



# The Arizona Quarterly Spine

Patient Edition

Spring 2011

## What is the Arizona Quarterly Spine?

The Arizona Quarterly Spine is a quarterly publication designed to provide you information about SpineScottsdale Physical Therapy and the most recent 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](mailto:emily@spinescottsdale.com)

## A note from Shane...

We started 2011 welcoming the birth of our first child: Tesla Nikola Sullivan. Our little girl was born on Jan. 17<sup>th</sup>, 2011, weighed 7 lbs 4 ounces, and was 20 ½ inches.

After we had our baby, I enrolled in a physical therapy course titled: "How to perform physical therapy on 2 hours sleep" to ensure my patient's continue to receive quality, individualized compassionate care.

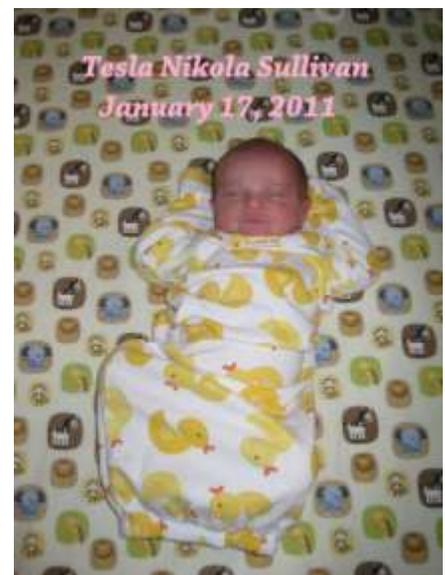
Also...did you know...I'm contemplating on changing my company "tag line" from "Moving in the Right Direction!" to "We've got your back!"

Emily and I hope you are having a wonderful Spring!



## Inside this Edition...

1. Information on our new patient referral program.
2. The unfortunate passing of our fish: Zarina the VII ☹
3. Physician Spotlight: Paul Gause, M.D.
4. SpineScottsdale Physical Therapy T.V. Schedule



## New patient referral program

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, you will receive one complimentary massage from Beverly Holdman, a massage therapist who provides massage therapy for SpineScottsdale patients. Beverly specializes in medical massage and her services would be a great compliment to your continued spine healthcare needs. Beverly has an office or she will travel to your home.

To receive your complimentary massage simply follow the below steps:

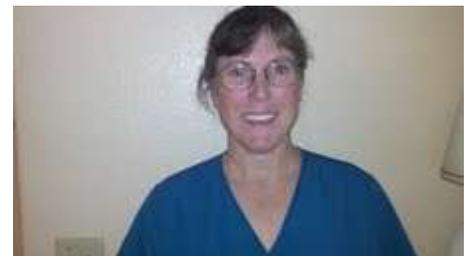
1. Let others know about the service we provide and the results we can deliver.
2. When a new patient begins treatment as a result of your recommendation, we will contact you to inform you on your complimentary massage, and provide you with Beverly's contact information.
3. Then all you have to do is set up an appointment with Beverly, and we will pay for your 1<sup>st</sup> massage session!

Should you have any questions please contact me at: [shane@spinescottsdale.com](mailto:shane@spinescottsdale.com)

## BEVERLY'S MASSAGE THERAPY

Beverly Holdeman, NCTMB, LMT, MMP  
#448408, #MT-05786

Medical Massage Practitioner  
Pain Relief Therapy for Chronic Pain  
Muscle Release Therapy, Raindrop Therapy  
Hot Stone Therapy, Lymphatic Drainage Therapy



**Professional Therapeutic Massage**  
**Phone: 623-780-7598**

### Cost:

**Your 1<sup>st</sup> session is complimentary if you refer a friend who becomes a patient at SpineScottsdale Physical Therapy**

### Prevention & Treatment for:

Sore feet	Sciatica
Hammer toes	Migraine Headaches
Claw toes	Carpal Tunnel Syndrome
Peripheral neuropathy	Tennis/Golfer's Elbow
Plantar fasciitis	Tendonitis
Shin Splints	Frozen Shoulder
Weak ankles	Thoracic Outlet Syndrome
Calf cramps	Fibromyalgia
Knee pain	
Patella tracking dysfunction	
Chronic low back pain	

## 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.

## 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

## 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.	Regis an Kelly
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.	Oprah
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

## **The passing of our fish: Zarina the VII ☹️**

We regret to inform you that our clinic fish Zarina the VII has passed away.



