

Innovations in Physical Therapy

Rhett Polka, PT, DPT, OCS, CSCS

- Doctor of Physical Therapy
- Orthopedic Certified Specialist
- Certified Strength & Conditioning Specialist

President:

One80 Physical Therapy® PC

Founder:

The One80 System®

Case Study

- Plantar fasciitis
- Thought process
 - Decrease pain
 - Increase range of motion
 - Support the foot
- Physical therapy treatment
 - Stretching
 - Rolling
 - Orthotics/inserts

Information?

- We base decisions on past experience, what we've been told, what we have been exposed to, etc. Is that enough?
- What info do we have?
- What info do we need?
- Is the info we have accurate?

Video

- What happened here?
- What did we forget?
- Why didn't we know this?
- Does this info effect our thinking about evaluation, treatment and patient education?

Case Study Follow-up

- Pain free walking during _____ walking.
- Pain free jogging _____ orthotics.
- No first step pain in the morning.
- How did we get here? What's the difference?
- Would better information and how to apply that information help clinically?

Rhett Polka, PT, DPT, OCS, CSCS

- What The One80 System is?
- Where did it come from?
- How is it different?
- Why does it work?

What if...

- We slowed down and had a _____?
- We used _____ as a guide?
- Looked at patients as _____ _____?
- Made _____ the focus?
- Took away all of the _____?
- We could get _____ results?
- Our results _____?
- We were seen as _____?

Today's Goals...

- Be able to take apart _____ .
- Be inspired to _____
- Start questioning _____ .
- Find _____ people to grow with.
- Expect more from your _____ .
- Reignite the _____ .
- Be the _____ .

Innovators...

- See and do things differently
- Authentic leaders, committed to value and best practices
- Go after complex solutions without taking shortcuts
- Realize innovation is not a one time thing, continue to reach above and beyond
- Not afraid to move past conventional wisdom
- Rule breakers that live outside the box
- Not really trying to change the world in one day, but gradually doing things that get you to the end result.

How did my journey start?

- The journey to One80 was a long winding road that began in 1988.
- Interested in strength and conditioning at an early age.
- Junior high football injury lead to PT.
- My interest in both fields continued through high school and college both as an athlete and student.

Through high school and college.

- My interest in both fields continued through high school and college both as an athlete and student.
- University of Northern Colorado - B.A. Kinesiology
- Slippery Rock University – Doctor of Physical therapy

Welcome to the Real World

- PT from 1988 – 2000, where's the innovation?
- Frustrations with the conventional model and lack of patient progress.
- “There must be a better way.”
- Started looking for new and better information.
- Began experimenting with techniques, learning new approaches, applying different thought process and strategies.

What was the purpose of the journey?

- Accepting average expectations, or pushing for extraordinary results?
- Memorization of facts, or application of knowledge?
- Falling in line, or bending it?

It doesn't matter how smart you are...

It matters how you are smart.

Critical Thinking

- We think for a _____.
- Within a _____.
- Based on _____.
- Leading to _____.
- We use _____, _____, and _____.
- To make _____.
- Based on _____.
- To answer _____ or solve a _____.

Why...

What does One80 Physical Therapy look like?

- Function vs. Flash
- Science vs. Sizzle
- Results vs. Return Visits
- Growing Organically vs. Virally

What is the One80 System?

- A **reproducible** evaluation strategy and treatment tool built on the belief that **normal human function** has a direct correlation with **human physiology**. In order to have optimal function, the **neuromuscular base** must be sensitive. When this occurs, **risk of injury** is decreased, **recovery from injury** is rapid and **performance is maximized**.

Why we do what we do.

- We believe in **challenging** convention by thinking **differently**. We do that by using **proven strategies** that are the **opposite** of everything you've tried. We **succeed** by re-educating your body to **function** efficiently and effectively. Would you like to join our **team** of professionals?

Why does it work?

- It works with **all patients** because it attacks the neurological **root cause** of symptoms and dysfunction.
- Built on **accepted** laws of physiology, anatomy, physics, biomechanics.

Who uses One80?

- Patients
 - Athletes
 - Medicare
 - Work comp
 - Everyday people
- Professionals
 - New York
 - Florida
 - Colorado
 - Arkansas
 - Hawaii
 - Missouri
 - Maryland
 - New Jersey

Innovators...

- See and do things differently
- Authentic leaders, committed to value and best practices
- Go after complex solutions without taking shortcuts
- Realize innovation is not a one time thing, continue to reach above and beyond
- Not afraid to move past conventional wisdom
- Rule breakers that live outside the box
- Not really trying to change the world in one day, but gradually doing things that get you to the end result.

When you see these logos...

- Do you know the product?
- Do you see the innovator?
- Do you see the traits we covered?
- What are the stories behind the success?

Today's Goals...

- Be able to take apart _____ .
- Be inspired to _____
- Start questioning _____ .
- Find _____ people to grow with.
- Expect more from your _____ .
- Reignite the _____ .
- Be the _____ .

The great enemy of truth (and innovation) is...

- Not always intentional.
- Most likely a myth.
- So why do we cling to them?
- What if what was handed down was incorrect, or misinformation?
- Should it not be our professional responsibility to seek the discomfort of thought rather than just enjoy the comfort of opinion?

Contact Dr. Polka, or follow at

- www.One80PT.com
- www.TheOne80System.com

- Instagram – TheOne80System
- Facebook – One80 PT
- You Tube – One80 Physical Therapy

- Email – Mail@One80PT.com
- Office phone: (970) 593-9300