



SpineScottsdale
Physical Therapy

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



Center for
SpineHealth

A Note from Shane

We hope everyone is enjoying 2016...What's new at SpineScottsdale Physical Therapy this Summer?

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 Titleist 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 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 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.



Physician 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 Scottsdale Medical Center and Dr. David Carfagno



SCOTTSDALE
SPORTS MEDICINE
INSTITUTE

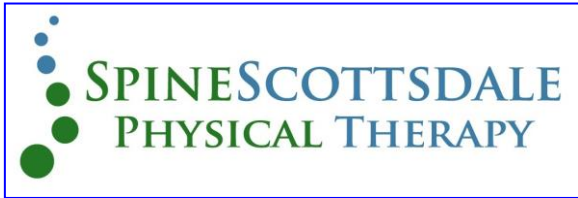
Dr. David Carfagno and the rest of the caring staff here at the office will share their medical expertise with you and they hope you'll take responsibility for working toward the healthy lifestyle that is so important to your well-being. Scottsdale Sports Medicine prides ourselves on the care they provide for their patients and their mission is to help give you optimal health. Dr. Carfagno's approach to good health focuses on a blend of traditional medical care with preventative medicine and lifestyle planning. Patients are provided with expert counseling, not only on up to date medical treatments, but also on fitness and nutrition. Many of our patients take advantage of popular services we offer in order to help reach their health and fitness goals. These include:

- Men's and Women's Health Program – A comprehensive Vitality Program aimed at optimizing the maturing adults metabolic and hormone profile.
- Metabolic Enhancement Program - 1 month and 3 month physician supervised weight loss and weight gain programs.
- Body composition testing (body fat percentage)- using the DEXA machine, considered the industry gold standard.
- Metabolic rate testing - determining the amount of calories your body consumes daily.
- VO₂Max testing - the true measure of fitness, which determines heart rate zones for achieving optimal fitness results.
- Strength and weight training programs - customized for each individual patient.
- Vitamin testing - using serological markers to test for vitamin and mineral deficiencies.
- Botox and Juvederm injections- to help keep you looking as young as you feel.

Please contact Dr. David Carfagno at 480-664-4615 whenever you would like to talk about anything you think may be affecting your health. It's our hope that we can have a relationship where the lines of communication are open and communication goes both ways. Let's work together to help you live the satisfying life that you deserve.

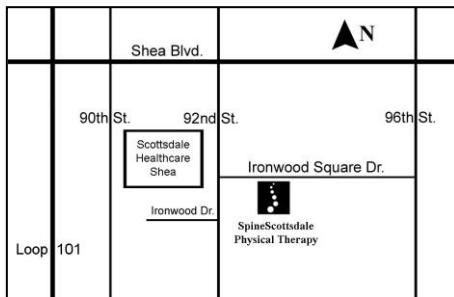
Best of health,

David G. Carfagno, D.O., CAQ



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