



SpineScottsdale
Physical Therapy



Center for
SpineHealth

The Arizona Quarterly Spine Official Newsletter of SpineScottsdale Physical Therapy and the Center for SpineHealth

A Note from Shane

We hope everyone had a wonderful holiday season! What's new at SpineScottsdale Physical Therapy? We hired another physical therapist, we developed the Center for SpineHealth, and we have a YouTube channel with video clips of exercises for our patients. Also, learn how you can access physical therapy directly without a physician's referral. I would like to share with you more information about these exciting developments in this edition of **The Arizona Quarterly Spine!**



SpineScottsdale Hires Another Physical Therapist

Jennifer Orr PT, DPT, COMT, CGFI

Jennifer has been a physical therapist for 10 years with a background in orthopedic injuries, senior care, vestibular-balance, sports medicine, and golf fitness/performance. Jennifer has the following credentials:

- She received her Doctorate in Physical Therapy and Bachelor of Science from the University of Michigan.
- Jennifer is certified through the Ola Grimsby Institute as an **Orthopedic Manual Therapist**
- Jennifer is certified through the **Titleist Performance Institute as a Golf Fitness Instructor.**



In this issue

- **New physical therapist**
- **Center for SpineHealth**
- **YouTube Channel**
- **Direct Access**

Jennifer utilizes a variety of treatment techniques to assist patients in regaining movement, strength, and balance while decreasing pain in order to return to work, sports, hobbies, and activities. "My approach to patient care is to provide a friendly, professional environment where I can assist each patient in achieving maximum restoration of function. I utilize hands on therapy techniques to gently increase muscle and joint movement along with developing individualized exercise programs for strengthening, flexibility, balance, and coordination. I am very sensitive to my patients needs and always treat the whole person - not just their injury. I strive for each patient to reach their personalized physical therapy goals, through quality, compassionate patient care.



What's new in 2014?

Q1 2014



What is the Center for SpineHealth?

SpineScottsdale Physical Therapy has expanded! Same location, more space. We now have 2,654 sq.ft of space to provide our patients the complete spectrum of spine care. We have divided our clinic into 2 interdependent areas: SpineScottsdale Physical Therapy and the Center for SpineHealth. Our patients will receive spine physical therapy from their spine injury or spine surgery at SpineScottsdale Physical Therapy then have the opportunity to seamlessly transition to the Center for SpineHealth. The Center for SpineHealth consists of several insurance covered spine related programs designed to allow you to get back to work, back to play, and back to life in a supervised environment. The following will highlight several of the programs we are offering at the Center for SpineHealth.

The mission of the Center for SpineHealth is to bridge the gap between spine rehabilitation and spine health. The Center for SpineHealth will include the following spine related programs:

1. SpineFitness
2. SpineGolf (covered by insurance)
3. SpineOsteoporosis (covered by insurance)
4. SpineErgonomics (covered by insurance)
5. SpineBalance (covered by insurance)

Please don't hesitate to email me at shane@spinescottsdale.com or contact us at 480-584-3334 to sign up for any of these programs!

SpineFitness

- Our SpineFitness program allows the patient the opportunity to continue with the functional conditioning aspect of the rehabilitation process in a supervised exercise environment.
- The SpineFitness program will offer comprehensive strengthening, flexibility, and cardiovascular conditioning for patients with spine disorders.
- Established post-rehabilitation protocols are followed for low back and cervical/thoracic disorders.
- The client's physician will be consulted to establish guidelines and for approval of this conditioning program.



SpineGolf

- Many swings faults are caused by body faults; therefore, our SpineGolf program focuses on the body rather than the club.
- We will match each phase of the golf swing with the appropriate stretch to ensure the proper golf swing.
- To accomplish this, we will take advantage of the TrueStretch, a self-contained stretching area that allows the user a safe platform for comprehensive stretching to increase flexibility and reduce risk of golf injury.
- The stretch station enables the golfer to stretch all their muscles at the same time and it allows us to stretch in an upright position to enhance the golf swing.
- Golf is a standing sport; therefore, the flexibility of golf should also occur in standing.



SpineOsteoporosis

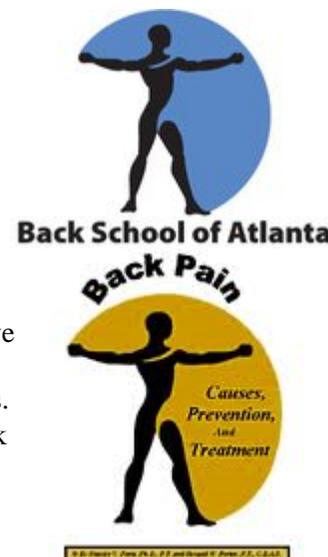
- The SpineOsteoporosis program for preventing osteoporosis is based on one of the largest studies on exercise and bone mineral density in postmenopausal women.
- The results of the study demonstrated that it is possible to implement an osteoporosis prevention program with postmenopausal women that would positively impact bone mineral density and muscle strength.
- The SpineOsteoporosis program includes: Strength training exercises, cardio-weightbearing exercises, stretching exercises, and balance exercises.



SpineErgonomics

As a **Certified Ergonomics Assessment Specialist** through the Back School of Atlanta, I will be able to provide your patients an industrial ergonomics analysis using OSHA ergonomics assessment tools.

