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# Rock Run Physical Therapy **Revue**



## ROCK RUN MADNESS

Every year Rock Run joins in on the March Madness and this year's competition was intense. The annual tradition is to have lunch together opening day of the tournament and watch our brackets go up in smoke! Josh puts together a bracket competition for all of the Rock Run employees and the grand prize is... bragging rights and your name on the plaque. The Syracuse office has yet to produce a winner, and this year was as close as it gets. Brenda and Don were neck and neck for the win, and Syracuse lost the opportunity to dethrone the Roy office.

Don took home his 4th victory and to celebrate, he even brought all of the "participants" treats to work!

Congratulations Don, but you better watch out for next year!



(Selfie at Steiny's)



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### Goal Statement:

- **Value your time**  
We make every effort to ensure that your appointments are scheduled to work best for YOU and that WE are on time.
- **Get to Know You**  
We care about you as a person, not just a PT
- **Communicate Clearly**  
We always keep you and your physician informed of the progress with your POC
- **Provide a Comfortable Atmosphere**  
You can count on a clean and supportive environment each time you visit

### PATIENTS ENTER TO WIN!!

Find the misspelled word in this newsletter and call 801-896-9200 for your chance to win a

**\$10.00 gift card!**

*Contest for past and present patients only.*

## SPRING FEVER



With spring time comes the "spring fever". We all want to get out of the house, clean, organize, be outside and for a lot of people that means gardening.

Gardening activities, such as digging, planting, weeding, mulching and raking can cause stress and strain on muscles and joints. This is true for older patients or those who are more sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to strain during gardening.

We've come up with a few tips to prevent any strain or injuries, because the last thing we need is to get hurt right before summer!

1. Warm up before you garden. It doesn't have to be some rigorous exercise program, but even something easy like a brisk 10 min walk will suffice.
2. Change positions frequently to avoid stiffness or cramping.
3. Pay attention to how your body feels as you work in your garden. If a part of your body starts to ache, take a break, stretch that body part or switch to a different gardening activity.
4. Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
5. If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot planted on the ground.
6. If kneeling or leaning down to the ground causes significant pain in your back or knees. Consider using elevated planters to do your gardening.
7. Use good body mechanics when you pick up or pull on something, such as a weed. Bend your knees, tighten your abdominals and keep your back straight as you lift or pull. Avoid twisting your spine or knees when moving things to the side.
8. Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.



# MORE CHANGES TO ROCK RUN

Patty was hired to work as a full-time front desk coordinator at our Syracuse office. We are excited to have her join the Rock Run family. We asked her to tell us all a little bit about herself. She said, "I was raised in this area and graduated from Roy High (a long time ago!)! I am a mother of 4 and a grandmother of 7 and one on the way. I have lived in Hawaii, Virginia, Washington DC, New Jersey and California. I have been in all but 5 states, either from being an Army wife or driving a semi-truck cross country for 3 years. I love people, seeing smiles and chatting with them (it's amazing how much you can find out about a person in 2 short minutes)!"

I work at the deaf and blind school, and am currently learning braille to help the blind further their education by transcribing the books they need. My hobbies include yard work, road trips, quilting, crocheting and spending time with my grandkids."

Welcome Patty!



# PATIENT TESTIMONIAL

Rita came to us after years of mid and low back pain that was becoming worse. She was having trouble with simple activities such as standing, walking, and doing housework. She had been trying to deal with her pain by resting and taking medications, but finally decided to do something about it.

She said, "After I was diagnosed with arthritis in my back, my doctor referred me to Rock Run Physical Therapy. Josh has worked with me from the start, and has helped me to grow stronger and decrease my pain, all while helping me understand my condition and how to manage my symptoms. From being in a place where I had trouble doing even basic housework, I have come so far and I'm now ready to take up my next hobby - taekwondo!"

Awesome work Rita, and good luck!



# PHOTO CONTEST WINNER

Congratulations to Mike Winkleman, this issue's winner of the Photo contest! Mike took his copy of the Rock Run Revue to Korat Air Base in Thailand! The Revue is a world traveler! He won a \$50.00 gift certificate!

The contest will go again for the next issue. Remember the rules:

- Take a picture with your Rock Run Revue somewhere, anywhere... on vacation, at a ball game, in your backyard, with your favorite animal, etc...
- Submit the picture with your name via email at [photo@rockrunpt.com](mailto:photo@rockrunpt.com) or text it to 801-698-4156
- Cross your fingers! It's that easy!



# EARLY PHYSICAL THERAPY REDUCES COSTS

## Spine Article Preview

The October 2012 issue of Spine included a retrospective cohort titled, "Primary care referral of patients with low back pain to physical therapy: impact of future health-care utilization and costs. The study examined 32,070 patients with a new primary care LBP consultation. LBP related costs and utilization in the 18-months following primary care consultation were examined.

## Summary of findings

- Utilization of PT was 7.0 % within 90 days.
- Among patients utilizing PT early (within 14 days of primary care consultation) resulted in reduced healthcare costs of \$2,736.23 per patient episode.
- Only 21.5 % of patients referred to PT were categorized as adherent to the recommendation of active treatment. The remaining 78.5 % were non-adherent.
- *Total health care costs across 18 months were lower for those patients receiving early PT versus those receiving delayed PT.*



# WORKSHOP SUCCESS



Rock Run has been going through some exciting changes in the last few months. Brandon really wanted to get more involved in the helping the community, and found a way to reach out and connect with those who are maybe experiencing pain but are unsure if physical therapy is right for them. We have been hosting free workshops monthly at our Syracuse location and have had great turnouts so far. Brandon puts together a great presentation, opens it up for questions, and even does a manual treatment on a volunteer. You will leave with the answers you need and if physical therapy is that answer, we will be there to get you started on your rehab journey. Signing up is so easy and the workshop is free... so, what do you have to lose? If you are interested in attending or if you have a family member or friend that might need to check us out, send them the link to sign up for our next one!

**Balance Workshop:** <https://rockruntherapy.leadpages.co/balance-and-fall-prevention-ws/>

**Low Back Pain and Sciatica Workshop:** [RockRunPTR.ptworkshops.com/Syracuse/workshop](http://RockRunPTR.ptworkshops.com/Syracuse/workshop)

Or, go to our website at [www.rockruntherapy.com](http://www.rockruntherapy.com)

