

## SPECIAL THANKS!

We want to thank all of our referral sources for giving us the opportunity to work with your patients. We have been fortunate in the past 17 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 Travis Smith*

**Two convenient locations to serve you!**



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HEALTH & WELLNESS  
CENTER

**Roseville: 916-677-1210**

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*Sacramento  
Spine  
&  
Physical  
Therapy*

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### REFERRAL INFORMATION:

Have a patient who would benefit from the area's 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 and liens.

To request Rx pads, please contact 916-677-1210 or email [sacspine@msn.com](mailto:sacspine@msn.com).



*Sacramento  
Spine  
&  
Physical  
Therapy*

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# Sacramento Spine & Physical Therapy **NEWS** 2011

## Selecting a **Quality** Physical Therapy **Clinic**

On Sunday, June 5th the Sacramento Bee featured an article about Physical Therapy. The article referred to therapists as unsung heroes for millions of people trying to preserve or restore their ability to function. The author, Jane Brody of the New York Times, had completed four months of physical therapy and saw value in the services physical therapy provides to patients. She stresses the importance of selecting a quality clinic and outlines important criteria patients and doctors should look for in a Physical Therapy clinic.

*Lets see how **Sacramento Spine & Physical Therapy** measures up...*



**1** *First and foremost, the therapist must be licensed by the state and have a reputation among patients and local physicians for providing a good service.*

Phew, we're off to a good start. SS&PT has CA licensed RPT's and for 17 years has provided the highest standard of care.

**2** *The space in which therapy is provided should be adequate and the therapist should use a variety of techniques.*

Again we score high, SS&PT has the largest PT clinics in the Sacramento and Placer regions. With all that space comes a variety of tools and techniques such as aqua therapy, manual therapy, functional restoration programs, special equipment for the extremities, Yoga, Pilates, Weight Loss Programs, Independent Exercise Programs, Athletic Training, and more.

**3** *The first visit should include an objective history and a look at the total person, not just an isolated body part.*

Sac Spine is getting a perfect score, the reason we build our state-of-the-art facilities is to allow us to treat the whole patient and not limit ourselves to just the injured body part. We strive for a complete recovery and lifestyle modification for every patient.

**4** *Consider how much time the therapist spends with the patient. The therapist should not be constantly hopping from one patient to another giving each patient a minute at a time.*

At SS&PT we spend a minimum of thirty minutes one on one with each patient and up to an hour depending on the treatment plan. No managing multiple patients!

**5** *Finally, therapists should give patients exercises to do on their own between treatments, and after therapy is complete.*

At the initial evaluation patients go home with basic stretches and exercises, during physical therapy we encourage patients to take advantage of our facility and arrive early or stay late and perform cardiovascular exercises. At time of discharge we offer patients a home exercise program or the option of an independent membership at our facility with the support of the staff. ■





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Joanne Neft



FOLSOM  
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Dana



# Success Stories

Joanne Neft has no intentions of slowing down, for over twenty years her advocacy for Placer County agriculture has produced 14 local farmers markets, the Mountain Mandarin Festival and in 2010 "Placer County Real Food" a cookbook featuring 52 weeks of menus prepared with food purchased at local farmers markets.

Joanne was introduced to Sac Spine Roseville in 2009 for a right TKA and only required 4 weeks of PT before transitioning to the wellness center. "Sac Spine & PT was recommended to me by a friend who experienced high quality care. She sang the praises for the services and treatment she received. And now I'm doing the same. Frankly, I'm thrilled with the high quality well trained therapists and professionalism."

In 2011 she returned following a left TKA procedure and her post op results were just as impressive. In 2 weeks she had 80% ROM and within 4 weeks full ROM. "Three different doctors have looked at my left knee replacement and

find it difficult to believe so little time has passed since my surgery. The doctors are amazed at the speed at which I reached 130 degrees flexing my knee. And I'm amazed as well"

Joanne is a motivated patient who understands the importance of posture, mechanics and exercise. Her dedication to rehab along with home exercise compliance allowed her to expedite her recovery process. "My therapist Kristin carefully listens for clues that enable her to determine methods of treatment. She is highly intuitive and a natural healer. I feel privileged to be a client and at this point I feel like I am coming home, there is always a smiling face and welcoming hello."

We feel privileged to work with Joanne as well and have a deep appreciation for her commitment to healthy soil, healthy food and healthy people of Placer County.

