

Dear Friends of APT,

You have probably all heard the quote from Maimonides: "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime." (from BrainyQuote.com) At Associates PT we hope to be in the "teach a man to fish" camp. Even if we help resolve your current issue, we have not done our best unless we at least attempt to supply a game plan for your future. In view of the high rate of re-occurrence of back pain, you need strategies you can use in case your back pain returns once you leave us. Hence our emphasis on a home exercise program and education. So what if I am hugely successful at eliminating your pain in the clinic? What long term benefit results if you have nothing you can do on your own to achieve a similar effect? Granted, certain problems need more force or techniques than what you can provide, but generally speaking, once you make it through therapy, you should at least have 1-2 exercises that you can employ as a first line of defense.

Similarly, some patients are curious about why we do not use massage, ultrasound and electrical stimulation on a regular basis. There are situations where these are appropriate, but for most people targeted exercise and compliance with their home exercise program are key to long term success and pain control.

Another concept that is essential is restoration of function. We want to restore you to function as much as possible. That is why we are here. So let us know what your functional goals are so that we can have that end in view as we treat. Certain activities may need to be suspended temporarily as the body heals, but if bike riding, or gardening, or return to the gym are important to you, we want to try to get you back to those things.

You may have noticed some changes around our clinic. We would like to take this opportunity to welcome Shay and Tiffany to our team as we have said goodbye to Jamie and Dee Dee. We regret having said goodbye to Chad as he moved on to a new employment opportunity. We are thankful for his years of providing high quality physical therapy and wish him the best as he continues to treat patients in a new setting. We also want to thank Collin for being an integral part of training and maintaining a cheerful presence at the front desk.

Another change is the full separation of our clinic from Vilonia Therapy Services. We are deeply grateful for the partnership between the two clinics over the years and wish Tommy the best as he moves that clinic forward. This transition means that Mary is back in our clinic full time instead of splitting her time between the two clinics. We hope that this will provide greater continuity for our patients and give our patients more options in terms of scheduling.

As the end of the year approaches it is a good time to think about scheduling elective surgeries and physical therapy as you may have met your deductible for your insurance. Get those in before you have to start paying on your deductible again. Also remember that legally you can attend the physical therapy clinic of your choice. While certain doctors have preferences for where they send you to PT, you are not obligated to go to a specific clinic. So if you have had a good experience with us in the past, you can choose to return to us even if your M.D. has sent you elsewhere!