

Dear Friends of Associates Physical Therapy,

“The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.” Mortimer Adler from www.brainyquote.com

Some of you may be aware that physical therapists are required to do a certain amount of continuing education every two years to maintain their licenses. Rather than a requirement to simply check off, continuing education is a needed stimulus for growth in our profession. None of us reach a point where there is nothing more that we can learn. We find that continuing education motivates us, excites us and makes us better therapists. Nathan is currently participating in training with Integrated Mechanical Care or IMC, an organization that trains therapists to be more effective in treating patients. Because of its therapists' outcomes, IMC is able to negotiate contracts with large companies to send their patients to appropriately trained therapists. They can do this because they have accumulated data showing that their treatment methods result in a significant decrease in the cost of care for these companies by getting their employees better more quickly. Already Nathan is noticing that the training is helping him to more quickly reach a relevant diagnosis and appropriate treatment for patients. The goal is for each clinic therapist to pursue the same training.

Another way that we seek to become better therapists is by reviewing research. We want our treatments to be evidence based. We seek to communicate certain aspects of research to you in newsletters and through posts on our facebook page.

You may have noticed that we have physical therapy students in our clinic on a regular basis. We were all students at one time and understand the importance of clinical experience in training the next generation of physical therapists. Having students helps us to grow, because in teaching them, we have to evaluate how effective our own reasoning and treatment choices are.

Education is not only important for us, but also for you as our patients. It is important that you understand why you are doing what you are doing. We spend a lot of time educating, because without a proper framework, you will not be as motivated to do your exercises. Since our end goal is your independence, the more knowledge you have about your condition and managing it on your own, the better.

Even our office staff has to continue to learn as they deal with changes in insurance companies. They work together to increase efficiency to support us. Their presence is vital and we are so thankful for them. Their job requires a juggling act as they serve our patients on the phone, at the front desk, and keep us in constant supply of clean linen. Our office manager DeeDee does a fantastic job of staying up with needed changes and keeping us on track.

We hope that you also will take opportunities to learn and grow. Read a book, ask a question, learn about ways you can improve your physical health. And if you've had a good experience with us, share it with someone else.

Many of our patients were referred to our clinic because a friend or family member had a good experience here and wanted to pass it on. In view of this, from time to time we like to show our appreciation to a previous patient who has referred someone to us. Elizabeth Story is one such patient. We will be sending her a \$50 restaurant gift card.

Thank you for your loyalty and for inspiring us to continue to learn,

Sincerely,

The APT Staff