

### TIP OF THE MONTH

#### 3 Reasons To Love Direct Access to Physical Therapy

We are so happy that you are part of our rehabilitation family. Now with Direct Access, coming to our clinic is easier than ever before to get the help you need. If you have experienced pain or injury, let us be your first stop

for physical therapy. Why should you consider coming here first? Well, there are a few reasons why!

- 1. You can avoid long wait times and expensive testing<sup>2</sup>:** Going for a physical therapy evaluation for back pain first can result in long term solutions without the use of expensive tests such as MRIs. In 2012, the American Board of Internal Medicine Foundation launched the **Choosing Wisely** initiative aimed at cutting back on low-value tests and treatments. Turns out, imaging for low back pain is among the most popular tests targeted. The American Academy of Family Physicians has also come out saying low back pain imaging is an overused service. Physical therapists are trained to work on and identify issues within the spine. If you suffer from low back pain, come see us first!
- 2. We can relieve your pain without the dependency on Opioids<sup>3</sup>:** Physical therapy treats the source of pain, leaving patients stronger and more active. In contrast, pain relievers **treat only the symptoms** and can leave patients dependent on medication.
- 3. Physical therapy can reduce or remove the need for surgery<sup>3</sup>:** Physical therapy works to reduce pain and heal injuries. It works so well in fact that in many cases, it has been proven to remove or reduce the need for surgery. If surgery is needed, a pre-op visit can help make recovery easier and safer.

If your insurance plan requires a physician referral, that's not a problem. If you don't have a Primary Care Physician that you love, we can recommend you to a trusted physician or specialist before continuing your care. We have relationships with many local providers and may be able to get an appointment for you sooner than if you went on your own.

#### Resources

1. Direct Access Compared With Referred Physical Therapy Episodes of Care: A Systematic Review. *Physical Therapy*, Volume 94, Issue 1, 1 January 2014, Pages 14–30, <https://doi.org/10.2522/ptj.20130096>
2. <http://www.ncbi.nlm.nih.gov/m/pubmed/22614792/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574358/>



Featured Article: [Healthy Hearts This February](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



*“With the new day comes new strengths and new thoughts.”*

— Eleanor Roosevelt

### TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

### A RECIPE FOR YOU

#### Chicken Soup

Sometimes you just want something that's homemade and delicious. This recipe may take a while, but it's the perfect ending to the day, especially when we still have some cold weather lingering around.



#### INGREDIENTS

- 1 whole chicken (insides removed)
- 3 celery ribs sliced
- 3 large carrots sliced
- 1 medium onion chopped
- 2 cloves garlic (smashed)
- 1 bay leaf
- 1 can of chicken broth
- 1 chicken bouillon square (2 tsp)
- 2 tablespoons of parsley
- Salt & pepper to taste

#### DIRECTIONS

1. Put all of the ingredients into a large pot and add enough water to cover the chicken
2. Bring to a boil, cover and then simmer for 2 hours, stirring every 30 minutes
3. Carefully remove the chicken from the pot and place on a cutting board to cool
4. Remove the skin and peel the meat off of the bones
5. Put the chicken meat back into the pot, bring to a simmer and serve hot