

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 is enjoying 2015... What's new at SpineScottsdale Physical Therapy this Spring?

In addition to spine physical therapy, our staff has furthered their advanced clinical knowledge even more by becoming certified in the following insurance covered programs:

- We became certified in the physical therapy management of osteoporosis and are implementing a SpineOsteoporosis program
- We became certified by the Titlelist Performance Institute and are implementing a SpineGolf program.
- We developed a Balance and Fall Prevention program using the Otago Exercise Program to prevent falls in older adults



We would like to share with you more information about these exciting developments in this edition of **The Arizona Quarterly Spine!**



### What is the SpineOsteoporosis program?

We became certified in the physical therapy management of patients with osteoporosis utilizing **The Meeks Method**. The Meeks Method is a comprehensive 12-step movement and exercise program for the prevention and management of osteoporosis and the musculoskeletal changes commonly associated with the aging process. This program is covered by insurance.

Go to our website at [www.spinescottsdale.com](http://www.spinescottsdale.com) and click on the Meeks Method from our homepage to learn more about how physical therapy will help you manage your osteoporosis

**We are offering a complimentary osteoporosis screening:** This is a direct and “free” opportunity to receive a risk assessment, a complete explanation of your bone mineral density test findings, and to learn exactly how the Meeks Method will instruct you on how to move safely during everyday activities and during exercise routines to minimize the serious consequences of this condition such as fractures.

The complimentary osteoporosis screening is a 15- to 30-minute examination performed by the well-trained, professional staff at our SpineScottsdale Physical Therapy clinic. This screen includes a risk assessment, a review of your bone mineral test findings, and a musculoskeletal screening including a postural examination, balance examination, and strength assessment

To schedule a **Free Osteoporosis Screen**, simply call SpineScottsdale Physical Therapy at 480-584-3334

## What is the SpineGolf Program?

The SpineGolf program focuses on the body rather than the club. Our program uses the Titleist Performance Institute movement screen to identify how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury. This program is covered by insurance.

## Why the Titleist Program Certification Program?

TPI is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing.



Since its inception in 2003, TPI has studied thousands of golfers ranging from the top professional tour players to weekend enthusiasts. An incredible amount of data on players of all shapes, sizes, ages, and fitness levels has been gathered during this time. Using this data, TPI discovered how a properly functioning body allows a player to swing a golf club in the most efficient way possible. Additionally, TPI has analyzed how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury.

TPI's mission is to educate golfers and industry professionals on the body/swing connection through its one of a kind 'TPI Certified' educational program. This program was developed by founders Dr. Greg Rose and Dave Phillips along with a 52 member advisory staff of industry leading experts. Five unique fields of study are offered for TPI Certification: Golf, Medical, Fitness, Power and Junior Development. Currently, there are over 15,000 TPI Certified professionals in 58 countries assisting players of all skill levels.

Go to [www.mytpi.com](http://www.mytpi.com) to learn more about the Titleist Performance Institute.

**We are offering a complimentary golf screening:** This is a direct and "free" opportunity to receive a Titleist Performance Institute golf assessment and to learn exactly how our SpineGolf program how physical limitations in your body can adversely affect the golf swing and potentially lead to injury.

The complimentary Titleist Performance Institute golf assessment is a 15 minute examination performed by one of our certified Titleist Performance Institute medical providers.

To schedule a **Free Titleist Performance Institute Screen**, simply call SpineScottsdale Physical Therapy at 480-584-3334

### **What is the SpineBalance Program?**

The Center for Disease Control (CDC) has developed the compendium of effective fall interventions to help public health practitioners use the best scientific evidence to effectively address the problem of falls.

The CDC gathered information about science-based fall prevention studies that met the following criteria:

- Published in the peer-reviewed literature
- Included adults aged 65 or older
- Used a randomized controlled study design
- Measured falls as a primary outcome
- Demonstrated significantly significant positive results in reducing older adult falls.

The CDC has determined the Otago Exercise Program to prevent falls in older adults has scientific evidence and statistically significant positive results to effectively address the problem of falls.

### **How is the Otago Exercise program different from other programs?**

1. The Otago Exercise Program has been tested in four randomized control trials in 1016 people aged 65-97
2. Overall the exercise program was effective in reducing by 35% both the number of falls and the number of injuries resulting from falls.
3. The program has been tested beyond the research setting. In order to test the program in “real life” situations, two trials were performed in the community
4. No other fall prevention programs have been tested in such a comprehensive way.
5. This program is covered by insurance.

