

*Sacramento
Spine
&
Physical
Therapy*

ORTHOPEDIC SERVICES

THE WELLNESS CENTER



MANUAL THERAPY

Our licensed Physical Therapist and PTAs have completed 100s of courses in manual therapy.



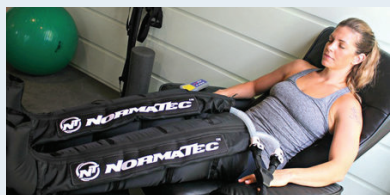
AQUATIC THERAPY

The perfect solution for post operative patients allowing for earlier PT intervention.



SPORTS PERFORMANCE

Rehabilitation from a sports-injury requires unique tactics specific to the sport as much as to the injury. We offer the full continuum of Sports Medicine from screening, rehab, return to sport and off-season training.



RECOVERY CENTER

Compression Therapy utilizes external dynamic compression for healing and recovery.



JOINT REPLACEMENT

Our Joint Replacement Academy offers knee and hip patients the best chance of success.



HEALTH & WELLNESS

Our Wellness Center bridges the gap between medicine, fitness and health promotion.

Roseville | 1650 Lead Hill Blvd, Roseville | 916-677-1210 **Folsom** | 700 Oak Avenue Pkwy, Folsom | 916-932-1210

www.sacramentospine.com



Sacramento Spine & Physical Therapy is the preeminent outpatient orthopedic rehabilitation center in the region. Established in 1994 we provide physical therapy for patients with any type of bone, joint, muscle or connective tissue injury or disorder. Our physical therapists help patients improve mobility, restore functional movement, relieve pain and increase independence. They are among the most skilled professionals in treating musculoskeletal and orthopedic conditions.

Our physical therapy team will develop programs tailored to your specific needs. These include working with patients one-on-one in important areas such as strength, flexibility, balance and coordination. All physical therapy is conducted in our patient-friendly environment and is designed not only to rehabilitate but also educate you on preventing future injuries.

We strive for 100% satisfaction from our patients and use outcomes and evidence based programs to ensure the highest rate of patient and doctor satisfaction.

AQUATIC THERAPY

At Sacramento Spine & Physical Therapy, we have the most advanced and established aquatic therapy program. Aquatic therapy offers the perfect solution for post operative patients allowing for earlier PT intervention. The natural buoyancy of water reduces the stress on the body and allows patients to perform exercises they could not duplicate on land. The increase exercise tolerance expedites the rehab process. Plus, the natural pressure of water reduces joint and soft-tissue swelling and provides enough resistance to strengthen muscle. A well rounded aquatic therapy program will consist of stretching, strengthening and aerobic activity.



MANUAL THERAPY

Collectively our licensed Physical Therapist and PTAs have completed 100s of additional courses in manual therapy for lower extremity, upper extremity, lumbo-pelvic and cervical/thoracic regions. We focus on the utilization of techniques that have the greatest amount of evidence supporting their use in the management of orthopaedic conditions.



BFR (BLOOD FLOW RESTRICTION)

Overview

BFR training is a system of very low load exercise performed while blocking the venous return of blood out of the arm or leg all while allowing the arterial flow of blood to reach the muscles in that extremity. Heavily researched at Brooks Army Medical Center to assist wounded service members rebuild strength and function and avoid amputations of limbs, this system is the future of extremity rehabilitation.

Technology

Post operative patients can begin immediately following surgery with research showing virtually NO operative limb atrophy.

BFR Candidates

BFR training is appropriate for all post-operative knee, ankle, foot, shoulder, elbow, wrist, hand patients. As well as non-operative patients with extremity involvement. Anyone that needs to gain strength but is not a good candidate for the mechanical stress that is produced with higher level exercise.



BFR Benefits

- Diminish atrophy and loss of strength from disuse and non-weight bearing after injuries
- Increase strength with only 30% loads
- Increase hypertrophy with only 30% loads
- Improve muscle endurance in 1/3 the time
- Improve muscle protein synthesis
- Improve strength and hypertrophy after surgery
- Improve muscle activation
- Increase systemic growth hormone responses

SPORTS PERFORMANCE



We understand that rehabilitation from a sports-related injury requires unique tactics specific to the sport as much as to the injury. Our licensed physical therapists are experienced in sports medicine and often confer with our certified athletic trainers and certified strength & conditioning specialists (with NBA, WNBA, College and Olympic experience) to work together to develop a sport specific physical therapy program. Like any of our physical therapy programs, our sports rehab patients will receive the same one-on-one care and attention that we are known for.

