

### Orthogo Physical and Aquatic Therapy Newsletter

#### Coming Soon

*Maximize your mobility - see us for a biomechanical checkup*

#### "PHYSICAL THERAPY FIRST CUTS TREATMENT TIME FROM 66 TO 12 DAYS"

The United States is experiencing a health care crisis. Certainly one of the burdens on consumers is long wait times before and/or between treatments. Some patients have to wait several days or even weeks before they see a doctor or specialist. It is difficult to imagine waiting so long if you were in pain or had lost your ability to walk, lift, bend, etc.

A few months ago, we reported on one hospital's novel approach to cutting costs. They send patients with movement problems straight to a physical therapist first. Well, Virginia Mason Hospital, in Seattle, WA is making news again. With respect to low back pain patients, Virginia Mason's back clinic reported that "treatment time was cut from an average of 66 days to 12". Why would they take this approach?

#### IT'S ABOUT THE CUSTOMER

Virginia Mason asked their customers, companies like Costco, what they needed most. Not surprising and I am sure you will agree, if you are a patient, you want an immediate appointment and you want to make sure that you are getting both the right treatment and that it is affordable.

In this report, Dr. Robert Mecklenburg stated, "This is one of the reasons health care has become unaffordable in the United States is that we are wasting time and we're wasting valuable medical assets." He is making reference to the needless MRIs and x-rays that are performed on acute and subacute low back pain patients.

#### THE BIGGER PICTURE - LOW BACK PAIN IS A 100 BILLION DOLLAR PROBLEM

Low back pain costs America an unbelievable amount of money.

Click here

<http://www.msnbc.msn.com/id/3032619/#27051011>

Click On or Type the URL above into your browser address bar

In Summary - for Acute Low Back Pain, See a Physical Therapist First

It's been said before and respectfully, we will say it again. For most cases of lower back pain, physical therapy is the best choice and should be your first choice. Virginia Mason Hospital is a perfect example of how health care professionals can save their respective communities money, cut down on treatment time, and provide the best conservative care for your condition.

If you are interested in reading the entire story, please

click here

<http://www.cbsnews.com/stories/2009/06/06/eveningnews/main5068218.shtml>

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*"Physical Therapy First Cuts Treatment Time from 66 to 12 Days"*

#### 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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