

## The Arizona Quarterly Spine SpineScottsdale Physical Therapy Newsletter

Patient Edition

### A note from Shane...

We started SpineScottsdale Physical Therapy in December of 2009. When we started, it was just me and Emily. A lot has happened in the past 2 years: We had a little girl (who is now 8 months old!), we then brought on Brittney...then Gina joined us...we have gone through 3 fish (Zarina the VI, VII, and VIII)...we recently added Chris and Bryan and Linda...and we are still in that little space...however...



I'm proud to announce we are finally expanding! ☺ Same location...more space! The tenant I'm sharing space with is moving out...so we are taking over the entire space in the same building. We plan on adding more treatment tables...more strength equipment, cardio equipment, a traction room, and a coffee station...for Brittney to take her breaks.

We anticipate that we'll be expanding in about 4-6 weeks...so once we finalize the move...we will invite you to come by our clinic to celebrate our new space!

Emily and I thank each and every patient for giving us the opportunity to be your physical therapy provider!

Fall 2011

### Inside this Edition

- Shane becomes a certified ergonomics specialist through the Back School of Atlanta
- You do not need a physician referral to obtain physical therapy services
- SpineScottsdale Physical Therapy T.V. schedule
- The passing of Zarina the VIII
- Physician of the Quarter: Dr. Martha Reyes



### Certified Ergonomics Assessment Specialist

I recently became a certified ergonomics assessment specialist through the Back School of Atlanta.

The **CEAS I™** - Our **Certified Ergonomics Assessment Specialist I** certification provides basic skills for performing office and industrial ergonomics analysis using OSHA ergonomics assessment tools.



**The Back School of Atlanta** is a private organization dedicated to the importance of applying ergonomics principles and total wellness as a means to good health, injury prevention and increased productivity on the job and at home. Since 1979, we have provided the best in scientifically based and application oriented ergonomics services and products.



Please email me at [shane@spinescottsdale.com](mailto:shane@spinescottsdale.com) if you are experiencing any low back or neck pain as a result of your workstation at home or at work.

---

### Do you need a physician's referral to receive physical therapy services?

Direct Access is your ability to obtain services from a licensed physical therapist where and when you choose without a 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. However, your specific insurance carrier may have specific restrictions. Our front office will call your insurance company to find out if you need a prescription from your doctor for insurance to cover your osteoporosis program.

Please email me at [shane@spinescottsdale.com](mailto:shane@spinescottsdale.com) should you have any questions or call 480-584-3334 to schedule an appointment.

---

### What do all those letters mean?

The owner of SpineScottsdale Physical Therapy, Shane Sullivan PT, DPT, CERT. MDT, OCS, ATC, CSCS, has advanced clinical knowledge...but what do all those letters mean?

The following is a brief description of those letters:

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

**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

**SpineScottsdale Physical Therapy T.V. Schedule**

I have decided to provide you our T.V. schedule to ensure you schedule during your favorite T.V. show:

8 a.m. to 9 a.m.	Good Morning Arizona Channel 3 News
9 a.m. to 10 a.m.	The Price is Right
10 a.m. to 11 a.m.	ESPN
11 a.m. to 12 p.m.	Open T.V. Schedule (Patient's choice)
12:30 p.m. to 1:00 p.m.	TMZ
1:00 p.m. to 3 p.m.	Open T.V. Schedule (Patient's choice)
3 p.m. to 4 p.m.	Access Hollywood
4 p.m. to 5 p.m.	Inside Edition
5 p.m. to 6 p.m.	Good Evening Arizona Channel 3 News
6 p.m. to 7 p.m.	Entertainment Tonight

**Brittney's section**

Brittney is currently attending Arizona State University. She is studying Kinesiology, which is the study of human movement. Brittney plans on attending physical therapy.



**Gina's section**

Gina moved here from Atlanta, Georgia. She is still trying to get in-state tuition so she can attend Arizona State University. Until then...she plans on watching the Atlanta Falcons lose this year.



**Our clinic fish...**

We regret to inform you that another clinic fish...Zarina the VIII... has passed away.



However, we are excited to announce our new fish: Zarina the IX. Gina and Brittney celebrate our new fish: Zarina the IX!

**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: **Martha Reyes, M.D.**

“After practicing medicine for several years in the Phoenix area, I am now opening my own practice to serve you even better. It is my mission to provide you with the very best medical care and a superior level of personal attention you deserved. Myself and my dedicated staff strive to make every patient encounter a comfortable, positive experience”

**Dr. Reyes specializes in:**

- Primary Care
- Women’s Health Care
- Preventative Care
- Pre-Operative Exams
- Well Exams
- Physical Exams
- Dermatological Procedures
- Disease Education & Management

**Education:**

Family Medicine Residency  
University of Nebraska Medical Center  
Department of Family Medicine  
Omaha, Nebraska

Universidad Libre Medical School  
Cali Colombia  
Medical Doctor and Surgeon

**Contact Information:**

Office Hours:  
Monday - Friday 8:00 AM to 5:00PM

10133 N. 92<sup>nd</sup> St. Suite 102  
Scottsdale, Arizona 85258

Ph. 480-209-1778  
Fax. 480-214-3262



**To make an appointment with Dr. Reyes, call 480-209-1778. Or should you have any questions email: [info@reyesfamilymedicine.com](mailto:info@reyesfamilymedicine.com)**

## 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](http://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](http://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](http://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](http://www.yelp.com)

**What our patients are saying?**

“I want to express how satisfied I am with Shane’s care and treatment protocols. He has demonstrated an innate ability to provide the most effective rehabilitation program while having a genuine concern for my well being. I am feeling almost 100% in less than a month from seeing Shane.”

-George

“This was my first experience with physical therapy. Shane communicated very clearly which led to a relaxed and positive experience.”

-Marcia

“Shane is fantastic. Not only did he correct my immediate problem of lower back pain, he has taught me how to be proactive in maintaining back health. I highly recommend him.”

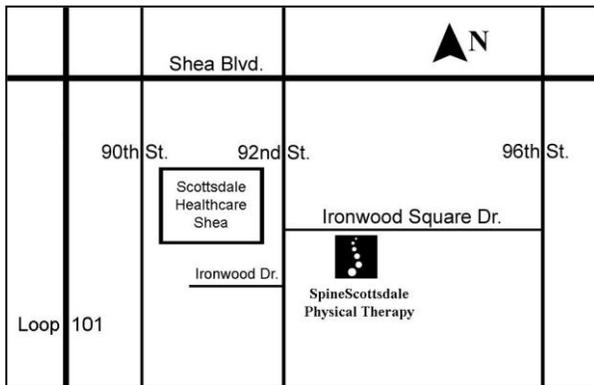
-Denise

“This has been a great experience and the results have been outstanding. Thank you for giving me my mobility back and relieving my pain. I would recommend Shane without exception!

-Stephanie

“I have been coming here for a few months. I could hardly stand when my therapy started and had major pain in both legs and lower back. Within a short time the pain in my legs is gone and the back feels great. Everyone on staff is friendly and makes it a fun time. I have been to other doctors for physical therapy and Shane and the staff has helped more than anywhere else.

-Jason



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



10133 N. 92<sup>nd</sup> St., Suite 101  
Scottsdale, Arizona 85258  
Phone: 480-584-3334  
Fax: 480-272-9369  
Email: [shane@spinescottsdale.com](mailto:shane@spinescottsdale.com)

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