



The Arizona Quarterly Spine

Patient Edition

What is the Arizona Quarterly Spine?

The Arizona Quarterly Spine is a quarterly publication designed to provide you information about SpineScottsdale Physical Therapy and other spine and physical therapy related news and information. You are receiving this because you are a valued patient and we care about your health. If you would like to be removed from our Arizona Quarterly Spine email list, please email Emily at emily@spinescottsdale.com



Who We Are...

SpineScottsdale Physical Therapy is a physical therapist owned and operated physical therapy clinic that specializes in the assessment, diagnosis, and treatment of spine and extremity musculoskeletal disorders by applying the philosophies and treatments known as the McKenzie Method of Mechanical Diagnosis and Therapy.

How Are We Different?

1. We are the only outpatient physical therapy clinic in Scottsdale that specializes in spine disorders.
2. You will be assigned to a physical therapist that has a doctorate in physical therapy.
3. You will be assigned to the only physical therapist in Scottsdale Certified in the McKenzie Method of Mechanical Diagnosis and Therapy.

Fall 2010

Inside this edition:

- Notice of physical therapy benefits.
- *Moving in the Right Direction*: Education about common orthopedic spine conditions
- Physician Spotlight: Rajesh Soni, M.D.

Did you know...

Although SpineScottsdale Physical Therapy specializes in spine disorders, Shane Sullivan is also Board Certified in Orthopedic Physical Therapy. To obtain board certification, candidates must successfully complete a rigorous written examination, demonstrating specialized knowledge and advanced clinical proficiency in spine and extremity orthopedic rehabilitation. The following is just a partial list of extremity disorders we provide rehabilitation for:

Rotator Cuff Tendonitis	Hip Pain	Knee Joint Pain
Frozen Shoulder	Bursitis	Osteoarthritis
Tennis Elbow	Overuse Injuries	Ankle Sprain
Carpal Tunnel Syndrome	Groin Strains	Plantar Fasciitis
Hamstring Injuries	Achilles Tendon Injuries	Post-Surgical Rehabilitation

What do all those letters mean?

The owner of SpineScottsdale Physical Therapy, Shane Sullivan PT, DPT, CERT. MDT, OCS, ATC, CSCS, has more post-graduate credentials than any other physical therapist in the State of Arizona. The following is a brief description of these credentials:

- PT: Licensed Physical Therapist
- DPT: Doctorate of Physical Therapy Degree
- CERT. MDT: Certified in Mechanical Diagnosis and Therapy
- OCS: Board Certified in Orthopedic Physical Therapy
- ATC: Certified Athletic Trainer
- CSCS: Certified Strength and Conditioning Specialist



Notice of Physical Therapy Benefits Remaining in 2010

I want to remind you that your 2010 physical therapy benefits will be expiring very soon. Before the new year brings in a new deductible and new limitations, consider taking care of any painful spine or extremity injuries and conditions with the physical therapy benefits you are entitled to by year's end.

You will be receiving a letter in the mail informing you how many physical therapy visits your insurance plan covers in 2010, and how many visits you have used in 2010.

Please contact us should you have any questions and to schedule an appointment!

SpineScottsdale Physical Therapy provides physical therapy for spine and extremity injuries.

The following is just a partial list of spine disorders we provide treatment for:

Low Back	Upper Back and Neck
<ul style="list-style-type: none"> ▪ Mechanical Low Back Pain (Pain that is affected in positions or movements) ▪ Herniated Disc or Bulging Disc ▪ Sciatica ▪ Muscle Strains ▪ Postural Pain ▪ Spinal Stenosis ▪ Hip Problems ▪ Sacro-Iliac Joint Problems ▪ Low Back Pain in Pregnancy ▪ Spondylolysis and Spondylolisthesis ▪ Instability ▪ Post-Surgical Rehabilitation 	<ul style="list-style-type: none"> ▪ Mechanical Neck Pain (Pain affected by positions or movements) ▪ Herniated or Bulging Disc ▪ Radiculopathy ▪ Postural Pain ▪ Facet Joint Problems ▪ Shoulder Pain ▪ Stenosis or Spondylosis ▪ Thoracic Outlet Syndrome ▪ Post-Surgical Rehabilitation

