

Sacramento Spine & Physical Therapy

2015 NEWS

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"The APTA believes it is the responsibility of every Physical Therapist to address the health needs of society."



The Perfect Pill

It is ironic that in today's high-tech health-care world that something as simple as exercise can create measurable health benefits. If you were told that a certain pill could boost your immune system, lower the risk of heart disease, cancer, high blood pressure, diabetes, obesity and osteoporosis, you might say, "I'm interested!"

If exercise were a pill, we would not be able to manufacture it fast enough. It would be available in every hospital, clinic, nursing home, and health care facility around the world. The big pharmaceutical companies would charge over \$100 a pill for a drug that produced all of the above health benefits. So, why don't people exercise? Why don't they embrace this wonder drug... Nature's health elixir, the answer to our diseases and infirmities?

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manufacture it fast enough.**

The American College of Sports Medicine (ACSM) teamed with the American Medical Association (AMA) to start the Exercise is Medicine initiative. This initiative promotes exercise and physical activity in healthcare settings. They believe that exercise and physical activity are important to the health, prevention and treatment of many chronic diseases. The American Physical Therapy Association is a network member

of the Exercise is Medicine initiative and believes that it is the responsibility of every physical therapist to address the health needs of society.

Research demonstrates strength deficits of 8-10% each decade of life that will leave many of our patients living at a marginal functional level. As physical therapists we have the opportunity to make a positive difference in our patients' lifestyle by giving them information about the benefits of exercise and integrating exercise into their therapy.

Sacramento Spine & Physical Therapy is perfectly positioned to fulfill the Exercise is Medicine initiative and address the health needs of our patients. Each of our locations offers over 25,000 square feet of space dedicated to fitness equipment, aquatic exercise, classes such as Pilates, Yoga, Tai Chi, Fall Prevention, Athletic Training, aerobics and more. Our Physical Therapists will develop the patients independent exercise programs and allow them to seamlessly transition into a safe, supportive and convenient environment. ■

Success Stories

Denise Sweeney MD

Denise Sweeney MD manages an active lifestyle along with a successful medical practice so it was no surprise that when a complete ACL tear threatened to impede her activities she took a proactive approach to her rehab. "I interviewed several physical therapists in the area and was met with discouragement when I informed them that I did not intend to have surgery. Sac Spine was the only office that I felt confident would help me regain function and avoid surgery. I felt that, even if I ultimately did require surgery, I would be going into it stronger"



Dr. Sweeney injured her knee while skiing thru heavy wet snow; she felt a pop which later was confirmed to be a complete ACL tear via orthopedic exam and MRI. "When I started therapy I could not straighten my leg and I was having pain daily. I had specific goals I wanted to reach and

my therapist assured that I did so. She used a combination of exercise and deep muscle manipulation with great success, my sessions were intense"

We were able to meet Denise's goal of avoiding surgery and regaining her active lifestyle. She recently enjoyed skiing with her family at Sugar Bowl. "Sac Spine is the only place I would trust with my physical therapy. I am such a fan that I now refer my patients here as well. Since finishing PT my whole family has joined the RHWC (on-site). Regular attendance has led to an incredible improvement in my overall well being. ■



Alyssa Oh

An untimely injury threatened to curtail Alyssa Oh's opportunity to qualify for a spot on Team USA gymnastics. "I was competing trampoline at the National Championships when I landed on the mat and injured my foot. I was upset because I was trying to qualify for a spot on Team USA at World Age Group Championships and afraid I wouldn't have a chance now that I was injured."

With the World Championships in Orlando right around the corner, time was of the essence. Sac Spine & PT communicated with USA gymnastics trainers and was able to expedite the process. "Kristin was amazing, she was supportive emotionally and physically. She explained the steps

needed to get back in shape and helped develop my confidence that my foot could return to 100%."

Alyssa was able to compete in the World Championships and win gold for Team USA just 14 weeks post injury. "Without Kristen's help that would not have happened."

Alyssa is currently attending National Team training camps at the Olympic Training Center in Colorado Springs as well as Karolyi Ranch in TX. Future goals are to compete in the World Championships in Denmark next year and one day represent Team USA in the Olympics. Alyssa is an exceptional individual and athlete who has gained a lot of new fans at Sac Spine & PT! ■

*Get Started Today & be the
Next Success Story!*

Physical Therapy and the Camaraderie of Healing

Caitlin Kelly published an excellent article in the NY Times in which she describes the great bonds that are born from the even greater struggles of Physical Therapy. She provides a glimpse into a world in which patients from all walks of life (be they professional or collegiate athletes, CEO's, construction workers, seniors and children) are leveled with injury and coexist in a world of pain and determination that those who have not experienced rehabilitation cannot understand.



Over the course of her five surgeries and the subsequent months of rehabilitation, Caitlin, like many other physical therapy patients, developed strong relationships with her physical therapist and great admiration and gratitude for the close knit community of injury plagued companions that awaited her at the PT office.

In her article Caitlin offers a poignant description of the camaraderie that we are so blessed to be part of everyday at Sac Spine & PT. "Because we see them so frequently for months, we get to know our physical therapist, and they us, in ways we'll never know our doctors. We learn where they live, go on vacation, who has a new puppy, whose husband changed careers. It's not an intimacy we would choose. But shoved out of our private, busy lives, whether reluctantly or gratefully, we fall into their strong, skilled, waiting hands." ■

Women's Health Physical Therapy Program

Amy Zipp, MS OTR/L offers our patients over 8 years as a licensed clinician and 5 years experience in women's health issues. All patients receive 1-1 treatment with a balanced approach to address their diagnostic concerns. Amy's focus is often on the relationship between pelvic floor fitness, and how that aspect of deep core stability translates to improved movement patterns for the rest of the body. Some of the common diagnosis the Women's Health Program will cover:

- Pelvic floor dysfunction (prolapse, urgency/frequency, stress urinary incontinence, chronic constipation)
- Pelvic Pain
- Gynecologic & Breast Oncology
- Pre & Post-Natal patients

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 comprehensive 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.



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 21 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*



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