- The SpineErgonomics program is designed to fit the job to the worker by performing an OSHA-complaint ergonomics analysis applicable to the office workspace.
- Emphasis will be placed on identifying the underlying causes of the cumulative trauma disorders/musculoskeletal disorders, methods to detect and evaluate problems in the work site, and approaches to reduce or prevent these disorders.
- The worker will complete an OSHA approved symptom survey to identify risk factors.
- These risk factors will be eliminated by providing the worker engineering solutions such as: Foot rests, document holders, task lighting, and lumbar supports.
- These risk factors will also be eliminated by providing the worker medical management solutions such as: Stretching and strengthening interventions to address the workers symptoms.



SpineBalance

What is the SpineBalance program?

- Our SpineBalance program focuses on decreasing your fall risk by:
 - Assessing and rehabilitating your balance deficits.
 - Improving your ability to walk without loss of balance.
 - Educating individuals how to perform everyday activities safely to minimize falls.



Who can benefit from the SpineBalance program?

- Our SpineBalance program will benefit individuals with the following risk factors:
- Muscle weakness
- Difficulty with household or community ambulation
- Vision problems
- Use of an assistive device
- Individuals on more than 4 medications at the same time
- Low blood pressure

**SpineScottsdale Physical Therapy has a YouTube Channel**

Recent research suggests patients are less compliant in the performance of their exercises when a brochure or handout and minimal instruction is given. At SpineScottsdale Physical Therapy, your patients will receive live instruction and modeling by a physical therapist to ensure long-term patient compliance. Furthermore, they will have access to our online home exercise program library and our new YouTube channel that contains video clips of their rehabilitation exercises.

**Do you need a physician's referral before seeing SpineScottsdale Physical Therapy?**

No. Direct Access is your ability to obtain services from a licensed physical therapist where and when you choose without referral from a physician.

You may be surprised to learn that you can access physical therapy directly without a physician's referral, but under "direct access" in Arizona, you can.

Whether you've had a sports injury, recent surgery, neck or back pain, headaches, or repetitive overuse injury, you can contact SpineScottsdale Physical Therapy and begin working towards eliminating unnecessary pain and dysfunction.

Here is an example of how direct access can save you time, money, and unnecessary pain.

Let's say you were just getting back into a fitness routine using weights and walking when you twisted awkwardly and began feeling pain in lower back.

You could wait a week or two to get in to see your doctor and pay for the visit, but with Direct Access, you can go straight to your physical therapist and eliminate delays in treatment and higher costs. This of course is especially helpful if you are feeling discomfort and really would like to know what happened, how serious it is and what you'll need to do to get started on recovering.

You can contact SpineScottsdale Physical Therapy and schedule a time to come and for an evaluation by one of our licensed physical therapists. SpineScottsdale physical therapists have the training and education to recognize if your

condition is not musculoskeletal and recommend you see a physician. In either case, you'll be getting answers and peace of mind right when you need it, and not several days or weeks after.

So How Does Direct Access Work?

The State of Arizona allows patients like you direct access to a physical therapist without a referral, and in most cases your insurance company will reimburse you for physical therapy services under direct access.

However, your particular insurance carrier may have specific restrictions. In order to be reimbursed for your physical therapy services you may need to obtain a referral/prescription from your physician first. We understand this can be a confusing process, we would be happy to assist you in determining your physical therapy benefits. **Give us a quick call at 480-584-3334 and we'll be able to tell you what your insurance company requires.**

Please don't hesitate to contact us, our front office is here to help you, our goal to make the billing process is as easy as possible so you can focus on your treatment and getting back on the road to recovery as soon as possible.



Testimonials

What your patients are saying...

After living in pain for 2 years I found Shane. I feel so much better! I am now able to walk without pain. Thank you for your compassionate care.

Frances

Shane did a great job. My neck hasn't felt this good in years.

William

I am very glad that I was able to have the physical therapy with Shane. He is very conscientious, knowledgeable, and patient. I would highly recommend him.

Ruth

My experience with Shane and the staff at SpineScottsdale Physical Therapy has been exceptional. Not only is my chronic backache gone, but it was also done while making me comfortable and welcome. I will be constantly reminded of my thanks each time I do something that for years prior I have not been able to do.

Adam

I was very pleased with my physical therapy. Shane has relieved my pain and I feel so much better.

Donna

When I came to SpineScottsdale I was not sure what to expect. Shane introduced himself and explained the injuries in a manner I understood. We began his program and within a week I was feeling better than I had in 2 months. My neck and shoulder were free of pain. I enthusiastically would refer Shane to anyone seeking help.

Margaret

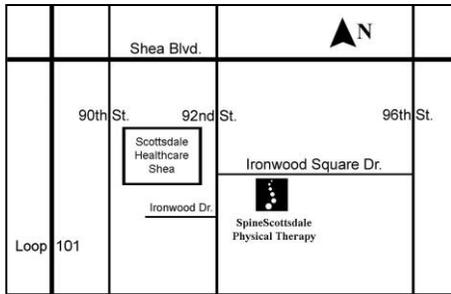
This is by far the best physical therapy treatment I have ever had. I came in with great pain, 8/10. After treatment left with a pain level about 2/10. I know I have been able to avoid surgery due to the treatment.

James



Moving in the Right Direction!

*Bridging the Gap Between SpineRehabilitation
and SpineHealth!*



Shane Sullivan
PT, DPT, CERT. MDT, OCS, ATC, CSCS, CEASI



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Licensed Physical Therapist
Doctor of Physical Therapy
Certified in Mechanical Diagnosis and Therapy
Board Certified Orthopedic Clinical Specialist
Certified Athletic Trainer
Certified Strength and Conditioning Specialist
Certified Ergonomics Assessment Specialist