The following is just a partial list of extremity disorders we provide treatment for:

Shoulders, Elbows, Wrists, Hands	Hips, Knees, Ankles, Feet
<ul style="list-style-type: none"> ▪ Rotator Cuff Tendonitis ▪ Frozen Shoulder ▪ Tennis Elbow ▪ Carpal Tunnel Syndrome ▪ Osteoarthritis ▪ Muscle Injuries ▪ Golf injuries ▪ Post-Surgical Rehabilitation 	<ul style="list-style-type: none"> ▪ Hip Joint Pain/ Hip Bursitis ▪ Plantar Fasciitis ▪ Groin Strains ▪ Achilles Tendon Injuries ▪ Patellofemoral Joint Pain ▪ Lateral Ankle Sprain ▪ Post-Surgical Rehabilitation

Moving in the Right Direction

This section is designed to educate you about common orthopedic injuries. In this issue, I will provide you information on: Spondylolysis and Spondylolisthesis.

SPONDYLOLYSIS AND SPONDYLOLISTHESIS

What are Spondylolysis and Spondylolisthesis?

Your lower back is called your lumbar spine. It is made up of five bones called lumbar vertebrae. The vertebrae have two major parts, a solid part called the body and a bony ring through which the lower part of the spinal cord and nerves travel. Between the bodies of the vertebrae is shock absorbing material called disks. Part of the ring of each vertebra, called the pars, touches the vertebra above it and the vertebra below it.

Spondylolysis is a condition where there is a break in one or both sides of the ring of a vertebra. Spondylolisthesis is a condition in which a break in both sides of the ring allows the body of the vertebra to slip forward. Spondylolysis and Spondylolisthesis most commonly occur at the fourth or fifth lumbar vertebrae. These conditions are also called pars defects, pars stress fractures, or stress fractures.

How does it occur?

Spondylolysis and Spondylolisthesis result from repetitive extension of the back (bending backward). This causes weakness in the rings of the lumbar vertebrae, eventually leading to a break (fracture) in a ring. Less commonly, These conditions may result from an injury to the back. Some doctors

feel that certain people are born with weak vertebral rings.

Athletes most commonly troubled by Spondylolysis or Spondylolisthesis are gymnasts, dancers, and football players.

What are the symptoms?

You may have low back pain or spasms, or you may have no symptoms at all. You may have pain all the time or only from time to time. Spondylolysis or Spondylolisthesis usually do not damage the nerves.

How is it diagnosed?

Your doctor will examine your back and look for tenderness along your vertebrae or spasm in the muscles next to your vertebrae. Your doctor will order an x-ray, which will show a break in the ring of a vertebra or slippage in the vertebra. Your doctor may order a bone scan to look for a break that has just recently occurred.

How is it treated?

For periods of acute pain your doctor may prescribe anti-inflammatory medications. You should place ice packs on your back for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days until the pain goes away. You can participate in your sport or activity as long as you do not have pain. You may need to change your sport or activity to

one that does not involve hyperextending the back.

If your doctor thinks the break is new and that the bones could heal, he or she may recommend wearing a brace for 1 to 3 months. Severe cases of Spondylolisthesis may require surgery.

Spondylolysis and Spondylolisthesis are chronic problems. It is very important to keep your back in the best possible physical condition. Do not become overweight.

When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Returning to your sport will be determined by how soon your back recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better. It is important that you have fully recovered from your low back pain before you return to your sport or any strenuous activity. You must be able to have the same range of motion that you had before your injury. You must be able to run, jump and twist without pain.



Have you been to our website?

www.spinescottsdale.com

This is an opportunity for new patients to learn about us and previous patients to stay in contact with us. We update our website often, so please check back!

