

Anessa Moberly: My name is Anessa Moberly. I'm a licensed physical therapist. All total, I've been with Ephraim McDowell about 20 years. I have a certification in dry needling technique, as far as a treatment technique with patients. I've had experience with acute care, inpatient, long term, nursing home patients, skilled or swing bed patients, outpatient therapy. I've done home health. I did a little bit of school system therapy when I first graduated from physical therapy school. So I have pretty much done every area of physical therapy.

I get a wide variety of diagnoses ranging from chronic joint pain or whiplash injuries for the neck or the lower back, back surgery, lower back/neck surgery, chronic problems with shoulders, shoulder surgeries for rotator cuff repairs, chronic knee/hip problems, or knee replacements, hip replacements, a lot of ankle injuries, whether they have surgery or not. We get basic functional decline, weakness diagnosis with patients, balance diagnosis, impaired balance, fall risk, patients with histories of multiple falls or gait/walking abnormalities. We do have some pediatric patients that will have orthopedic issues such as scoliosis or injuries with their sports in the school system.

Anytime they're having issues that involve the musculoskeletal system, the nervous system, as far as nerve and muscle issues, if they've noticed pain, abnormal pain sensation in the joints or throughout their muscles, if they've had any kind of gradual or sudden weakness, functional decline in being able to tolerate their normal daily activities, whether it's with work or their recreational activities, or just basic activities in the home setting.

In the Ephraim McDowell system, we offer various areas of physical therapy options with pediatrics at Kids Can Do. They are involved more with issues related to injuries at birth or issues with developmental delay. We have our basic orthopedic outpatient clinics, which is where I'm located, that sees just generalized diagnosis, a variety of diagnosis, whether it is orthopedic, neurological, balance, functional decline. And in the clinics, we have therapists that specialize in lymphedema, women's health, vertigo, which is balance issues, and concussion management.

Probably being able to work one on one with patients and being able to educate patients on what is their issues with their diagnosis. Be really able to explain and let them understand what is going on with them and what they can do to help themselves get better. And as far as working with coworkers, we just have a really great team of therapists that we know each other's strengths, our specialties. We can bounce ideas off of each other and help each other out with figuring out what might be the best route for certain patients to help with their plan of care to get them to the level that they want to reach by coming to outpatient therapy. Whether it's inpatient or outpatient therapy, we all bounce ideas off of each other and try to treat patients and give patients what they need to help them get better.

All it takes to come to outpatient therapy is to have a doctor's order for whatever your illness or injury or issue is, and we would love to see you and be able to treat you as a patient and help you on your road to recovery.

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