Therapist and founder of Prevent The Pain Therapy

and home programs with the goal of empowering patients to how to avoid future injuries, maintain body alignment, and reach their highest goals.

“The greatest thing about the treatment at PTPT is that if I ever had questions or a block in my progress, they always offered a different method of getting to the root of the problem and overcoming it. In this way, the patient becomes actively involved in the healing with the healer.”

-Joanna, satisfied client



What kinds of modalities are performed at PTPT?

A modality is defined as "the application of a therapeutic agent, usually a physical therapeutic agent" but it also refers to the equipment we can use to speed up your healing process.

Ultrasound - The ultrasound machine generates high frequency sound waves that are converted to deep heat in the body via a round headed probe. The sound waves pass through skin and fat and penetrate muscle tissue and joints; areas that surface heat can't get to. This increases blood supply to that area, promoting healing by delivering needed oxygen and nutrients and by removing cellular waste.



Ultrasound Apparatus One of the many instruments used.

The deep heat also helps relieve pain and inflammation, reduces muscle spasms, and accelerates healing. Depending on the treatment area, range of motion of a joint (how much a joint can move) may be increased.



Electric stimulation - Electrical stimulation is a means of providing exercise to muscles that the patient is unable to contract on their own, either because the muscle has atrophied (withered) too much, the blood or nerve supply to that muscle has been effected, or the person thinks they're contracting one muscle but really their brain interprets the signal to contract a different muscle. It is also a tool to help decrease pain and muscle spasms in a painful or overly tight area. Electrical stimulation can maintain nutrition of the muscle through promoting blood flow, decreasing fibrotic changes, and slow down the process that weakens muscles from disuse (muscle atrophy). It is also used to maintain or improve muscle and joint mobility.

Iontophoresis - Localized transcutaneous (through the skin) delivery of medication into the body by use of electric current. This is a great substitute for cortisone shots into the joint for decreasing inflammation and breaking up muscle spasms.

Biofeedback/Surface EMG - This machine measures muscle activity both at rest and while contracting via electrodes placed on specific areas on the skin. You can see a light and hear a sound that gets stronger as you contract the muscle that the electrode is on. This machine helps you locate the connection between your brain and that specific muscle. We also have a pressure biofeedback apparatus to help you find your lower or transverse abdominals for increased core strength.

Kinesio Tape - Elastic, latex-free bandage applied over three to five days that may re-educate the neuromuscular system, reduce pain and swelling, promote healing, promote lymph flow, and improve muscle performance. You might have seen this tape applied to many of the athletes in the last summer Olympics.



Mechanical Traction - This is manual tension created by a pulling force which produces a combination of distraction and gliding which relieves pain and increases tissue flexibility in your neck or low back. Candidates for this include: those with bulging, herniated or protruding discs, or those with muscle spasms that are causing nerve root impingement and general hypomobility of lumbar or cervical spine regions.

Paraffin - Heated wax is used to bathe hands or feet. It is primarily used for warming areas that have many irregular surfaces where a hot-pack cannot introduce sufficient heat, while providing moisture and increased circulation to those areas.

Ice - While you may think that ice is only a common first aid remedy, ice can be one of the most important parts of therapy. In the initial stages of an injury, ice controls inflammation, pain and edema, and reduces muscle spasms. Direct localized application of cold to the skin for 8-10 minutes can reduce recovery time between treatments and promote "reactive hyperemia" whereas when you take the ice off, the body sends a signal to the brain saying "we haven't had oxygen and blood flow to this area" leading to increased blood supply to the intended area bringing new blood and improving removal of toxins from the area involved. This process provides more circulation than heat treatment provides.



Infra-red light therapy - Infrared, though only introduced during the past few years, has proven to be a powerful tool to use for creating new healthy cells in an injured area as well as speeding up the rate of recovery. The infra-red light effects the individual cells to increase energy, stimulate new tissue produc-

tion, increase the immune response to the area, promotes wound healing and decreases pain. More research has been done on infrared therapy and thus, its use has increased significantly in the healing community.

Whole Body Vibration

This is a machine that must be experienced. Clients have to just try it once to start feeling benefits.



Whole Body Vibration Therapy - A 10 minute session on this new machine is equivalent to a 45 minute workout without the sweat. Used to help you find muscles that you ordinarily couldn't, thereby making you stronger, this

machine has a multitude of benefits. It helps the body on a cellular level (increases chi or life force energy), promotes weight loss (helping mobilize body fat to be made useful by the blood), and many other benefits.

What kinds of treatments are performed at PTPT?

In addition to the above modalities, we focus on supervised, very specific, active and passive muscle education exercises with a physical therapist. Our therapists are trained in advanced manual skills to mobilize bones, release muscle scarring, and tightness in order to return your musculo-skeletal system to its previous balanced pain-free function. We also have a staff for Manual/Massage Therapy to help get your body out of sympathetic (fight or flight) mode and into parasympathetic (healing) mode while relaxing and rejuvenating your self.



Pilates - Vivian helping a patient strengthen the back and core muscles on the reformer.

The Pilates Method - In sessions you will also be guided through Pilates based exercises with your therapist. The Pilates method helps to address and correct poor habits that either weakened the painful area, or which led your body to develop harmful compensations following injury. Through slow, controlled movement you will learn the proper way to do the simple things in life such as sitting, standing, lifting, carrying and reaching things, or even walking in a way that continually reinforces balance for your body.

Emotional Components - While performing physical exercise with your therapist, you will also be looking at how various mental and emotional components of your life and response mechanisms either aid or hinder your healing. You will improve your mind and body's ability to work together towards wellness and balance for quick and powerful results.

Balance - With patients who experience balance/coordination deficits due to trauma, disease or other impairments, the focus is on balance activities, sensory training, ambulation training with or without an assistive device, and exercises specific to those goals of improved balance and coordination.

All patients are placed on a home exercise program, which includes stretches, strengthening exercises and mindful new habits tailored to each individual's needs. Positive physical therapy results are largely dependent on a person's compliance to a specific exercise regime that is established by their physical therapist. Individual home programs are written, taught, and monitored closely by the therapist throughout the duration of the patients therapy with progressive modifica-



tions made as needed. These home programs allow patients to establish wellness regimens that will continue to help them after their therapy at PTPT has completed. This will help support the patient's progress towards independence while improving their daily routines with long-term self-support.

What about components of healing that don't entail physical therapy, such as nutrition?

In conjunction with the philosophy behind PTPT, we fully understand the limitations of physical therapy and manual treatments while taking into account the needs of the body as a multi-levelled system. That is why we offer a wide range of body support products and nutritional support products. These services and products help ensure that your body has the best chance of working efficiently to assist in your healing and long-term wellness.