LOCATION
10133 N 92nd St
Suite 101
Scottsdale, AZ 85258
(480) 584-3334

SPINE SCOTTSDALE
PHYSICAL THERAPY
Moving in the Right Direction

- Learn about the staff at SpineScottsdale Physical Therapy
- Learn about all the services we provide
- Get directions to our facility
- Read testimonials from previous patients

Did you know...

Brittney is taking classes to become a physical therapist. Physical therapy applicants must have an undergraduate degree to be eligible to apply to physical therapy school. There are 2 physical therapy programs in the State of Arizona: 1. A.T. Still University in Mesa, Arizona (www.atsu.edu) and, 2. Northern Arizona University in Flagstaff, Arizona (www.nau.edu).



Using the Internet

SpineScottsdale is now using the internet to connect with the community. We are on Facebook, Twitter, Posterous, and Yelp! You can learn more about these internet sites below...



Facebook: Are you a fan?

Perhaps you have heard of this social networking site that is gaining popularity...FACEBOOK. Well, SpineScottsdale has decided to be a part of the trend. You can find a link at our website, www.spinescottsdale.com, to become a fan. You can post comments, view pictures, read articles, and tell your friends.



Twitter: Providing your patients tips on how to keep your spine healthy

Every day, millions of people use Twitter to create, discover and share ideas with others. Now, SpineScottsdale is turning to Twitter as an effective way to provide you and members of the community tips on how to keep your spine healthy. You can find a link to our Twitter page at: www.spinescottsdale.com



Posterous: Evidence-based blog designed for health care professionals

Are you interested in medical spine research? If so, I've created a blog page. I will be posting a weekly blog discussing the most recent evidence-based material on spine related issues. You can view this blog by going to: spinescottsdale.posterous.com and read my blogs that talk about the most recent evidence-based material on spine related issues.



Yelp: The purpose of YELP is to connect people with great local businesses.

1. Yelp was founded in 2004 to help people find great local businesses.
2. As of May 2010, more than 32 million people visited Yelp in the past 30 days.
3. Yelpers have written over 11 million local reviews.
4. You can find out what other patient's are saying about their experience at SpineScottsdale Physical Therapy at www.yelp.com



New Patient Referral Program

We appreciate the time you spent with us and for giving us the opportunity to provide you physical therapy. We would greatly appreciate if you would let others know about the service we provide and the results we can deliver.

As a token of our appreciation, when a new patient begins treatment as a result of your recommendation, we will contact you and you will receive one free item from the list below:

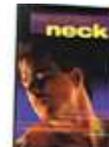
Lumbar Roll



Treat Your Own Back Book



Treat Your Own Neck Book



Congratulations to Emily!



Emily is pregnant! We are expecting our first child in January. We already have chosen names for our child. If it's a boy: VERTEBRE, if it's a girl: VERTEBRA.

We are currently accepting job applications for a front office administrator to replace Emily in our front office. If you know anyone who is qualified for this full-time position, please contact Emily at: emily@spinescottsdale.com

Physician of the Quarter

SpineScottsdale Physical Therapy would like to recognize a local physician in every journal that has made significant contributions to the treatment of both spine and extremity conditions. This journal we would like to recognize: **Rajesh Soni, M.D.**



Dr. Soni is a highly trained and experienced Family Physician. He has been practicing medicine for over 10 years and provides exceptional care to his patients.

Providing comprehensive and compassionate medical care

We recently interviewed Dr. Soni to find out more about his area of expertise: Family Medicine

What is your mission?

My mission is to provide the best possible comprehensive and compassionate medical care to you and your family. I am committed to working with you to create an individualized healthcare plan that optimizes your health and well being through all stages of life.

What conditions do you provide care for?

I provide primary care for all ages. This includes urgent care problems like respiratory infections and joint pains, well child exams and sports physicals, and immunizations. I emphasize preventative care including cardiovascular risk reduction and cancer screenings. I treat chronic conditions like high cholesterol, high blood pressure, diabetes, allergies and asthma. I perform annual skin exams and skin lesion removals for changing moles. When needed for acute medical problems, I provide care in the hospital as well.

