

Call Now
479-751-8437
SPRINGDALE
 therapy@athleteplus.net

Reduce Pain & Increase Function



PHYSICAL THERAPY & SPINE

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7058 W. Sunset Avenue Ste 9a
 Springdale, AR 7262

618 W. Center
 Greenwood, AR 72936

HealthyStock Newsletter

www.athleteplus.net

From Your Friends at AthletePlus Physical Therapy

Physical Therapy for All Ages

AthletePlus would like to say thank you to previous patients and the community by providing a newsletter with helpful information to stay healthy. Remember, if you know someone that needs our services, do not hesitate to call 479-751-8437 or email therapy@athleteplus.net. You may get a free gift!



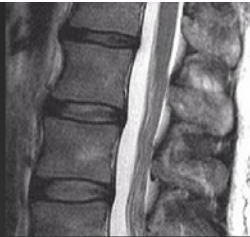
Clinic News: Our physical therapist Chris Cothorn welcomed a new baby girl.. Chris and Katherine have an 11 year old boy named Evan, a 5 year-old boy named Elliott and now 1 year old girl named Adeline.



Springdale
 479- 751-8437
 Greenwood
 479- 996-255

Does Your MRI Look Scary? Here is Why You Should Not Panic

Did you know
 your MRI can
 be misleading?



If you take people without back pain and put them through a CT scan or MRI, you get some surprising results.

37% of 20 year olds
 80% of 50 year olds
 96% of 80 year olds
 Have "disc degeneration"

30% of 20 year olds
 60% of 50 year olds
 84% of 80 year olds
 Have "disc bulging"

It turns out that some of these changes are just a normal part of the aging process. If your MRI says something scary, don't be afraid - call a physical therapist. We can get you moving again!

Disc degenerations, bulges, and protrusions can sound very serious and scary. It might sound crazy, but you can have all these things and not have pain. A recent study of people in their 20's WITHOUT back pain showed signs of disc bulges etc. See the graphic to the left where 37-90% of ages 20-80 without back pain have disc bulges or arthritis. Doctors are realizing these are a normal part of the aging process, sometimes called "wrinkles on the inside".

In the past if you had an MRI with serious disc bulge or arthritis, surgery was the only option. Obviously, physical therapists can not change your anatomy right? While that is technically true, there are plenty of cases where PT can help relieve your pain. (Turn over)

Therapy Graduate starts CrossFit

We like to call our patients "Graduates". Our patient D.R. just graduated from physical therapy using the SwimExPool and now is successfully challenging himself at [CrossFit 540](#). He has had chronic knee pain with arthritis since he was 19 and also has a pacemaker.

"Great experience at AthletePlus. They are well organized and made the knee pain go away. I can now function better. Rate it 10/10." D.R.

How Can Physical Therapy Help Me Relieve Back Pain?

First you have to understand what the MRI means or does not mean. If you have a bulging disc, it does not mean you stop all activities because that can lead to more pain in the long run. You need to see a physical therapist that can evaluate you and start an exercise program just for you while also decreasing your pain or the chances of future pain.

Lumbar spinal stenosis (the narrowing of open spaces of the spine) is often treated with surgery, but Harvard Medical School in the Annals of Internal Medicine recommends a well-designed physical therapy program involving water therapy, such as the SwimEx at AthletePlus. Other studies showed surgery for DDD (arthritis in the spine) did not have better outcomes than those of physical therapy. While there are times when surgery is the only option (example: loss of bowel and bladder control), it is not a magic fix and there is no guarantee surgery will even get rid of your pain.

Book Massage NOW & Get \$15 off

The first three to mention this newsletter offer get \$15 off a 60 minute massage with our excellent Massage Therapist.

Call 751-8437 or therapy@athleteplus.net. Not to be combined with any other offer.
Expires 11-10-16.

Can Having an MRI Before PT Lead to Higher Costs for You?

That sounds crazy right? But let's follow the math. MRI's are expensive. (Average cost in US is over \$2600) When you follow that up with specialist appointments, injections, and potential surgery... It all adds up fast. What happens when you get physical therapy first? You save money.... a lot of money! When should you start physical therapy? See the information below.

If you hurt your low back, starting PT within the first 14 days can save you (on average) \$2,700.

Physical therapy = cost savings.

Fritz, et al. *Spine* 2012 Dec

Designed for GetPT1st by buildpt.com

Getting an MRI before physical therapy can cost \$4,793 more than getting PT first.

Physical therapy = cost savings.

Designed for GetPT1st by buildpt.com

Not Sure You Want to Start PT? Our Free Report Reveals the "Top 3 Exercises for Low Back Pain"



Just Call 751-8437 or email therapy@athleteplus.net

P.S. How Can You Start Physical Therapy at AthletePlus?

Just ask your doctor now for a "referral or script" and tell them that you want to come to AthletePlus. If you have not been to your doctor yet, contact us directly. You can come see us first before you see your doctor! Just Call Now or email therapy@athleteplus.net. Mention where you saw this flier and we can get you scheduled for an initial visit to evaluate you and develop a plan for decreasing your pain to return you back to your life.

Call 751-8437 or Email therapy@athleteplus.net