

### TIP OF THE MONTH

#### How Direct Access to Physical Therapy Can Help You

Tired of waiting to get into your physician's office for a new injury, have nagging back pain, or are you just looking for safe ways to prevent an injury and live a healthier more active life? With DIRECT ACCESS, getting the help you need has never been easier. Direct access is a law that allows you to seek care from your physical therapist



without a physician referral. This means that as a patient, you can call us directly if you have an injury, pain, stiffness, or weakness that you want evaluated. We can now be your FIRST stop for any aches or pains that you have!

In some cases, your insurance provider may require a physician referral before they cover your cost. That's no problem. We can recommend you to a trusted physician or specialist before continuing your care. We have relationships with many local providers and may be able to get an appointment for you sooner than if you went on your own.

Patients that participate in direct access have been able to enjoy some of the perks that come with seeing a physical therapist first. These include:

- Avoiding long wait times and expensive testing <sup>2</sup>
- Better outcomes and higher satisfaction levels <sup>1</sup>
- Pain relief without the dependency on Opioids <sup>3</sup>
- Reducing or removing the need for surgery <sup>3</sup>

As physical therapists, our goals have always been to get people out of pain and back into the activities they enjoy most. So the next time you have an injury, pain, stiffness, or weakness that you want evaluated, come see us first. We can evaluate your pain, help you feel better faster, and if we need to refer you to a physician or specialist before starting treatment, we can recommend you to a professional that we trust. We can't wait for you to experience the benefits of [direct access](#) to physical therapy!

*\*Direct Access is not applicable to patients in federal or state funded programs, such as Medicare, Medicaid or Tricare.*

#### REFERENCES

1. Direct Access Compared With Referred Physical Therapy Episodes of Care: A Systematic Review. Physical Therapy, Volume 94, Issue 1, 1 January 2014, Pages 14–30, <https://doi.org/10.2522/ptj.20130096>
2. <http://www.ncbi.nlm.nih.gov/m/pubmed/22614792/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574358/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574358/>



PHYSICAL THERAPY FOR A CERVICAL HEADACHE



#### PT&Me Featured Article:

[Physical Therapy for a Cervical Headache](#): Cervical headaches are most often found in people around the age of 33, are usually one sided, and begin in the back of the head and radiates... [more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



*“Be present in all things and thankful for all things”*

— Maya Anjelou

### TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

### A RECIPE FOR YOU

#### Cranberry Sauce

Our friend Leah was given this recipe about 10 years ago from a family friend from New Jersey. It has since become a Thanksgiving staple in her home. We hope you enjoy this holiday favorite!



#### INGREDIENTS

- 1 large orange
- 4 cups (1lb) fresh cranberries
- 1 cup golden raisins
- ¼ cup of honey
- ¾ cup sugar
- Pinch of ginger
- ½ cup chopped walnuts

#### DIRECTIONS

1. Quarter the orange with rind still on and remove seeds.
2. Add the cranberries and orange to a processor or blender.
3. Mix in remaining ingredients.
4. It's best to make it beforehand and freeze it for a better flavor.
5. Thaw the day before, chill in fridge, and serve cold.