**We are offering a complimentary balance screening:** This is a direct and “free” opportunity to receive a balance assessment and to learn exactly how our balance program can prevent falls in older adults.

The complimentary balance assessment is a 15 minute examination performed by one of our medical providers.

To schedule a **Free Balance Screen**, simply call SpineScottsdale Physical Therapy at 480-584-3334

## **Do you need a physician referral before being seen at SpineScottsdale Physical Therapy?**

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 recent surgery, neck or back pain, extremity pain, 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 billing staff 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

## Physicians of the Quarter

SpineScottsdale Physical Therapy would like to recognize a local practice that has made significant contributions to the treatment of both spine and extremity orthopedic conditions. In this newsletter we would like to recognize the providers at Scottsdale Medical Center: Dr. Joseph Rotella, Dr. Kelly Barker, and Dr. Jason Richard. Scottsdale Medical Center is a comprehensive family medical facility completely dedicated to your health and wellness. Scottsdale Medical Center offers Family Medicine and Chiropractic services in Scottsdale, Arizona, with a strong emphasis on health prevention and a multidisciplinary approach to the treatment of disease.

Dr. Joseph A. Rotella M.D., D.C. is first and foremost a father who understands the importance of making sure his loved ones are happy and healthy. He knows listening and caring are just as vital to the healing process as diagnosis and treatment. As the founder and operator of Scottsdale Medical Center, he offers a wide range of professional medical services with a special interest in the integration of medical and chiropractic care for headache sufferers.

Dr. Joseph A. Rotella M.D., DC is the only dual licensed family physician and chiropractor in Scottsdale, AZ who integrates both philosophies to provide an integrative approach of wellness to all of his patients.

Dr. Rotella received his Doctorate of Chiropractic from Cleveland College of Chiropractic in Kansas City, MO and a Doctorate of Medicine from the American University of the Caribbean in St. Martin, Netherlands Antilles.



Dr. Kelly R. Barker, D.O., brings to Scottsdale Medical Center a family-centered approach to physical, emotional, and spiritual wellness. She blends traditional Osteopathic medical practice and complementary/alternative philosophy with state of the art Family Medicine. Her specializations include comprehensive Osteopathic Manipulative Therapy, women's health services, diabetes care, and adolescent medicine. After completing an undergraduate degree in Neuroscience with research in back pain at Brown University, she commenced a career in high school education. Her passion for integrated health and wellness inspired her to pursue a medical degree at the Arizona College of Osteopathic Medicine in Glendale. She then completed her residency in Family Medicine at the Heuser Family Medicine Center with Scottsdale Healthcare.

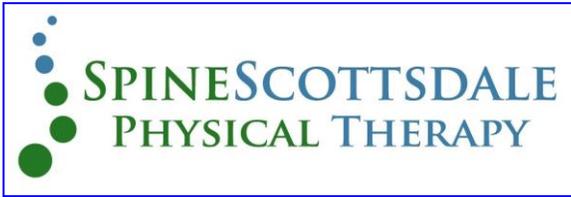


Dr. Jason Richard D.O. is a board certified Family Physician, received his master's from Louisiana State University and his doctorate from Midwestern University in Glendale, completing his residency at Scottsdale Healthcare.

Dr. Richard's approach to medicine is very holistic. He understands the importance of a healthy body to maintain peak performance. Yet, he also understands the balance between training and the aging body and has a special area of interest of the 'aging athlete'. He believes in treating the individual, not just the symptom and empowering his patients with knowledge. Good health is not only the goal, he knows it can be achieved by the simple outcome of successful decision-making.



**To make an appointment at Scottsdale Medical Center, contact them at 480-614-5808 or visit them online at: [www.scottsdalemedcenter.com](http://www.scottsdalemedcenter.com)**



*Moving in the Right Direction!*

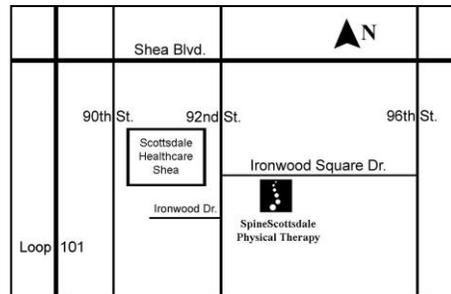


*Bridging the Gap Between SpineRehabilitation and SpineHealth!*

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  
Titleist Performance Institute Certified