Why did you get into family medicine?

I went to college thinking that I was going to become a biomedical engineer, but I realized that I wanted a profession that had more human interaction. Coupled with my interest in science, becoming a doctor was a perfect fit. Orthopedic surgery was the first specialty I considered, but in keeping with what brought me to medicine in the first place, I realized that it was the long term relationships and the continuity of care that would be the most rewarding parts of being a doctor for me. Providing medical care for entire families is especially rewarding because I am able to put together more complete medical profiles and provide better care for each individual patient.

Dr. Soni has an office located in Medical Plaza III on the Scottsdale Healthcare-Shea campus.

Scottsdale Healthcare-Shea North Medical Plaza III 10210 N. 92nd St. Suite 106 Scottsdale, AZ 85258

To make an appointment with Dr. Soni contact his office at: 480-661-1775 or visit his website at: www.scottsdaleoc.com



Dr. Soni is a highly trained and experienced Family Physician. He has been practicing medicine for over 10 years and provides exceptional care to his patients.

Providing comprehensive and compassionate medical care

Experience

Scottsdale, Arizona

2009-present

- Care: Scottsdale Family Physician: Joined Phoenix Magazine's Top Doctors, Dr. Paul Sieckmann, Dr. Marcia Sistek, and Dr. Jacqueline Chadwick
- Inpatient Healthcare-Shea

Northern California

2001-2009

- Family Physician: Sutter Health
- Inpatient Care: Fremont and Rideout Hospitals
- Administration: Associate Medical Director for HER Implementation

Medical Training and Education

- Residency: UCSF/San Francisco General Hospital, San Francisco, CA
- Medical School: Mt. Sinai School of Medicine, New York, NY
- Research: Massachusetts General Hospital, Boston, MA
- Medical Courses: Harvard University, Cambridge, MA
- Undergraduate: MIT, Cambridge, MA

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www.scottsdaleoc.com

What are our patients saying?

“Amazing service, top notch staff and very effective. Would highly recommend!”

-Tom

“SpineScottsdale was an excellent place to go for therapy. I will miss the people and the care I received.”

-Robert

Letter of support that was sent to a local physician

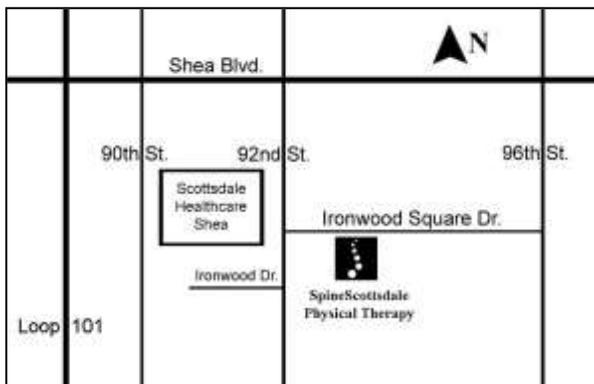
“I wanted to take a minute to let you know how much I appreciated your referral to Shane Sullivan, at SpineScottsdale. He immediately identified my problem that was causing so very much pain, and started me on a regiment of exercises that he designed for me and my specific problem. Even now after I have been released from SpineScottsdale I am continuing with my exercises. I did enjoy going to his facility and I certainly would return if the need arises. Thank you for all your help and for introducing me to such a professional physical therapist.”

-Bob

Letter of support that was sent to a local physician

I’m writing to let you know of my recent positive physical therapy experience with Shane Sullivan at SpineScottsdale Physical Therapy. After 6 months of physical therapy elsewhere with little improvement, I was hesitant to give it another try. Now, after only 5 appointments in less than 4 weeks of treatment, I have noticed a lot of improvement in my pain and ability to do my daily activities. I am happy to find that my trust in your treatment options and recommendations has ended up with such a positive outcome. Thank you!

-Aysar



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 Fax: 480-272-9369
 Email: shane@spinescottsdale.com

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



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