*- Joanne*

Dana had been dealing with chronic knee dislocations for 35 years. She was referred to Sac Spine after her latest surgery with the understanding that this was the "last surgery" and if she still had problems she would be looking at a knee replacement.

"I have really enjoyed working with everyone at your office and have been very pleased with how fast I was able to walk without my crutches and how fast I was able to get my range of motion back so I don't really have a limp anymore." In only a few months, Dana has reached her goals faster than she expected. In an effort to address the whole patient, her PT Marsha has been quick to address issues that can flair up when one joint is not working like it should. "She has paid very close attention to my gait and movement and has gone beyond just working on my knee", says Dana.

As this is her 4th knee surgery, Dana has spent a fair amount of time in PT and this has been the best experience and the fastest recovery she has had. "In the past, I have been in and just been given exercises to do at home, and not have someone really look at my movement and staying on top of my recovery."

"My biggest fear in having surgery was trying to recover at my age. Working with your staff has really helped me realize that I can get through this recovery and have a very active life from now on. The mental aspect of the recovery was my biggest concern and probably why I waited so long to have the problem fixed. I was told it would take anywhere from 9 months to 1 year to recover, but I feel like I have come a long way in a very short period of time. I would recommend Sac Spine to anyone who asks and really appreciate all of the efforts on my behalf."

*- Dana*

**Get started today & be the next Success Story!**

# How to Run



## Let the Foot Fall Underneath the Hip and Not out in Front

When discussing stride length, once again we need to look closer at little kids running. Their strides are almost always short choppy strides. When you stride out in front of the body, two things tend to happen: first, you tend to strike on the heel. Second, you initiate breaking mechanism. Your stride cycle turns into a break, accelerate, break, accelerate system.

When you allow the feet to fall under the hips and not out in front, you will take more strides per minute, which may seem like more work, but the efficiency reduces the total work. The stride cycle becomes accelerate, maintain, accelerate, maintain; with no built in breaking. A good rule of thumb is to try to get to a cadence of 180 steps per minute regardless of how fast or slow you are going. This ensures that your strides stay small and under the hips.

## Use the Core to Drive the Legs

We always want the big to drive the small. Most people run with the legs doing most of the work, when in reality, you want to have the core propel the legs. Part of this is accomplished by pumping the arms and letting the spine engage in a very subtle rotation from side to side down in the low back area. This will create propulsion in the hips, actually "throwing" them into each stride. Keep the legs very relaxed; allow the lower trunk to slightly twist and you will create tremendous efficiency in the stride. ■

*Feel free to email any questions about this article to [sacspine@msn.com](mailto:sacspine@msn.com).*

### References

Born to Run. Christopher McDougal, Knopf, 2009  
Evolution Running DVD. Joe Friel, 2005  
Chi Running. Danny Dreyer, Fireside, 2009

I had a conversation with an Orthopedic surgeon recently and he said, "The only advice I give to patients who are runners is to stop!" This attitude is fairly common. The thought that sooner or later running is going to cause problems is a hard one to shake. Realistically, running is less likely to cause problems than it is to exacerbate them; if... you are running correctly.

There are three things to focus on that if you can do, you're much more likely to solve running problems than you are to cause them. Let's look at each briefly.



## Don't Strike the Foot on the Heel

When running, many folks tend to land heel-to-toe. If you watch little kids run or if you run without shoes, you see right away that the natural place to land the foot when running is anywhere but the heel. The invention of the modern running shoes played a key role in teaching (sometimes forcing) runners to land on the heel. Prior to the 70's, running shoes had a sole that was all the same height. Once the heel began to be built up and cushioning took more of a prominent role, striking the heel when running became hard to avoid.

Back to the idea of running without shoes, if you run without shoes, striking the heel first is very painful; however, landing on the front or mid foot is not. The shock experienced up the chain of the lower extremity from striking at the heel, traveling through the straightened knee, and ultimately to the hips can be very traumatic to the joints when repeated over and over. When the stride is allowed fall through the midfoot, the knee doesn't lock and the stress is dissipated in the soft tissues instead of the joints. Thus running without a heel strike tends to be tougher on the muscles, but far easier on the joints.

**"When running, many folks tend to land heel-to-toe. If you watch little kids run or if you run without shoes, you see right away that the natural place to land the foot when running is anywhere but the heel."**

