

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

SpineScottsdale
Physical Therapy

Center for
SpineHealth

What's new in 2013?

A Note from Shane

What's new at SpineScottsdale Physical Therapy? We hired another licensed 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

Emily Meduvsky received her Doctor of Physical Therapy degree from the Arizona School of Health Sciences at A.T. Still University. While receiving her undergraduate degree from Arizona State University, she participated in research regarding the effects of music on motor performance of tasks in people with Down syndrome. While attending A.T. Still University, she participated in fitness testing at the Special Olympics in Phoenix and Mesa, as well as tutoring high school children in the A.T. Still anatomy lab and educating older adults on reducing their risk of falls in the nation-wide "A Matter of Balance" program in Phoenix senior centers. She also completed research on the pediatric population regarding potential improvement in motor performance after being supplied with various forms of instruction during standardized assessment. Emily is interested in skilled manual therapy techniques to help reduce her patient's symptoms, as well as helping them return to their previous level of function.



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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.

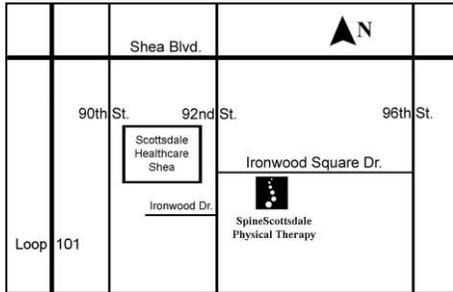
James



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