

ASK THE PHYSICAL THERAPIST...

Here's your chance to get the answers to questions regarding physical therapy and general wellness. Have a question? E-mail it to us at horizonphysicaltherapy@windstream.net or fax it to 420-2501.

Q. *Why do I hurt?*

A. Imbalances in the body such as malaligned pelvic bones, tight muscles, leg length differences all cause stress to a joint, muscle, tendon, etc. This leads to inflammation which makes things hurt even more. The key is to change the imbalance to eventually decrease the inflammation and ultimately the pain.

Q. *If I stop coming here, will my pain return?*

A. No. You have the homework that will maintain your body in a neutral/non-stressful position. You will need to do it weekly for a while and eventually as needed.

Q. *If I stop doing the homework, will my pain return?*

A. More than likely yes. But you can always start back on the exercises. That is usually enough to get you back to a pain-free state (if you don't wait too long).



Shane Jansa, MSPT, CSCS received his masters degree from Des Moines University School of Osteopathic Medicine in 1997. He is a member of the American Physical Therapy Association, Nebraska Physical Therapy Association, and the National Strength and Conditioning Association.

New Horizons

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RELAX...HERE'S WHAT TO EXPECT AT YOUR FIRST APPOINTMENT.

You've been referred by your trusted physician to Horizon Physical Therapy. What next? If you have access to the internet, we recommend visiting our easy to navigate website at www.horizonpt.net to download your admission forms and get directions prior to the appointment. The forms are available to patients so you don't have to spend unnecessary time filling out forms in the waiting room.

Arrive a few minutes early to your appointment to check in with Brenda. She'll greet you with a friendly smile at the front desk and you can have a seat in our comfortable waiting room. Hopefully, before you even have a chance to dive into your favorite magazine, we'll be ready for your session in one of our five private treatment rooms.



Your therapist will provide you with the latest in manual techniques and teach you easy ways to continue your therapy in the comfort of your own home. But we understand you're busy, so we like to keep your homework down to about five or ten minutes a night. That way you'll have the tools necessary to help yourself if you feel your symptoms start to sneak back again.

Within a few visits, we expect you to feel 50% better than before your sessions began. Our overall goal is to have you back to 90% better within only six visits. While we enjoy having you visit us, our ultimate goal is to have you "graduate" and become a member of the Horizon Pain-Free Club after six to nine visits.



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Tech Watch: Starr Traction Brings Neck Traction Home

HORIZON

PHYSICAL THERAPY PC

OFFICE HOURS

Monday-Friday: 7:30 AM – 6 PM
Saturday: 7:30 AM – NOON

CONTACT INFO

Plaza Mall South
1919 South 40th Street,
Suite 222
Lincoln, NE 68506
PHONE (402) 420 2500
FAX (402) 420 2501

Visit us on the web at
www.horizonpt.net

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PHYSICAL THERAPY PC
Plaza Mall South
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Lincoln, NE 68506

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TAKING THE MYSTERY OUT OF MEDICARE

Congress has set an annual limit for Medicare's reimbursement of outpatient rehabilitation services. As a result, each Medicare patient has an annual limitation of \$1,780 (based on a calendar year) for Physical Therapy services combined with Speech Therapy services and Occupational Therapy services.

Should you reach the financial cap limit, Medicare has created an exception process, allowing exempted medically necessary services to be provided and paid under Medicare in excess of the annual limits.

If you have any questions regarding your Medicare coverage, please do not hesitate to speak with one of our staff members. You can also contact Medicare yourself at 1-800-MEDICARE or online at www.medicare.gov

THE HORIZON PAIN-FREE CLUB

A pain-free, active lifestyle is not only possible, it is the way you should expect to live and feel. If you have experienced pain in the past and have been helped through Horizon Physical Therapy, then you have graduated to be a part of Horizon's Pain-Free Club. If you feel great and want to share your story with others, please e-mail us at horizonphysicaltherapy@windstream.net or fax your comments to 420-2501. Besides feeling much better, membership does have its privileges—free t-shirts, gift certificates and more!



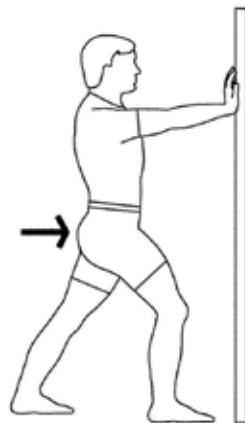
EASY WAYS TO RELIEVE SHIN SPLINT SORENESS

by Shane Jansa, MSPT, CSCS

Shin splints is another term for the pain that often results from an imbalance of the muscles that raise your foot and the muscles that pull your foot down. Tight muscles in the back of the lower leg in combination with poor footwear causes the muscles in the front of the leg to overwork and the bone in the front of the lower leg (tibia) gets pulled on and inflamed.

There are ways to decrease symptoms and to prevent the likelihood of this happening to you.

1.) Stretching – Stretching the gastrocnemius muscles two times a day and in particular before athletic activities is a good idea. Place one foot in front of the other.



Keeping your heel down, slowly lean forward until you feel a stretch in the back of your lower leg. Repeat the stretch two times per session. Hold each stretch 15 to 30 seconds.

2.) Ice Massage – To decrease pain and inflammation, perform an ice massage. Fill a Dixie cup with water, freeze, and tear the top of the Dixie cup off. Ice for 5 minutes, 2 times per day over the painful area.

3.) Massage – Massaging the painful area is also helpful to increase circulation.

4.) Footwear – Of most importance, obtain footwear that is appropriate for your foot and activity. Buy shoes from a retailer that will watch you walk, or even run, to make sure you aren't just looking good in your new shoes but moving good.

MEET THE STAFF

Jeffrey Dee, MSPT

Jeff is excited about joining the Horizon Physical Therapy staff and getting back into the outpatient realm of physical therapy.

He came back to Lincoln in 2001 after graduating from Des Moines University with a Masters in Physical Therapy degree. He holds a BS in Education from the University of Nebraska-Lincoln as well.

He has 5½ years of outpatient experience treating musculoskeletal dysfunction and chronic pain with special interest in the neck and jaw.

Jeff and his wife, Teresa, were recently blessed with the birth of their son, Redick Jeffrey. They live in north Lincoln and enjoy family activities and traveling to see the grandparents whenever possible.



image provided by www.uniquelyyouphoto.com

TECH WATCH: STARR TRACTION™ HOME NECK TRACTION DEVICE

by Dan P. Corrigan Jr. of Care Rehab

The Starr Traction™ Device makes it possible for patients to go home with the same quality traction they receive during their therapy session. It's like bringing your very own therapist home with you!

Starr Traction is the most advanced home cervical traction system available. It provides safe, simple, and effective treatment of cervical pain. Starr Traction is also the most comfortable and versatile device on the market.

The neck wedges and angle of incline are fully adjustable without the need to order extra parts.

The patented hand pump makes it easy to increase or decrease traction force. To release the traction force, simply push the release button.

Starr Traction is truly a breakthrough in home neck traction equipment. It may or may not be right for everyone.



FAST FACTS:

It is impossible for most people to lick their own elbow. (try it!)

The Baby Boomer generation accounts for 78 million people, almost one-third of the population. The earliest Boomers are turning 50 at the rate of one every eight seconds.

HAVE AN IDEA OR A TESTIMONIAL?

Please continue to offer suggestions as to how we can improve our services, our care, and our facilities. Share your ideas or testimonials with your therapy team or the staff at the front desk. Call and leave a message or send an e-mail to horizonphysicaltherapy@windstream.net

Please indicate if you prefer to remain anonymous or if we may use your comment in our materials.