Rest in Peace Zarina the VII.



Shane mourns the loss of Zarina the VII.



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

## 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: Hamstring Strain

### Hamstring Sprain

#### What is a hamstring strain?

A strain is a stretch or tear of a muscle or tendon. People commonly call such an injury a “pulled” muscle.

Your hamstring muscle group is in the back of your thigh and allows you to bend your knee. It is made up of three large muscles: the biceps, semimembranosus, and semitendinosus.

#### How does it occur?

A hamstring muscle strain usually occurs when these muscles are contracted forcefully during activities such as running or jumping.

#### What are the symptoms?

You will often feel a burning or popping as the injury occurs. You will have pain when walking or when bending or straightening your leg. A few days after the injury, you may have bruising on your leg just below the injury.

#### How is it diagnosed?

Your doctor will examine your leg and find tenderness at the site of the injury.

#### How is it treated?

Treatment may include:

- Applying ice packs to your hamstrings for 20 - 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away.

- Elevating your leg by placing a pillow underneath it.
- Wrapping an elastic bandage around your leg for compression to keep the swelling from getting worse.
- Taking anti-inflammatory medication according to your doctor’s prescription
- Using crutches if it is too painful to walk

As you return to your activity, you may be given an elastic thigh wrap to give extra support to your hamstrings. While you are recovering from your injury, you will need to change your sport or activity to one that does not make your condition worse. For example, you may need to swim or bicycle instead of run.

#### How long will the effects last?

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. Return to your sport or activity will be determined by how soon your leg 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. You may safely return to your sport or activity when, starting from the top of the list and progressing to the end, each of the following is true:

#### How can I take care of myself?

- You have full range of motion in the injured leg compared to the uninjured leg.
- You have full strength of the injured leg compared to the uninjured leg.
- You can jog straight ahead without pain or limping.
- You can sprint straight ahead without pain or limping.
- You can do 45-degree cuts, first at half-speed, then at full-speed.
- You can do 20-yard figures-of-eight, first at half-speed, then at full-speed.
- You can do 90-degree cuts, first at half-speed, then at full-speed.
- You can do 10-yard figures-of-eight, first at half-speed, then at full-speed

**Have you been to our website?**

[www.spinescottsdale.com](http://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!

- [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](#)

## **Brittney's section...**

Congratulations to Brittney! Brittney was recently accepted into Arizona State University! Brittney will be enrolled at ASU beginning in the Fall 2011 semester.



## **Gina's section...**

SpineScottsdale Physical Therapy recently had a patient vote titled: Should Gina Get A Raise?

Gina received 25 yes votes and 1 no vote (from me). So thank you to Gina for your hard work and congratulations on your raise!



## 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 disorders. This journal we would like to recognize: **Paul Gause, M.D.**



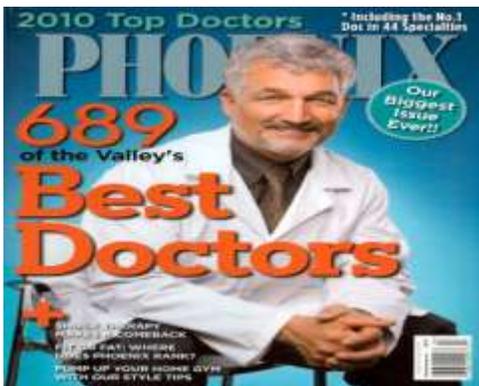
Board Certified Orthopaedic Surgeon  
Fellowship Trained Spine Surgeon

Dr. Gause graduated from Brophy College Preparatory in Phoenix before receiving his Bachelor's degree in Molecular and Cellular Biology from the Honors College at the University of Arizona. He received his degree summa cum laude and was named outstanding graduate of the department. Dr. Gause then attended medical school at the University of California, Los Angeles and was elected to Alpha Omega Alpha, the national medical honor society.

