

Orthogo Physical and Aquatic Therapy Newsletter

CARE OPTIONS - A BETTER INFORMED PATIENT MEANS A HIGHER QUALITY OF CARE

Coming Soon

Exercise is Medicine - AMA campaign makes good sense.

Over the next several months, I am going to take you a bit deeper into cutting-edge health research and reveal some information that might be at times shocking but at the very least, will help you make more informed health care decisions. Whenever possible, I am going to make statements based on the best quality clinical research available rather than on anecdotes, experience, or tradition.

You may have read in our newsletter a few months ago about a study that discussed consumers' desires for alternative treatment options in place of drugs and surgery. That study published more than 10 years ago concluded that 40% of patients seek alternative care and don't tell their doctors about it. Undoubtedly, with the proliferation of information via the Internet, it is safe to assume that the 40% has risen to 50% or more.

My goal is to work with you and your doctor and convey when and why physical therapy should be your first choice. Here is a list of the conditions that we will cover:

- » Low back pain
- » Neck pain
- » Shoulder pain
- » Arthritis
- » Knee pain

QUALITY IS MORE THAN CLINICAL CARE

You know that having a "quality" experience is more than just being treated by a knowledgeable health practitioner. We trust that you had a great experience when you were being seen at our clinic but I wanted to share with you some national statistics about physical therapists from www.moveforwardpt.com:

- » Physical therapists can reduce athletes' risk of injury by 41%
- » 88% of physical therapy users say the care they received was beneficial to helping them return to normal activity, increasing their range of motion, and relieving their pain.
- » 84% of physical therapy users refer friends and family to their physical therapist.

SEE YOUR PHYSICAL THERAPIST FIRST FOR CARE OF MOVEMENT DISORDERS

Over the next few months you'll learn specifically why you should see a physical therapist first before any other health practitioner and why we are your best choice - so, stay tuned!

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening



Clinics

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"...a Better Informed Patient Means a Higher Quality of Care"