

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 had a wonderful holiday season! What's new at SpineScottsdale Physical Therapy? We hired another physical therapist, we developed the Center for SpineHealth, and we have a YouTube channel with video clips of exercises for your patients. I would like to share with you more information about these exciting developments in this edition of **The Arizona Quarterly Spine!**



SpineScottsdale Hires Another Physical Therapist

Jennifer Orr PT, DPT, COMT, CGFI

Jennifer has been a physical therapist for 10 years with a background in orthopedic injuries, senior care, vestibular-balance, sports medicine, and golf fitness/performance. Jennifer has the following credentials:

- She received her Doctorate in Physical Therapy and Bachelor of Science from the University of Michigan.
- Jennifer is certified through the Ola Grimsby Institute as an **Orthopedic Manual Therapist**
- Jennifer is certified through the **Titleist Performance Institute as a Golf Fitness Instructor.**



In this issue

- **New physical therapist**
- **Center for SpineHealth**
- **YouTube Channel**

Jennifer utilizes a variety of treatment techniques to assist patients in regaining movement, strength, and balance while decreasing pain in order to return to work, sports, hobbies, and activities. "My approach to patient care is to provide a friendly, professional environment where I can assist each patient in achieving maximum restoration of function. I utilize hands on therapy techniques to gently increase muscle and joint movement along with developing individualized exercise programs for strengthening, flexibility, balance, and coordination. I am very sensitive to my patients needs and always treat the whole person - not just their injury. I strive for each patient to reach their personalized physical therapy goals, through quality, compassionate patient care."



What's new in 2014?

Q1 2014



What is the Center for SpineHealth?

The mission of the Center for SpineHealth is to bridge the gap between spine rehabilitation and spine health. The Center for SpineHealth includes the following insurance covered spine related programs: SpineFitness, SpineGolf, SpineOsteoporosis, SpineErgonomics, and SpineBalance. These Center for SpineHealth programs can be found on our new physical therapy prescription pads.



Moving in the Right Direction



Bridging the gap between spine rehabilitation and spine health

SpineScottsdale Physical Therapy Phone Number: 480-584-3334
Fax Referrals to: 480-272-9369 Website: www.spinescottsdale.com
See reverse for clinic map and directions

Patient _____ Date _____
 Patient Phone Number _____
 Diagnosis _____

 Special Instructions/Precautions _____

Physical Therapy Evaluation and Treatment
 Frequency of Treatment 1 2 3 visits/week
 Duration of Treatment 1 2 3 4 6 8 weeks

Center for Spine Health— Special Programs

Osteoporosis Program Ergonomics Program Golf Program
 Balance Program Post- Rehab Wellness Program

SpineOsteoporosis: Based on one of the largest studies on bone mineral density, our SpineOsteoporosis program provides clients weight-bearing exercises.

SpineBalance: Our SpineBalance program focuses on decreasing your fall risk by assessing and treating your balance deficits, improving your ability to walk without loss of balance, and teaching you how to do your daily activities safely to minimize falls.

SpineErgonomics: Our SpineErgonomics program is designed to fit the job to the worker by performing an OSHA-compliant ergonomics analysis applicable to the office workspace.

SpineGolf: Many swing faults are caused by body faults; therefore, our SpineGolf program focuses on the body rather than the club.

SpineFitness: Our SpineFitness program allows the patient the opportunity to continue with the functional conditioning aspect of the rehabilitation process in a supervised medical environment.

Referral Printed Name _____ Date _____

Referral Signature _____



SpineScottsdale Physical Therapy has a YouTube Channel

Recent research suggests patients are less compliant in the performance of their exercises when a brochure or handout and minimal instruction is given. At SpineScottsdale Physical Therapy, your patients will receive live instruction and modeling by a physical therapist to ensure long-term patient compliance. Furthermore, they will have access to our online home exercise program library and our new YouTube channel that contains video clips of their rehabilitation exercises.



Testimonials

What your patients are saying...

After living in pain for 2 years I found Shane. I feel so much better! I am now able to walk without pain. Thank you for your compassionate care.

Frances

Shane did a great job. My neck hasn't felt this good in years.

William

I am very glad that I was able to have the physical therapy with Shane. He is very conscientious, knowledgeable, and patient. I would highly recommend him.

Ruth

My experience with Shane and the staff at SpineScottsdale Physical Therapy has been exceptional. Not only is my chronic backache gone, but it was also done while making me comfortable and welcome. I will be constantly reminded of my thanks each time I do something that for years prior I have not been able to do.

Adam

I was very pleased with my physical therapy. Shane has relieved my pain and I feel so much better.

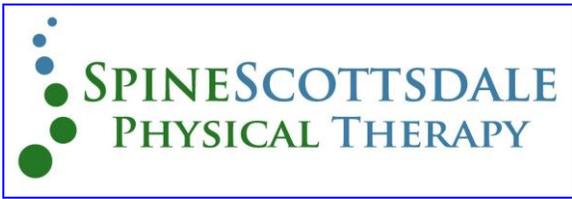
Donna

When I came to SpineScottsdale I was not sure what to expect. Shane introduced himself and explained the injuries in a manner I understood. We began his program and within a week I was feeling better than I had in 2 months. My neck and shoulder were free of pain. I enthusiastically would refer Shane to anyone seeking help.

Margaret

This is by far the best physical therapy treatment I have ever had. I came in with great pain, 8/10. After treatment left with a pain level about 2/10. I know I have been able to avoid surgery due to the treatment.

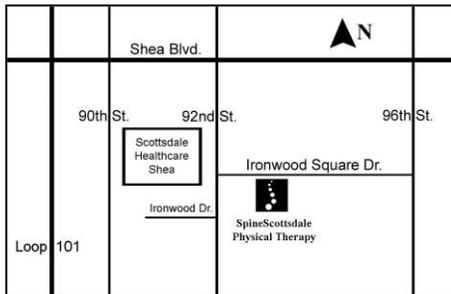
James



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