



ROSEVILLE
HEALTH & WELLNESS
CENTER

Roseville: 916-677-1210

1650 Lead Hill Boulevard • Roseville, CA 95661
www.rosevillehwc.com

We have invested \$350,000 on a complete line of strength and cardiovascular equipment. The line, made in Italy, has long been considered the premier choice around the globe. If you are in the Roseville area please stop in and see this amazing line of equipment.

We made the cover of our first international magazine. Club Business International (Nov 08) showcased the Roseville Health & Wellness Center and Sac Spine in 74 countries.

The Roseville Health & Wellness Center was **distinguished as the #1 wellness center in the country** and first to become a Certified Wellness Center thru the Medical Fitness Association and American College of Sports Medicine.



FOLSOM
HEALTH & WELLNESS
CENTER

Folsom: 916-932-1210

2575 East Bidwell • Folsom, CA 95630

Al Biancani has joined the Folsom center and will be offering athletic training and private training services.

Al was previously the athletic trainer for the Sacramento Kings and recently returned from China working with Olympic athletes.



Physical Therapists
Kevin Dumitru RPT and
Bryan Phillips RPT are

**CELEBRATING
10 YEARS**

with Sacramento Spine & Physical
Therapy in Roseville! We are
blessed to have such amazing
people representing
Sac Spine!

*Sacramento
Spine
&
Physical
Therapy*

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*"Please understand
my friend, that
where you find
yourself tomorrow
is a function of the
positive decisions and
actions you
take today."*

Physical Therapy: The First Line of Defense Against Knee Osteoarthritis

When you think of treatment options for osteoarthritis, you probably think of pain management, supplements, and as a last resort surgery. A recent report, published in September by the New England Journal of Medicine, might make you consider how you view your options. For many knee osteoarthritis patients, physical therapy should be considered a first line of defense—but it's not typically considered first.

"Too often, the first option is surgery when it need not always be. Physical Therapy can be equally effective and should be considered by not only patients, but also the primary care doctors and orthopedist that are treating them" said APTA President R. Scott Ward, PT, PhD.

***"Too often, the first
option is surgery
when it need
not always be."***

A study in the Annals of Internal medicine concluded "a combination of manual physical therapy and supervised exercise yields functional benefits for patients with osteoarthritis of the knee and may delay or prevent the need for surgical intervention."

Sacramento Spine & Physical Therapy offers a wide array of treatment options for patients with osteoarthritis of the knee. They include:

- **Aquatic Therapy**

Both of our facilities offer on-site warm water aquatic therapy. *Salt water pool (Roseville).

- **Manual Therapy**

Our Physical Therapist's have extensive manual orthopedic physical therapy education and experience.

- **Supervised Exercise**

Hundreds of pieces of equipment to choose from in our state-of-the-art facilities.

- **Independent Exercise Options**

At conclusion of PT patients can remain on-site and take advantage of independent aquatics, fitness and classes (Yoga, Tai Chi, Pilates, and more.)

Consider Sacramento Spine & Physical Therapy as the first line of defense in the treatment of knee osteoarthritis. ■



Success Stories

"Today I am walking without a limp for the first time in nearly ten years."

This month's Roseville success story is an amazing woman who is an expert in the rehabilitation process, a designation earned from a series of surgeries including: cervical fusion, 5 shoulder surgeries, tibial osteotomy, total knee replacement and several arthroscopic surgeries.

"Sac Spine provides continuity of care and commitment to doing what is needed for positive outcomes, the Sac Spine team has been in place for many years which has resulted in consistent treatment for my multiple injuries and surgeries"

Leslie is a very dedicated patient with a demanding career, she is the Vice President of Public Affairs for BloodSource, California's largest not-for-profit blood center. With the exception of the knee replacement, which had post surgical complications, Leslie has returned to work after each surgery within two to three weeks.

"It is the people of Sac Spine and their never ceasing encouragement that makes my experience not only medically and physically good for me, but mentally positive. The staff motivates me to adhere to

my program in the clinic, gym, at home and on the road as I travel for work"

Leslie is a great example to all patients that hard work and dedication coupled with a comprehensive hands-on therapy setting produces successful outcomes.

"Today I am walking without a limp for the first time in nearly ten years. I am able to do all that I need to do at home with the exception of climbing ladders. I plan to return to the golf course, and my dream is one more day on a ski slope on a beautiful day with lots of powder. I've been helped and encouraged by the physical therapist at Sac Spine and because of them I am able to live an active and exciting life of hard work, family and play. I am treated with respect and concern and consider the people at Sac Spine respected and valued friends.

Leslie has definitely earned our respect and we value her friendship as well. Nothing is going to slow her down. ■

Leslie

This month our Folsom success story is Joe T, a patient referred from a pain management group anticipating an upcoming spine surgery. He was plagued by pain that rarely went below a 5 out of 10 and often rose to 8 out of 10. His mobility was limited by pain and his medication intake was quite high.

His program began in the warm pool and progressed to land as time passed. Soon he was incorporating independent exercise days to supplement our skilled physical therapy treatments each week. In his words, Joe said that he liked the fact that he was able to relearn how to move without hurting, how to exercise without increasing his pain. And ultimately his ability to return his mobility without pain, which allowed him to become more functional.

When comparing to previous physical therapy experiences, Joe said that the staff at Sac Spine seemed more qualified and showed good flexibility in their care of him. He also felt the variety of exercise choices (pool, gym, clinic) made him feel that there were many tools available to help his conditioning. He feels that now he has the tools to continue to stay strong and consistent. He now feels confident that he will return to work as well as prevent the need for surgery at this time.

Joe has overcome the fear of not having his pain resolved, of having spine surgery, and of not ever returning to work. In short, his fears have been replaced with him getting his life back! ■

Joe T.

"I was able to relearn how to move without hurting, how to exercise without increasing my pain!"

Get started today & be the next Success Story!

Exercise is Medicine

The next time you see your doctor to discuss diabetes, obesity, heart disease, high blood pressure, cholesterol or stress don't be surprised if you receive a prescription for exercise.

Buoyed by evidence of tsunamic proportions there now exists a general consensus among physicians that evidence-based exercise benefits both physical and psychological health.

Although the benefits of exercise are hard to ignore translating knowledge to action has been difficult for professionals and patients alike. For instance, although an increasing proportion of providers say they regularly advise patient exercise many still feel ill prepared to thoroughly assess patient exercise readiness and continuously supervise individualized activity programs tailored to a diversity of special needs. More patients may be hearing and perhaps contemplating the exercise message, but the majority continue to lead sedentary lifestyles. Two obstacles present themselves: Physicians prescribing a generic activity without risk and patients not having access to a facility that promotes preventative care via evidence based exercise protocols.

As one of only a handful of facilities in the nation to be recognized for its safety procedures and evidence based programming, Sac Spine at Roseville Health & Wellness Center has captured the attention of over three hundred physicians in the greater Sacramento area. For the physicians and patients who equate the term exercise with gym based activities they find comfort in knowing the wellness center has the ability to gradually introduce low intensity movements that fit comfortably into each patients lifestyle. Warm water aquatics, Tai Chi, yoga, supervised exercise instruction, physical therapy, nutritional counseling are just some of the options available to new referrals.

With the overwhelming evidence of the importance of exercise in the treatment of disease coupled with the responsibility of physical therapist to educate and promote prevention and wellness Sacramento Spine & Physical Therapy should be considered in every physicians network of referral options for preventative care. For more information or to request referral pads please contact 916-677-1210 or email sacspine@msn.com. ■

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."

~Plato

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 and liens. To request Rx pads, please contact 916-677-1210 or email sacspine@msn.com.

