

WE ALL KNOW PHYSICAL THERAPY CAN RELIEVE PAIN BUT DID YOU KNOW IT CAN ALSO HELP YOU SAVE MONEY?



If you are in need of physical therapy treatments but you are hesitant about the cost/ insurance coverage, we would like to put your mind at ease. In fact, physical therapy can actually help you save money in the long run.

(continued inside)

INSIDE:

- We Can Help You Understand Exactly How Much You Will Have To Pay!
- Tips for Better Heart Health
- Dark Chocolate & Pain Relief



WE ALL KNOW PHYSICAL THERAPY CAN RELIEVE PAIN BUT DID YOU KNOW IT CAN ALSO HELP YOU SAVE MONEY?



INSIDE:

- We Can Help You Understand Exactly How Much You Will Have To Pay!
- Tips for Better Heart Health
- Dark Chocolate & Pain Relief



(continued from outside)

Physical therapists are part health care professionals and part teachers. Highly trained in human anatomy and physiology, physical therapists use a variety of techniques to diagnose movement and function problems, prescribe therapy and teach a person how to continue improving and avoid injury long after they leave the office. Physical therapy is often prescribed after an injury or surgery, and it is vital to achieving a return to full pain free function.

One of the best ways that physical therapy can help you save money is by helping you avoid costly medical testing and surgery. It is no secret that these procedures are expensive. By seeking out physical therapy treatments in the beginning, you'll save an incredible amount of money. Surgeries and MRI's are pricey and physical therapy is much more cost-effective! Let's talk about x-rays and MRI's.

Imaging such as x-rays and MRI's are often not necessary to treat joint or spine pain, especially if there has not been a specific trauma to the effected area. One reason is that abnormal findings on imaging studies are common findings in people that are pain free. I'll give you a couple examples. Did you know that 100% of pain free people over the age of 60 have arthritis or degenerative disc disease on an x-ray of their spine? Also, 44% of pain free people have a rotator cuff tear show up on their shoulder MRI. Remember, these are pain free individuals.

Physical therapists at Shoreline Physical Therapy utilizes a thorough and reliable response based movement assessment to accurately determine the source of pain and how best to treat it without the need for imaging.

This assessment can also be used to determine which patients have a more serious condition that requires thorough imaging.

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy. These conditions were:

- Meniscal tears
- Spinal stenosis
- Rotator cuff tears
- Degenerative disc disease
- Osteoarthritis

Physical therapists are adept at diagnosing the root problem of a person's functional problem. Rather than looking at the symptoms (pain, discomfort, stiffness), these professionals look at what is causing the symptoms. As a result, physical therapists perform the right type, frequency, and duration of therapy, based on goals beyond the superficial symptom. For instance, someone who comes to a physical therapist with pain in their knee may begin therapy with goals to strengthen the muscles in their leg and reduce their knee pain. A thorough response based assessment of the patient may determine that their knee pain could be due to poor hip strength or even a back condition that is referring pain to the knee. If these issues aren't treated, a patient may wind up having an unnecessary knee surgery (by the way, MRI's find meniscus tears in 60% of pain free individuals).

In the long run, some patients do require surgery, but our response based assessment and treatment plans can wind up saving many patients thousands of dollars by avoiding the cost of imaging and surgery.



We Can Help You Understand Exactly How Much You Will Have To Pay!

Insurance terminology can be confusing. There have been several instances where our patients don't understand their benefits because they simply don't know what to ask their insurance providers. Below we've provided some definitions for some common terms that you can discuss with your insurance provider prior to scheduling an appointment:

1. What is a copay?

A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay prior to receiving a medical service. The amount of each patient's copay is defined by their insurance company, and may vary depending on what plan you have. In some cases, copays may even be waived altogether by your insurance provider. To find out what your copay may be for physical therapy services, contact your insurance provider. We will also discuss copays with you before your first appointment.

2. What is a deductible?

A deductible is a fixed amount of money that an insured patient must pay out of pocket, before the insurance company will pay any medical expenses. Much like a copay, your deductible amount will be dependent upon your insurance company, as not all insurance providers follow the same guidelines. Your insurance company will be able to tell you exactly how much your deductible is. We will also discuss deductibles with you at your first appointment, to outline how much you may have to pay before your insurance provider picks up the cost.

3. What is coinsurance?

Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a common coinsurance, in which the insurance company will pay 80% of a medical cost and the patient will pay the remaining 20%. Again, each insurance company will have a different coinsurance policy, so it is important to discuss this with them beforehand to figure out what percentage of costs you will have to pay. We will also discuss this with you at your first appointment to figure out how your percentage will play into the costs of our services.

Save money and find relief today!

At Shoreline Physical Therapy, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how we can help you save money on your treatments!

Don't hesitate on treatments simply because of money uncertainty – we are here to help you every step along the way.

www.shorelineptnc.com

Tips for Better Heart Health

Celebrate heart health month by practicing these simple Health tips.

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

EXERCISE OF THE MONTH

Try this movement if you are experiencing pain.

Stretches Your Back



SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.



Challenge Your Mind: Find The Hidden Hearts
Heart Answer Count: 12 Hearts Total

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

Dark Chocolate & Pain Relief



A bar of dark chocolate is actually more nutritious than you may think. If it has a high cocoa content, then it will also contain a good amount of soluble fiber and minerals.

The bioactive compounds found in the cocoa of dark chocolate have also been known to improve blood flow and can help lower blood pressure. In turn, increased blood flow results in higher brain function, allowing you to stay sharp during the holiday season.

Additionally, dark chocolate actually has a variety of powerful antioxidants – even more so than some fruits!

Perhaps one of the most important benefits of dark chocolate is that it can help relieve pain – seriously! The improved blood circulation that dark chocolate brings is a natural pain relief remedy. When blood is circulating efficiently through the body, it prevents muscles from becoming tight and resulting in discomfort.

The act of eating chocolate also releases several “feel-good” hormones in your body, which naturally eases pain. So, you get the benefits of feeling good eating a sweet treat AND relieving pain in your body!

www.shorelineptnc.com

Challenge Your Mind: Find The Hidden Hearts



Challenge your mind! Search for the hidden hearts (pictured above) throughout this newsletter. See the correct answer in the Exercise of the Month section!

CLINIC NEWS!



Congratulations to our owners, Doug Miller and Steve Bright for becoming Shoreline Physical Therapy's latest IMC Outcomes-Accountable Clinicians. To earn this certificate, Doug and Steve completed multiple hours of training modules and passed a 75 question written examination.

What does this mean?

Integrated Mechanical Care (IMC) is a leader in the delivery of Mechanical Diagnosis and Therapy (MDT). By becoming Outcomes-Accountable Clinicians, we further standardize our patient care to guarantee excellent outcomes to our patients, referring physicians, and payers. We are held accountable to deliver these outcomes. Our goal is to improve patient's pain and function in fewer visits and to educate the patient in how to maintain the improvement through their lifetime. Additionally, our goal is to reduce the overall cost of healthcare through this delivery model.

We will keep you posted as more of our staff completes the training process!

Coupon Corner!

FREE PAIN CONSULTATION

Shoreline
PHYSICAL THERAPY
sport & spine specialists

910-791-0396

CALL TO SCHEDULE TODAY! NO PRESCRIPTION NEEDED

Spots are limited so call today!

Call to schedule.
Expires 2-28-21