The sports rehab programs can help an athlete at any age or level, from middle school and youth sports programs, through high school and college level sports to semi-professional and professional leagues. Over the last 25+ years, Sacramento Spine & Physical Therapy has helped thousands of athletes return to play in their particular sport. Our highly qualified staff collaborate thru all phases of the rehab to return to play with the added convenience being completed all under one roof. Some of the services we provide athletes include:



ACL SCREENING AND INJURY PREVENTION PROGRAM

We have developed a program based on our extensive research that identified certain movement patterns associated with ACL injury risk. The goal of the program is to reduce the risk of an ACL injury and increase the athletes athletic potential.

Our licensed sports physical therapists, athletic trainers and certified strength and conditioning specialists work together to target and address each athlete's deficiencies. They do this by combining renowned research, clinical expertise and evidence-based training techniques to work on jumping mechanics and proprioception (awareness of body position).

YOUTH ATHLETIC TRAINING PROGRAM

A comprehensive Athletic Development Program for both off-season and in-season athletes. Our head strength and conditioning coach Al Biancani Ed. D., C.S.C.S.*D, who has trained professional, collegiate and High School athletes for over 45 years (18 years with Sac Kings, Chinese Men's and Women's Olympic Basketball teams, Sac Monarch's etc.), will emphasize core strength, running mechanics, starting technique, strength training, agility, foot speed and flexibility for all athletes.

ENDURANCE ATHLETE TRAINING

We work with cyclists, runners, triathletes, and any type of endurance athlete. In addition to sport specific training, coaching and pre-event programming we also offer Bike Fittings & Run Analysis. Our lead endurance trainer Mark Cavallaro CSCS, CPT experience includes completing 27 Ironman Triathlons including qualifying and completing in three Ironman World Championships in Kona, Hawaii as well as being a USA Triathlon All-American in 2004-2009.



CONCUSSION MANAGEMENT

Physical therapy plays an important role in rehabilitation after sustaining a concussion. Treatment includes a gradual increase in activity while monitoring symptoms of a concussion as well as providing education to the patient, caregivers and other resources (school, coaches, peers) regarding concussion management. Treatment may also include a focus on additional injuries that may have occurred along with a concussion including but not limited to neck pain, back pain, dizziness and headaches. Our therapists are ImPACT Trained Physical Therapist (ITPT) credential & AMSI Certified Vestibular Rehabilitation Specialist.

BALANCE & VESTIBULAR THERAPY

Sacramento Spine & Physical Therapy has Certified Vestibular Rehab physical therapists (AMSI Cert VRS Practitioners) who provide specialized treatment for dizziness and balance dysfunction. Our specially trained therapists will design a unique program to reduce dizziness, improve balance, and improve the general quality of life with vestibular dysfunction.



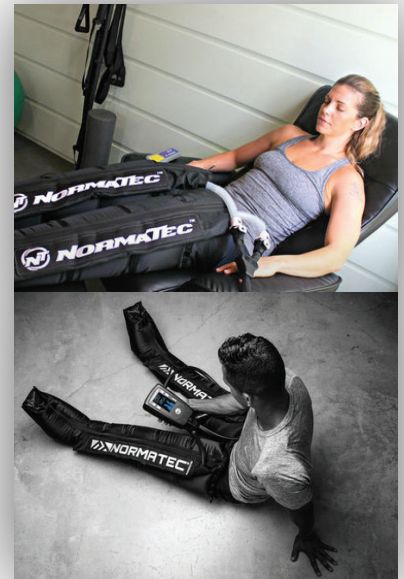
Bailey went through 6 months of rigorous knee rehabilitation after a tragic ACL tear in his Junior season. He had a tremendous Senior season where he was able to put up some pretty outstanding statistics: 94 Tackles, 4 Sacks, 3 interceptions (totalling 83 yards, 2 of those went for Touchdowns), 4 Pat Downs, 20 receptions for 344 yards, 55 carries for 430 rushing yards, 15 Offensive Touchdowns. His team, the Folsom Bulldogs, would obtain a State Title and Bailey was placed on the All-state Team for Defensive Linebacker. Bailey went on to play 4 years at UNLV and is currently pursuing the CFL.

