



# SPECIAL Thanks!

We wanted 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 13+ years to assemble an amazing group of therapists, managers, front desk and billing personnel with the collective goal of being the best. We have not lost our zeal to improve as a company or as individuals and we will continue to strive for the best possible product.

*Jeff DeRaps*  
President



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*"You can achieve anything you want in life if you have the courage to dream it, the intelligence to make it a realistic plan, and the will to see that plan through to the end!"*

– Sidney A. Friedman.

## Aquatic Therapy for Osteoarthritis

Anyone who has slipped into the comfort of a warm bath already has some appreciation for the benefits of aquatic therapy. For patients suffering from osteoarthritis the pain relief felt in the hips, back and knees while in warm water is palpable. Yet, it is also true that exercising the joints is necessary to maintain flexibility, reduce pain and increase strength and endurance. It is recognized that exercise impedes the underlying disease process of osteoarthritis. This leaves osteoarthritis sufferers with a dilemma: how to engage in exercise and remain active while avoiding pain that results from activity?

### Aquatic Therapy is the Answer

Our warm water pools provide an ideal environment in which to exercise because its buoyancy counteracts gravity, thereby decreasing the weight placed on painful joints and the spine. In fact, when immersed to neck level, buoyancy supports 90 percent of the body's weight. In waist depth water, buoyancy can still support 50 percent of body weight.

### Stretch, Strengthen & More

Patients who are unable to successfully perform a land based rehabilitation program typically thrive in the aquatic setting, our skilled therapists are in the water with the patients and design individual programs for each patient. Patients with osteoarthritis of the spine often refer to aquatic therapy as a form of "floating traction", allowing them to stretch their spine and flex joints in a way

that would be impossible to duplicate on land. A well-rounded program consisting of stretching, strengthening and aerobic activity can all be accomplished in the water. Conditions that can benefit from aquatic therapy include...

- Arthritis
- Total hip/knee/joint replacement
- Back and neck pain
- Poor balance coordination
- Spine surgery
- Sports injuries
- Obesity
- Fibromyalgia
- Neurological disorders

Sacramento Spine & Physical Therapy offers aquatic therapy at both our Roseville and Folsom locations; the state-of-the-art facilities offer indoor heated (89-90 degrees) pools, skilled physical therapists, multi-depth pool ranging from 3.5 ft - 7 ft, full locker facilities and, in Roseville, a salt-water environment. ■



## Two convenient locations to serve you!



ROSEVILLE  
HEALTH & WELLNESS  
CENTER

Call now! **916-677-1210**  
1650 Lead Hill Boulevard • Roseville, CA 95661  
www.rosevillehealthandwellness.com



FOLSOM  
HEALTH & WELLNESS  
CENTER

Call now! **916-932-1210**  
2575 East Bidwell • Folsom, CA 95630  
www.folsomhwc.com



## REFERRAL INFORMATION

Have a patient who would benefit from the areas largest and most comprehensive physical therapy facility? Looking for an indoor warm-water pool or a facility that teaches patients healthy lifestyles and exercise programs? If you have never referred to Sac Spine, give us a try. We are preferred providers for all major PPO insurance companies and accept Workers Compensation, Medicare, Auto, Hills Physicians HMO, Sutter Medical Foundation (Folsom clinic) and liens. To request Rx pads, please contact **916-677-1210** or email [sacspine@msn.com](mailto:sacspine@msn.com).

# SUCCESS STORIES

## ROBERT HIGHFILL

*"Within 2 weeks I was completely off all pain meds."*

**...he collided into another racer traveling 45 mph.**

Robert is a 48 year old active male who was involved in an unfortunate accident. While racing motor cross he collided into another racer traveling 45 m.p.h. "I was told at the ER that the force of the trauma caused my disc to explode and I narrowly escaped a very serious spinal cord injury." The next day David Jones, MD performed a L2-S1 fusion. "Immediately following surgery was a difficult time for me, fortunately my wife is an amazing caretaker and without her I could not have handled the situation as well as I did."

Robert was evaluated five weeks post-op and was prescribed aquatic therapy "It felt good both mentally and physically to be in the pool, within two

weeks I was completely off all pain meds." Robert responded very well to aquatic therapy and transitioned to land in four weeks. "The transition was easy for me because the same RPT who worked with me in the pool, worked with me in the clinic. I was very comfortable with her coaching me and progressing my recovery". Within three weeks of performing a land based PT program Robert had returned to work full time in GPS sales for TOPCON, which involves extensive traveling and tradeshows.

"I have enjoyed my experience at Sac Spine very much. The therapist, facility and office manager are all exceptional. I maintained a positive attitude and was consistent with my therapy from the onset and will continue what I have been taught for the rest of my life." ■



## HOLLY GIESEKE

*"...they truly cared about me..."*

After suffering a complete ACL tear and bilateral meniscus tear in a wakeboarding accident, Holly needed two knee surgeries. Due to the complexity of her injuries, the rehabilitation

process was long and arduous. However, being a competitive athlete all of her life, Holly was ready to tackle the challenge. "My goal was to return to the performance level I was at before the injury; however, I was most worried that my life as I knew it was going to change to a life without sports. That, I wasn't ready to accept."

**"My goal was to return to the performance level I was at before the injury."**

The staff at Sac Spine made sure she wouldn't have to. Being very athletic all her life, Holly had seen more than a few PT clinics. "This was my first time at Sac Spine & PT and I would say it is the staff that makes it superior to any other

PT office that I have been to. Their depth of knowledge and willingness to share made me feel that I would not have made it to a complete recovery without them. I especially appreciate the Health and Wellness Center attached to the office. The facility is always clean, equipment is available and their staff is kind and helpful." Patients in the gym are able to check in with the PT staff with questions anytime. They take the time and go the extra step to explain the healing/rehabilitation process so you can relate that to what is required for a full recovery. "While encouraging me to strive for excellence, I felt that they truly cared about me and my return to my lifestyle and not just as a patient in rehab." ■



## Choosing the Right Ergonomic Office Chair

Working in an office typically involves spending significant time sitting down, a position that adds stress to the structures of the spine. There are many types of ergonomic chairs available for use in an office. No one chair is the best for all body types, but each should possess the following features:

- **Seat Height:** Should be easily adjustable from a range of about 16-21 inches off the floor. This allows most people to have his/her feet flat on the floor, with thighs horizontal and arms even with the height of the desk.
- **Seat Width & Depth:** The depth (from front to back) needs to be enough so that the user can sit with his/her back against the backrest while leaving approximately two to four inches between the back of the knees and chair. Width needs to allow for comfortable seating.
- **Lumbar Support:** Prolonged sitting without proper lumbar supports tends to lead to slouching and strains the structures of the lumbar spine. Lumbar support should be adjustable so the user can get the proper fit to their spine.

- **Armrests:** Should be adjustable and allow the user's arms to rest comfortably and shoulders remained relaxed throughout the day. The elbows and lower arms should rest lightly, and the forearm should not be on the arm rest while typing.
- **Swivel:** The chair should easily rotate so the user can reach different areas of his/her desk without straining.

While the proper chair and workstation can help prevent work related injuries, exercises can be performed throughout the day that only take a few minutes and help combat the strain placed on the body from prolonged sitting. If you would like a complimentary copy of the top ten office chair exercises for your patients or staff give us a call. **916-677-1210**



## Seven Year Itch

Our Roseville facility is only seven years old this year. But in an effort to keep it the premier destination for all things rehab and wellness, we completely remodeled the facility from top to bottom. If you are in the Roseville area please stop in for a tour. ■

Sacramento  
Spine  
&  
Physical  
Therapy

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