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## SAVE YOUR PAIN AND MONEY WITH PHYSICAL THERAPY

### INSIDE:

- Physical Therapy Can Help Save You Money
- Insurance Terminology: Explained
- Turkey Meatballs
- Patient Success Story





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## SAVE YOUR PAIN AND MONEY WITH PHYSICAL THERAPY

Are you concerned with the never-ending increases in your health care costs? Are you frustrated that the only options you are offered are medication or surgery? Physical therapy could be the answer you're searching for!

Our physical therapists are musculoskeletal experts and can help you figure out what to do in the most efficient, and cost-effective way.

As with most things in modern medicine, finding the help you need seems to be a game of hurry up and wait. It used to be necessary to go to your primary care doctor first, and they would direct you to the "next" practitioner, which meant waiting a few weeks while suffering in pain.

Fortunately, things are changing. Direct access to physical therapy is more cost-effective, resulting in fewer visits than the physician-first model. And more importantly, you will experience more significant functional improvement in a shorter period of time! You can go directly to your physical therapist without going through multiple steps to get there.

At MMA & Sports Rehab, we want to make sure that you spend as little as possible on the care you need. We are more than happy to discuss any insurance or payment questions you may have.

Contact us today to schedule an appointment and get the relief you deserve!

# Physical Therapy Can Help Save You Money

Physical therapists are highly trained in human anatomy and physiology. They're considered the musculoskeletal experts in the medical community. Physical therapists use a variety of techniques to diagnose movement and function problems. A typical evaluation lasts up to one hour in most cases, allowing for a comprehensive assessment of your particular condition.

Physical therapists are trained to treat the entire body; this means they work with:

- Orthopedic conditions (i.e., muscle, joint conditions)
- Neurologic disorders (i.e., stroke, Parkinson's, MS, etc.)
- Developmental disabilities (all ages)
- Cardiac conditions
- Pulmonary problems
- General Wellness (i.e., exercise, nutrition, prevention)

After the assessment, you will be prescribed therapy, become educated about your specific condition, and learn how our physical therapist plans to resolve your problem. We are with you every step of the way to ensure you improve and avoid re-injury long after they leave the office.



One of the best ways that physical therapy can help you save money is by helping you avoid medication-only strategies and surgeries. Studies have shown that starting with physical therapy is less expensive than surgery or injections. And if those treatments are needed, physical therapy is used in conjunction with the results in less overall money spent.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more you'll save. And no matter what route you take, incorporating physical therapy has been shown to help your results and improve your overall health and well-being!

## Turkey Meatballs



### Ingredients

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

### Directions

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

**CALL TODAY! (703) 884-7084**

# Insurance Terminology: Explained

Insurance terminology can be confusing. Below we've provided some definitions for some standard terms that you can discuss with your insurance provider before scheduling an appointment:

**Copay:** A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay before receiving a medical service. The amount of each patient's copay is defined by their insurance company and may vary depending on your plan.

**Deductible:** A deductible is a fixed amount of money that an insured patient must pay out of pocket before the insurance company will pay any medical expenses. Your deductible amount will depend on your insurance company and your particular plan.

**Coinsurance:** Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a standard coinsurance, in which the insurance company will pay 80% of a medical cost, and the patient will pay the remaining 20%. Each insurance company will have a different coinsurance policy.

## What to expect at your visit

Physical therapists are adept at diagnosing a person's functional problem's root problem. Rather than looking at the symptoms (pain, discomfort, stiffness), we look at what is causing the symptoms. More importantly, we will determine how the symptoms are affecting your function.

Our team will conduct a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery and function. As a result, we will perform the right type, frequency, and duration of therapy, based on your goals.

Our physical therapists will guide you through a series of exercises designed to help your injury and return you to your pre-injury abilities. We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic exercises designed to restore function and prevent future injuries.

Physical therapy will provide the foundation for success while reducing costs!

<https://www.apta.org/news/2017/07/26/study-says-cost-savings-of-physical-therapy-for-lbp-are-significant>

<http://www.apta.org/Resources/documents/APTQI-Complete-Study-Initial-Treatment-Intervention-Lumbago-May-2017.pdf>

<https://pubmed.ncbi.nlm.nih.gov/33245117/>

## Get started with physical therapy today

*We are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how physical therapy is the most cost-effective way to get relief! (703) 884-7084*

## Patient Success Story

"Before coming to MSR I had been struggling with upper back pain for over a year. The pain had consumed my life and limited my ability to do almost anything I had previously enjoyed doing, including playing sports and lifting weights. The team at MSR took on my challenging situation and worked with me to develop a plan to get my life back. At every visit they pushed me to work hard and encouraged me to keep my hopes up. On the days when I was in more pain they would address the pain, and modify my workout as needed. Today I am in much better shape and have been slowly getting back into lifting and playing sports. I couldn't have done this without the team at MSR, and I am incredibly grateful for all their help."



- Michael Swingle

## Happy Holidays from MSR!

