NEWS-Line for Physical Therapists & PT Assistants

Q&A with Cristina Faucheux, PT, Vice President of Moreau Physical Therapy in Zachary, Louisiana

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Q&A

with Cristina Faucheux, PT, Vice President of Moreau Physical Therapy in Zachary, Louisiana

Cristina Faucheux is a physical therapist in private practice with a focus on outpatient orthopedics. She graduated with a BS in microbiology in 1995 and a BS in physical therapy in 1997, then completed a residency with the Ola Grimsby Institute and received a certificate in manual therapy in 2002. Cristina is a member of PTPN, serves on PTPN’s Quality Assurance and Credentialing Committee, and is a PTPN Board Member-at-Large. She is also Vice President of Moreau Physical Therapy (www.moreaupt.com).

Q: What motivated you to become a physical therapist?

A: I began volunteering at a local hospital the summer after I graduated from high school. I was placed in the Physical Therapy Department. In short order, I fell in love with the profession and continued to volunteer and work as a PT tech for the next four years while completing my prerequisites for PT school. I began working for Moreau Physical Therapy after graduating from Louisiana State University Health Science Center.

Q: Moreau Physical Therapy has multiple locations. Where do you operate?

A: We currently operate six full-time outpatient clinics, two part-time outpatient clinics, two satellite locations at industrial facilities and two full service fitness facilities, and provide therapy services to two hospital campuses. Our main address is in Zachary, Louisiana.

Q: What kinds of services does Moreau PT provide?

A: Our company provides rehabilitative services and wellness services to the East Baton Rouge Parish and St. Landry Parish communities. We offer orthopedic and neurological physical therapy services, sports specific rehabilitation, manual therapy, chronic pain management, vestibular rehabilitation, industrial testing such as functional job analysis, ergonomic assessments, pre-employment/post hires screens, return to
work screens, functional capacity evaluations, aquatic therapy, orthotics, Graston Technique®, dry needling, wellness programs and DME products.

Q: What is your work environment like?

A: We offer a fun, family-like atmosphere that remains respectful and professional. We believe we shouldn’t take ourselves too seriously. Patients come to see us most of the time due to circumstances beyond their control. We need to be sensitive not only to their physical issues, but their emotional and financial issues, as well. We employ people that are not afraid to step outside of the box to get patients to smile and provide excellent customer service.

Q: Typically, what are your day-to-day responsibilities?

A: I primarily treat patients part time. This includes evaluating patients, manual therapy techniques, modifying treatment programs, instruction in HEP (home exercise programs), supervising support staff and documentation. The rest of the week is spent performing administrative/managerial duties including education and problem solving with our team.

Q: What types of diagnoses do you encounter most frequently?

A: Typically, our facilities see referrals with orthopedic issues. The main area treated is cervical and lumbar diagnoses, followed by shoulder and knee problems.

Q: Can you share a rewarding story about your profession?

A: The most motivating aspect about being a PT is being able to develop a relationship with a patient and become his or her primary PT. I will often treat patients for one issue and see them again if they have another issue down the line. I enjoy getting to follow their family and friends as time progresses.

Q: Are there other areas of interest for you as a physical therapist that you plan to pursue?

A: I am interested in taking continuing education courses in dry needling.

Q: What are the greatest challenges you face as a PT?

A: Physical therapy is a practice that constantly evolves. As a PT, you must keep up-to-date with the current research and evidence-based practice models. Also, you must stay current in the reimbursement policies of your payer sources so that you can be paid for your services. Educating our team on the necessity of coding and documenting correctly, as well as having each therapist improve his or her functional outcome scores is imperative with the current changes in healthcare.

Q: What do you feel is of the greatest concern to PTs today?

A: It is extremely important to educate yourself with the reimbursement policies. You need to be able to be paid appropriately for your services or your business will not survive. It can be as simple as documenting appropriately. Also, you should know your patient functional outcome scores. Payer sources will soon have this information on your facility and for each provider. Practices should focus on correcting any potential areas of weaknesses now.

Q: What do you like most about your job?

A: I enjoy working with patients who are truly involved in their rehabilitation. I am rewarded when I observe patients take the education they received from therapy and begin to make healthy lifestyle changes.

Q: Do you feel the role of PTs has changed over recent years?

A: Yes. With insurance plans evolving to high deductible plans and approving fewer therapy visits, we must invest more time earlier in the rehab process to educate patients. Getting a patient to understand the prognosis, diagnosis and physiology will allow them to be more independent and lead to better compliance with a HEP and progressions. It allows me to maximize the time I spend with them.
Q&A

Many women around the world suffer from symptoms of a postpartum mood disorder, or even postpartum depression. Approximately 15-20 percent of pregnant women experience some depression.

Symptoms can range from mood instability, weepiness and anxiety, to panic attacks, chest pains or excessive worries.

There are five mood disorders related to pregnancy, varying in the severity of symptoms.

- “baby blues,” depression
- obsessive-compulsive disorder
- panic disorder
- in one in every thousand cases, psychosis

Support and treatment can help.

For more information, please visit:

www.postpartum.net
www.postpartumsupport.com
www.postpartumstress.com

them return back to work and their family activities unhindered by pain or any other functional limitations.

Q: What is the most important thing you’ve learned over the course of your career?

A: Critical thinking is an important aspect of the job. Each patient requires individual treatment programs based on his or her functional goals, lifestyle, and previous history.

Q: What advice do you have for others thinking of entering your field?

A: Physical therapy is a very rewarding profession. There are a variety of settings that you may choose to work in depending on your personal goals and professional goals. I would say this profession has the most flexibility.

To be successful in this field, you need to be creative and be an active listener. It is not necessarily what patients say, but how they say things. Sometimes their body language gives you the best insight on how you should proceed.

Q: How has working in PT allowed you to grow professionally?

A: Due to my interest in Workers Compensation Reform in Louisiana, I was selected to be the Governmental Affairs Chair for the Louisiana State Physical Therapy Association. Also, I have been given the opportunity to be a member of a Quality Assurance and Credentialing Committee for PTPN and a Board Member at Large for PTPN.

Q: If you could sum up your job in one word, what would it be and why?

A: Rewarding. I can truly say I enjoy what I do and I look forward to coming to work. Many of our patients begin physical therapy as skeptics of the process. A vast majority of these people not only improve, but also become raving fans of physical therapy. ♦