Revolution Rehabilitation, P.C.

Recognizing and Treating the Unique Needs of Women

By Cheryl Lassota

“Traditional therapy with an innovative twist” is how founder Dr. Allison Nicklin describes Revolution Rehabilitation, P.C. in Colorado Springs. “We really listen to the patient’s symptoms, treat the whole person, not just the condition, and provide education to bring them full circle. Sometimes patients need communication therapy as much as physical therapy,” she says.

“Dr. Allie,” as she is known to all, mentions a patient who had headaches upon waking each morning. “I asked her to bring in her pillow, then referred her to be fitted for a custom pillow.” The patient returned, stating she had five days of waking up without a headache. “So, it was a matter of a pillow, a few sessions to address her ADL functions and recreational needs, re-educating her on postural stability, and providing her with a broad spectrum home program,” explains Dr. Allie. “Headache and migraine management is not just metabolic, not just hormonal, not just stress. A lot of times headaches are being referred from the cervical spine and while it may be in your head, it is in your neck too,” she adds.

The up and coming generation of women is increasingly proactive about their healthcare. Revolution Rehabilitation caters to women who haven’t previously had those portals of access. “We bridge gaps in healthcare and recognize the unique needs of women,” Dr. Allie asserts. “We specialize in concussion management, headache, migraine, pre/postpartum issues, and carpal tunnel symptoms; plus sports treatment for foot, ankle, and heel pain. Much of what we do is educating patients who are trying to stay fit, yet not going about it in the right manner, or getting on exercise programs without proper instruction.”

While her clinic serves male and female patients of all ages, Dr. Allie notes an increase of women as self-referred, direct access patients. Many conditions that specifically affect women may be treated in Colorado by a physical therapist, without referral from a primary care doctor. “Women need to know there are tools out there to help get them to a point where they have some empowerment. They don’t have to be tied to a clinical facility for the rest of their lives where they have some empowerment. They don’t need referral from a primary care doctor. Many conditions that specifically affect women may be treated in Colorado by a physical therapist, without referral from a primary care doctor.”

Amy Craig of Falcon, CO, turned to Dr. Allie when her migraines were becoming debilitating. “Dry needling on my back and neck completely rid me of migraines. My quality of life has improved ten-fold,” Amy shares. “Now, I can go skiing or to the movies without having to worry about my rescue medication. The effects of the needling made me migraine free. Next we did other neck and back muscle therapies to keep me calm and relaxed.”

“Trigger point dry needling is a very effective tool in our box for treating pain and stress in the muscles,” Dr. Allie states. “It gets muscles to release painful or tender knots, known as trigger points. Dry needling is a therapeutic measure to relax those areas of hyper-irritability within a muscle, in order to restore range of motion and functional activity.”

She offered dry needling to participants in the Run for the Shrine Cheyenne Mountain Zoo benefit, has addressed it with number of community groups, and created a YouTube video about it.

The Revolution Rehabilitation logo contains three circles. To Dr. Allie, the first circle represents returning to what she believes, in terms of practice, values, and ethics after a career path fraught with multiple personal, physical, and professional hurdles. Circle two symbolizes the full complement of services offered at the clinic—one-stop treatment to improve the quality of patients’ lives, including educating them. “If I treat you, I help you today. If I teach you, I help you forever,” is Dr. Allie’s mantra. Inherent in the third circle is the revolutionary rebellion of a woman-owned, independent practice that thrives by being accountable to patients, using cutting-edge treatments, and by giving back to the community.

“I enjoy getting out in the community and sharing knowledge,” Dr. Allie declares. Along with Associate Dr. Ericka Breske and Practice Manager Steve Nutche, she supports PeakVista clients in addition to the USA Hockey youth leagues and provides employment screenings for local companies. She holds clinics for the Cycling Club and teaches Pathophysiology at Pueblo Community College. Dr. Allie also served on the 2014 Fur Ball Committee, helping raise funds for the annual event that generated $225,000 in support of the Humane Society of the Pikes Peak Region.

Ultimately, the Revolution Rehabilitation’s dedication to team effort is reflected in the wide smile spreading across Lee Perry’s face, as he looked up from a recent workout at the clinic. “I’m lovin’ it. They take good care of their patients,” said Lee.

Revolution Rehabilitation is located at 155 Printers Pkwy, Suite 125, Colorado Springs, CO 80910. Contact them at 719– 635-8622, on Facebook, Yelp, or at www.revrehab.com.