

SPECIAL Thanks!

We wanted to take this opportunity to thank all of our referral sources for giving us the opportunity to work with your patients. We have been fortunate in the past 14+ years to assemble an amazing group of therapists, managers, front desk and billing personnel with the collective goal of being the best. We have not lost our zeal to improve as a company or as individuals and we will continue to strive for the best possible product.

Jeff DeRaps *Travis Smith*



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Sacramento Spine & Physical Therapy

2008 NEWS

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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."

Good News About OSTEOPOROSIS

The word osteoporosis translates to mean "porous bones." Also known as the "silent thief" osteoporosis often progresses with no symptoms. Slowly, cell by cell, osteoporosis steals calcium from bones leaving the bones in a weakened state susceptible to fracture. Osteoporosis and associated low bone mass effects an estimated 28 million women and men and is responsible for \$14 billion in annual healthcare cost.

The good news is that osteoporosis can often be prevented through early and appropriate intervention and lifestyle modification. Osteoporosis is a preventable disease and should not be considered an inevitable consequence of aging.

Osteoporosis affects a higher percentage of women than men and women lose bone mass rapidly in the years following menopause due to diminishing estrogen levels. Other factors contributing to bone loss are: calcium intake, caffeine intake, heavy alcohol consumption, slight build, lifestyle, family history and certain medical conditions.



How Can It Be Prevented?

Undoubtedly, the preventive measure is to achieve peak bone mass early in life. For example, women who build a strong "bone bank" with regular weight bearing exercise and a healthy lifestyle prior to their 20's will be better prepared for the post menopausal bone loss.

If you already have been diagnosed with osteoporosis you should discuss the benefits of exercise with your doctor. It is common to be referred to a Registered Physical Therapist to learn what types of exercises you can perform safely to not only preserve bone mass but strengthen surrounding soft tissues and improve flexibility, posture and body mechanics. Physical therapists can also educate patients on fall prevention, risk of injury and returning to an active lifestyle. If you or someone you know has osteoporosis contact Sacramento Spine & Physical Therapy to learn options that are available for you. ■

"Osteoporosis is a preventable disease and should not be considered an inevitable consequence of aging."



SUCCESS STORIES



SUE E.

Earlier this year Sue E was referred to physical therapy after a bilateral meniscus repair. She had tried previous PT and synvisc injection all with limited success. Then she found Sac Spine and our warm water aquatic center.

With arthritic knees, Sue was no stranger to previous therapy, the problem is that the therapy seemed to cause more pain than help. After resisting the idea of joint replacement surgery, she had arthroscopic surgery in an attempt to delay what she saw as the inevitable-knee replacements some day. After hearing her past experiences with rehab and assessing her post-operative condition our therapy staff knew that the warm water was the place Sue needed to be.

"It was so easy in the pool compared to previous therapy attempts. It was the first time anyone had ever suggested it. The other places would just tell me to 'get on a bicycle.' With other companies so limited in their facilities, Sac Spine was a clear choice and I wondered why I hadn't been sent here before."

Now that she has lost 54 pounds, she wonders if she will even need joint replacements. Her plan to stay in the pool and continue losing weight is augmented only by something that she has always feared and never had success with in the past-the move to land based exercise. Aquatic PT proved successful for Sue and we are confident she will continue to succeed in her transition to land based therapy in the near future. ■



STEVE S.

This month's other success story has many athletic accomplishments including: Rookie of the Year, five time All-Star and two World Series Championships. Steve underwent a right knee medial meniscectomy and a left knee medial/lateral meniscectomy within a one-year time frame. Both cases he was referred to Sacramento Spine & Physical Therapy for his rehab. "I have been involved in numerous rehab settings, Sac Spine ranks among the best. The staff is so friendly and accommodating and my therapist Bryan was amazing."

Steve progressed very quickly and was able to meet 100% of his rehab goals and recommence running, strength training and martial arts. Following physical therapy Steve continues to pursue a healthy active lifestyle at the Roseville Health & Wellness Center while working as an investment broker. "The mind and body work so efficiently when both are at their optimum levels, I encourage all professionals to invest in their health." Steve's work ethic and determination are an inspiration to all of us. My Boston Red Sox could have used a champion like Steve during our 86 year championship drought! ■

Get started today and be the next Success Story!

Offering More Than Physical Therapy



At Sacramento Spine & Physical Therapy we pride ourselves on being responsive to the ever-changing healthcare system. In the past 14 years we have seen dramatic changes in physical therapy. Unfortunately, in some cases patients are adversely affected by changes involving visit limitations and restrictions. We understand if a patient has limited therapy visits, adjunct programming supporting the rehab process, is key to successful outcomes. We recognize that home exercise programs, regardless of how comprehensive or simple, have statistically low compliance rates. This reinforces the need for on-site diverse programming.

We have been able to surmount these obstacles with the development of the Roseville and Folsom Health & Wellness Centers. Adjunct programs currently offered to patients following physical therapy are: Yoga, Tai Chi, Pilates, aqua arthritis, aqua exercise classes, weight loss, athletic training, cancer well-fit, pre/post natal, massage therapy, educational seminars, senior exercise and fitness memberships.

Patients referred to Sacramento Spine & Physical Therapy work with a Physical Therapist on a specific diagnosis; at the conclusion of PT they will have the opportunity to participate in programs geared towards positive changes in their health. Offering care that transcends the singular focus of the physical therapy limitation has been rewarding for us, while literally changing the lives of thousands in our communities. We are committed to leading the healthcare revolution with innovation and dedication to continually improving our process to serve our patients and referring physicians. ■

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.

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

~Plato