Dr. Gause completed his orthopaedic surgery residency at the University of Pittsburgh with an emphasis in spine surgery and was named outstanding Chief Resident. Following residency, he pursued his interest in spine disorders by completing a fellowship at Case Western Reserve University with Dr. Henry Bohlman, an internationally recognized pioneer in the field. Dr. Gause specializes in the operative and non-operative treatment of the cervical, thoracic and lumbar spine. He has training in microsurgery, minimally invasive techniques, and motion preservation of the spine.

Additionally, Dr. Gause has been active in teaching and research throughout his medical career. His research interests have included many laboratory as well as clinical projects. He has also served as a visiting scholar to the Beatson Institute in Scotland. Dr. Gause has authored numerous scientific articles and has presented his work at national and international scientific meetings. Through research and education, Dr. Gause is dedicated to providing excellent patient care and furthering the field of spine surgery.

## Spine Institute Doctors named to Best of Phoenix TOP DOCS



**CONGRATULATIONS ARE IN ORDER AS DR. GAUSE HAS BEEN NAMED AS TOP DOCS IN PHOENIX. THIS HONOR HAS BEEN BESTOWED UPON THEM BY THEIR PEERS AND THEY APPEAR IN THIS MONTHS ISSUE OF PHOENIX MAGAZINE. DR GAUSE WAS CHOSEN AS BEST SPINE SURGEON.**

## ***Office Locations for Dr. Gause***

### **Scottsdale Office**

9735 N 90th Place  
Scottsdale, AZ 85258

### **Westside Office**

18700 North 64th Drive Suite 202  
Glendale, AZ

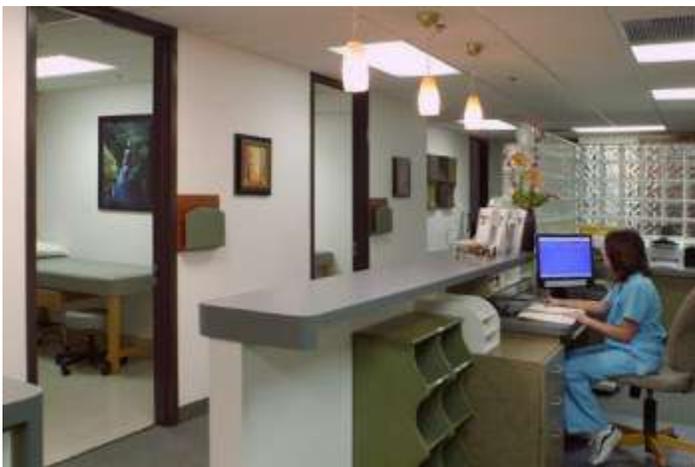


## **NBC 12 News turns to Paul R. Gause, M.D. as a leading spine expert**

ASU freshman outfielder, Cory Hahn, was rushed to St. Joseph's Hospital during the first inning of Sunday's baseball game vs. New Mexico. While stealing second base Hahn collided head first into New Mexico second baseman, Kyle Stiner. Hahn suffered a neck injury at C4-5 and underwent surgery. He is recovering in the ICU and is being watched closely.

NBC 12 news turned to Paul R. Gause, M.D., one of the Valley's leading spine surgeons and an expert on cervical spine surgery. Dr. Gause was featured on Monday nights 10 pm news and then again this morning during the 6am Live Broadcast at the NBC studios.

**To make an appointment with Dr. Gause, he may be contacted at the below number.**



### **To Make An Appointment**

Phone: 602-953-9500

Fax: 602-953-1782

## 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 are our patients 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."

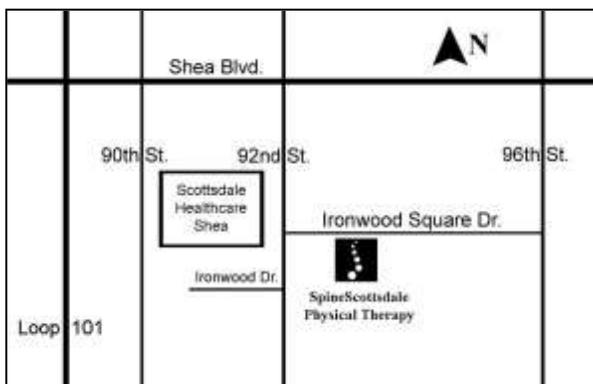
-Denise

"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



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**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