

David Bass, DPT, CMPT, Clinical Director Creve Coeur

David is passionate about providing excellent patient care. He has been practicing in outpatient orthopedics for the past twelve years, with the last five in lead management positions. In 2007, David received his Doctorate of Physical Therapy from Washington University in St. Louis. He became a certified manual physical therapist in 2011 through the North American Institute of Orthopedic Manual Therapy and became ASTYM certified in 2011. He has a special interest in treating spine, vestibular and endurance populations. He enjoys spending time with his wife and children as well as competing in triathlons and running events.

Lisa J. Springer, PT, DPT, CMPT

Chief Executive Officer

Dr. Springer has been practicing and managing outpatient clinics for 27 years with an emphasis on orthopedic and sports settings that focus on manual therapy techniques for all types of injuries. She specializes in the following techniques:

- Vestibular Diagnosis
- Concussion Management in Sports
- Workers Comp
- Mechanical Spine Pain
- Sports Injuries



Using Technology to Measure Improvement and MMI

September 21st, 2021
David Bass, PT, CMPT

Trazer

- TRAZER's neuromechanical technology engages the brain and body to assess, train, and rehabilitate.

TRAZER's vital movement measurement analytics provide objective data

- Patented camera monitoring body movements
 - Balance
 - Kinematics
 - Dynamic movements
 - Neuromechanics

Trazer for Lower Extremity Injuries

- Transition into functional movements
 - Moving from traditional ROM/MMT to functional objective measures
- Right to Left Comparisons
 - <10% right to left difference
- Functional mechanics
 - Squatting, cutting, jumping
- Increased exertion/endurance levels
 - Heart rate monitoring
 - Starting with slow and progressing to increased speeds as needed

Trazer for Concussions

- Combining movements with Cognitive Tasks
 - Preparing for Job related tasks
- Reactions times
- Tolerance to increased activity/HR
 - Symptom monitoring at rest vs activity
- Ability to scale dynamic and cognitive tasks
 - Decrease prompt times
 - Increased activity times
 - Advancing difficulty levels

Activities

- Lateral cutting
- Random cutting
- Squatting (DL/SL)
- Balance
- Cognitive (+,-,x,colors)

Moving towards MMI

- Monitoring improvements
- Moving past Kinesiophobia
- Building confidence with functional movements
- Merging cognitive and physical activities
- Increasing strength and endurance for return to work tasks.

THANK YOU!

From the Springer Physical Therapy Team

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