



The Arizona Quarterly Spine SpineScottsdale Physical Therapy Newsletter *2011 Summer Edition!*

A note from Shane

Skillfully prescribed strengthening exercise is the most beneficial protocol of treatment during musculoskeletal rehabilitation. Modern medical care should have the same precision and reproducibility in rehabilitative exercise programs that is expected in a dosage of prescribed medication. By using specific testing and standardized conditions, the dosage of exercise can be brought to the level of accuracy inherent in the prescription of medication.



The dose of effective therapeutic exercise can be determined by measuring starting functional ability (strength, range-of-motion, and endurance) accurately. The goal is to prescribe a specific dose of exercise that will elicit a predictable, measureable response. The most effective method of testing and prescribing the dose of exercise will be described in this issue of The Arizona Quarterly Spine!

Arthur Jones

The late Arthur Jones was the legendary founder of Nautilus. In 1986, he founded MedX to perfect the testing of human strength, endurance, and range of motion. After years of development and testing, validated by independent research teams at the University of Florida, MedX perfected its medical Lumbar Extension machine. Subsequent developments produced the MedX Medical Cervical Extension, Rotary Neck, Torso and Knee/Hamstring machines providing the medical community with the first tools capable of producing specific and accurate tests of functional ability.

MedX applied the knowledge gained from its medical machines to the design of a full line of exercise-only machines. These machines incorporated MedX's patented compound weight stack which produces less friction and enables several hundred levels of available resistance in increments of 2ft-lbs. This feature reduces user strain and, for the first time, made it possible for individuals to select the exact level of resistance regardless of their strength.



MedX is the gold standard for specific spine strengthening and rehabilitation equipment. The Universities of Florida and California have published research proving the efficacy of specific spine strengthening. The MedX Medical Lumbar and Cervical Extension Machines are proven to assist patients recovering from chronic back pain and neck pain. MedX has over 40 published articles in peer-reviewed medical journals.

In 2002, MedX created exercise versions of its medical machines and branded them the **Core Spinal Fitness System**. In less than 20 minutes, twice a week, these five machines can help reduce or eliminate back pain by focusing on strength, stability, flexibility and endurance of the body's core, providing a solid foundation for whole body strength. The five Core Spinal Fitness Machines include: The 4-way neck, Ab Isolator, Lumbar Strength, Torso Rotation, and Super Stretch.



4way neck



Ab Isolator



Lumbar Strength



Torso Rotation



Super Stretch

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 your patients 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

Too busy to keep up with all the spine related research? 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



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. Your patients will be able to review SpineScottsdale Physical Therapy at www.yelp.com

What your 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

“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.”

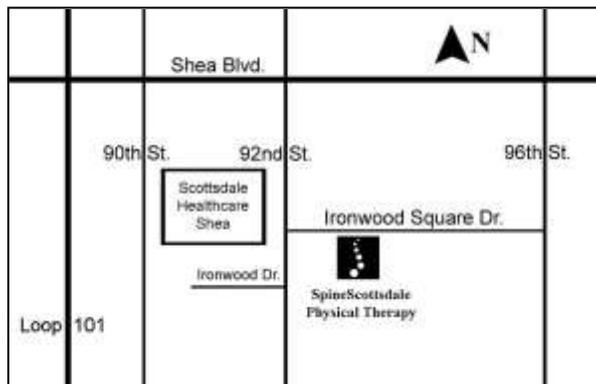
-Denise

“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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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