



Rock Run Physical Therapy **Revue**



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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 801-985-2700 for your chance to win a

\$10.00 gift card!

CALL 801-896-9200

Contest for past and present patients only.



WHAT IS DIRECT ACCESS?

“You must be the change you wish to see in the world”

– Gandhi

Change happens frequently in the healthcare world, and in this instance, it's a good change.

You may have heard the term “direct access” before, but it's important to know how it applies to you and your health! Direct access means the removal of the physician referral mandated by state law to access Physical Therapists' services for evaluation and treatment. Utah is one of 18 states that have unrestricted access or limitations absent of a Physician referral. This puts you back in control of your health!

Of course, there are restrictions when it comes to Medicare, Tricare and a Worker's Comp injury. For Medicare patients, a physical therapist must develop a “plan of care” and a physician must certify or sign off on that plan of care within 30 days of the initial evaluation. It can be difficult to get the physician to sign off, which is why it is better to get the referral for Medicare patients ahead of time. Tricare and worker's comp does require referrals and authorizations prior to physical therapy.

If you feel like you need physical therapy and are unsure about your insurance requirements, give us a call and one of our front desk coordinators will be more than happy to check on your insurance benefits.

INTRODUCING AMANDA

Amanda graduated from the Physical Therapist Assistant (PTA) Program at Salt Lake Community College in 2016, and has joined our team at Rock Run Physical Therapy. She has experience in outpatient, hospital, and rehabilitation settings. Amanda was inspired to become a PTA after she was injured in a rock climbing accident and had to spend a year doing physical therapy to recover. Through this experience, she realized being able to move and function normally is an essential element to happiness and enjoying a good quality life. As a PTA, Amanda hopes to help patients achieve their maximum mobility and return to doing the things they enjoy. She aspires to continue her education in advanced treatments and knowledge to help her physical therapy patients.

Outside of work, Amanda enjoys swimming, boating, camping, movies, and spending time with family and friends.

Welcome to the team Amanda!



PATIENT TESTIMONIAL

In November 2016, Jayme was in a car accident. She was T-boned by a car that ran a red light. After a trip to the ER she found out that nothing was broken and was referred to physical therapy. We were excited to have her come to us! At her first visit, she had significant neck and upper back pain and said, “When I first came to Rock Run after my car accident, I could barely move my head or my arm due to neck and back pain.” She rated her pain as 8/10 and had pain with all reaching activities, lifting, and looking up and down. On top of that, she was unable to sit for more than 30 minutes and she had a hard time getting comfortable sleeping at night. Her neck range of motion was significantly decreased and she was having constant headaches.

She noticed significant improvement after only one visit. Jayme’s therapy consisted of modalities for pain management, manual techniques by the PT, and appropriate stretches that she also worked on daily at home. After 10 visits, Jayme had full neck ROM, was no longer having headaches or pain in her neck or back. She could also sit, reach, lift, and look up and down without pain.

Here’s what Jayme had to say about her experience at Rock Run: “Brenda was always so gentle that she didn’t cause any pain, but would work all the pain out. Now, it’s almost as if it never happened! I can’t thank you guys enough!”

Way to go Jayme!



ADVENTURES OF A FRONT DESK COORDINATOR

We have a new record everyone! We probably shouldn't be so happy about the amount of time we spend on hold, but sometimes it just gets to be too funny! In the last issue we shared the sometimes crazy side of being a front desk coordinator and how we spend a lot of time "on hold". Our previous record was a total wait time of 3 Hrs and 7 min and since our last issue came out, we smashed that new record with a whopping time of 3 Hrs and 28 min on hold! It comes with the job and we do it because we love our patients! We'll keep you posted, but hopefully we don't have to include a new record next time.

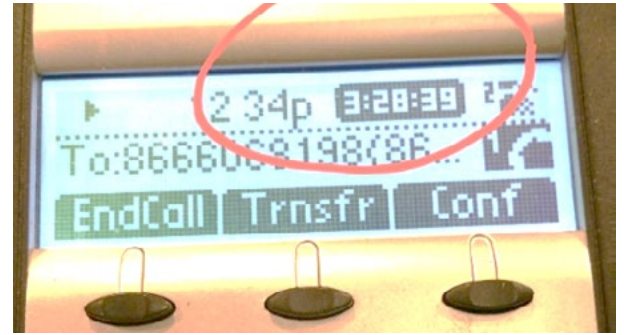


PHOTO CONTEST WINNER

Congratulations to Linda Smith, this issue's winner of the Photo contest! Linda took her copy of the Rock Run Revue to Tuacahn Amphitheater in St. George, Utah. She also 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 or text it to 801-698-4156
- Cross your fingers! It's that easy!



“ROCKY” THE NEW MASCOT

Meet Rock Run Physical Therapy's new mascot, "Rocky". Rocky joined our team in February and is a Blue Horned Beta fish. Maddie has been begging Brandon to let us get a mascot and he would only agree to a fish. He is located at our Syracuse office and enjoys swimming all day long, floating, eating his fish food and blowing bubbles!

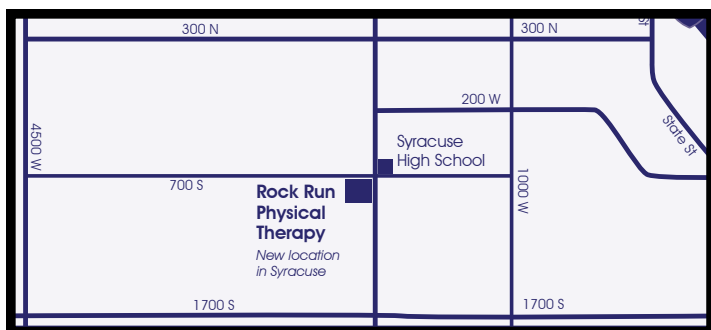




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HEART HEALTHY RECIPE

With February being heart awareness month, we decided to include a “heart healthy” recipe. Most days people are in a rush to get out the door and end up skipping breakfast or grabbing something unhealthy because it’s easy. Carve out a few extra minutes in the morning and try this delicious egg and cheese wrap that tastes great and is good for the ol’ ticker.

Ingredients

- 1 fat-free whole-wheat flour tortilla (warm)
- 1/4 ripe avocado
- 2 Tbsp tomatoes (diced)
- 1 large egg white (scrambled)
- 1 oz Swiss cheese (low-fat)
- freshly-ground pepper (to taste)

Directions

1. Heat nonstick skillet over medium-high heat.
2. Add diced tomatoe and cook for 1 minute.
3. Add egg white to the skillet and cook, stirring, until cooked through, 4 minutes. Season with black pepper.
4. Spread avocado in center of tortilla. Place egg mixture on top of avocado and sprinkle with cheese.
5. Fold tortilla burrito style and slice in half.