SPORTS PERFORMANCE

RECOVERY CENTER

Compression Therapy utilizes external dynamic compression for healing and recovery. Pulsing instead of static compression mimics the body's normal blood flow, gradients allow the pressure to be evenly distributed throughout the limbs, and distal release helps the body release pressures and decreases backflow. This unique combination of massage techniques is known to speed up recovery, provide relief and help enhance performance.

NormaTec is the leader in rapid recovery—our systems give a competitive edge to the world's elite athletes, coaches, and trainers. Our goal is to establish recovery as an integral part of every athlete's training, and we feel NormaTec systems are the best way to accomplish that. The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of our systems use NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.



KINESIO TAPING

Several of our therapists have earned the distinction of being a Certified Kinesio Taping Practitioners (CKTP). In order to be "KT" certified, the therapist must undergo specific training in the Kinesio Taping Method and demonstrate a high level of relevant professional knowledge.



HEALTH & WELLNESS

At Roseville location our patients have the option of maintaining their PT program independently at our award winning 30,000 sq. ft facility. Roseville Health & Wellness Center bridges the gap between medicine, fitness and health promotion. We integrate exercise and fitness with disease prevention, management and rehabilitation offering a uniquely comprehensive array of health and fitness programs. No matter what your age, fitness level, or current health condition, our expert team can tailor a program to meet your personal goals and lifestyle. In addition to a plethora of post-rehab services we also medical fitness programs: Aqua Arthritis classes, Parkinson's Wise program, Fall Prevention, Phase IV Cardiac Rehab, Pilates, Corporate Health Program, Weight Loss, Nutrition, Life Coaching, Pre-Post Natal, Yoga, Chair Yoga, Tai Chi and more. Our facility was designated the #1 Wellness Center in the US by the American College of Sports Medicine for our efforts in serving the medical community.

JOIN REPLACEMENT ACADEMY

With over 25 years of experience serving patients we have developed the Joint Replacement Academy to offer knee and hip patients the best chance of success. The goal of the total joint replacement program is to restore function and mobility, minimize pain and facilitate a return to normal activities. Comprehensive care begins before surgery and our 3 step process allows patients to reach their full potential all under one roof.



Effectiveness of Pre-hab

A study by researchers at New England Baptist Hospital, Beth Israel Deaconess Medical Center and Harvard Medical School, all based in Boston, found that knee and hip replacement surgery patients who had participated in water- and land-based strength training, and aerobic and flexibility exercises for six weeks prior to their surgeries reduced their odds of needing inpatient rehabilitation by 73 percent.

We have developed three options for Joint Replacement Patients:

Step 1: Pre-Hab– The majority of pre-surgical patients will benefit from gentle exercise and pain free ROM in our warm water aquatic center. Patients who wish to expand their exercise program have the option of adding strength and cardio exercises in our 30,000 sq. ft award winning Wellness Center. Patients who participate in the Pre-Hab program will benefit from quicker recovery times following surgery. Cost of the Pre-Hab portion is \$69.00 per month. For patients who have complex cases that require skilled intervention from a licensed Physical Therapist a Rx will be required and insurance will be billed for pre-surgical physical therapy.

Step 2: Post Operative Physical Therapy– Following surgery patients will return to our facility to initiate Physical Therapy per MD recommendations. We offer the areas most comprehensive outpatient physical therapy services in the area. Aquatic and complete outpatient orthopedic PT services available.

Step 3: Post Physical Therapy– We have the luxury to transition our patients from supervised Physical Therapy to independent exercise programs all under the same roof. Licensed Physical Therapist will create the exercise program and patients can continue on a monthly basis as long as they wish. Both aquatic and land based programs are available to all patients as well as ancillary programming such as Yoga, Pilates, aquatic exercise classes, arthritis classes, Tai Chi, Fall prevention and more.



Sacramento Spine & Physical Therapy
1650 Lead Hill Blvd
Roseville, CA 95661

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Special THANKS



We want to take this opportunity to thank all of our referral sources for giving us the opportunity to work with your patients. We have been fortunate in the past 25+ years to assemble an amazing team with the collective goal of being the best. We have not lost our zeal to improve as a company and we will continue to strive for the best possible product.

Readers Choice Voted
#1 Physical Therapist
2011-2019

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Roseville

1650 Lead Hill Blvd
Roseville, CA 95661

916-677-1210
916-677-1214-Fax



Folsom

700 Oak Avenue Pkwy
Folsom, CA 95630

916-932-1210
916-932-1205-Fax

www.sacramentospine.com