

VOL. 1 | AUGUST 2021

STAY IN THE GAME



Newsletter for all our Form & Function Family



OVERVIEW:

Why didn't my last PT do this for me? Answering this frequently asked question

If I were to write a book covering the most frequently asked questions I get in my clinic, this one might be very near the top of the list.

The reason I get this question so often has to do with many people believing that all physical therapy clinics basically provide the same care. This is fundamentally not true of any business regardless of what industry they are in. There are good and bad dentists, restaurants, mechanic shops, and certainly good and bad physical therapists. Now I would never bash my profession as a whole, or even in part, but many PT's are handcuffed by the policies of the business they work for, and the regulations of the insurance company they are working for. YES! I said that correctly. When you go to a PT that is in-network with your insurance, the PT is working for the insurance company, not you (the patient). You see, that in-network PT office will provide services that will best be reimbursed by the insurance company. Sadly, some services that would be more effective in relieving your pain, or getting you back to the activities you are missing out on right now may get passed on due to time constraints, or how well the company gets paid to provide that treatment.

- Why didn't my last PT do this for me?
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

In 2021 there is yet again, another round of cuts to reimbursement for Medicare services to PT's. While we PT's have done miraculous things with the reimbursement we have gotten over the years, the simple fact that wages and expenses continue to climb, and with revenue being cut, there is little choice in the matter than to offer "bare bones" service. I see offices pack the schedule with 4 or more clients at one time spread across a PT, an aide, a volunteer or a student. Not always does this fit with what the legal standard, or ethical standard of what can be billed as PT "skilled intervention", but some businesses are desperate to stay profitable, and stay open. This was actually the topic of my research thesis in PT school. "*Managed care's effects on patient outcomes and clinical decision making*" (The actual title is much longer, but I'll spare you the boredom!!) When I ask my clients what a session looks like at some of the other clinics they have gone to, there is a pattern that I see across the board.

First, they say that the place is super busy and hard to get appointments. When they do go, the intake process is a problem with too much paperwork. There is commonly a wait time to be seen. They get put on a piece of equipment to warm up for up to 10 minutes each time they go. After a few sessions they take them through the same routine of exercises that they have been performing at home. For my athletes, they are either bored, not challenged, or discharged when they can do regular day to day activities like walk or climb stairs, but aren't ready to get back to running, cutting, jumping or sport. The other thing that my clients have been treated elsewhere tell me is that they have no idea what the cost is for a session when they use their insurance, and the ones that have actually tried looking at the explanation of benefits that the insurance sends them after the session has been billed...they can't make heads nor tails of what the insurance actually paid the therapist for the session.



Their main concern (and rightfully so) is that they don't have a bill, or that it is clear of how much of a bill there is. Here is the beauty of our clinic, and the reason people are treated so differently here to prompt all of the questions. We are very transparent about what our sessions cost, and regardless of your financial situation, if you want our help, we have affordable packages and payment plans to help you access the care you need. Our sessions are not cookie-cutter recipes of protocols that have been copied for decades. We have been personalizing programs from day 1 in business, and in fact, you can work with the therapist based on your condition and choose the length of session you want. For instance, maybe you know that there is a component of exercise needed for you to heal at the fastest rate possible, but you know you won't do

August's Special Event

IV HYDRATION & WELLNESS WORKSHOP

**AUG 28TH
9AM-12PM**

Join us for a
**workout &
IV recovery**



Hear from Dr. Chiriano and Trevor Field, PT talk about new medical innovations that can help your recovery



IV Hydration & Wellness Workshop
Aug 28, 9:00 AM - 12:00 PM
Work Hard, Play hard...Recover HARDER

We are hosting this event with VivaLife Healing Center and inviting you to join us to:

- Workout with strength & conditioning coaches
- Learn about cutting edge, innovative medicine
- IV Therapy
- Soft wave Therapy
- Cold Laser Therapy
- Nutraceuticals
- Raffle

To sign up for IV hydration or Cold Laser Therapy please select that add-on service. IV hydration will be at a event special rate!

at home and you want to spend the extra time in the clinic to ensure you do absolutely everything you can to get better... You can choose to do that. Or, if you know you will be diligent with a self-care program at home, and you want to focus on the hands-on parts of treatment and have a few exercises filmed so you know what to do at home, that can be arranged.

We spend the first part of our sessions hands-on with most of our clients to ensure the muscles are relaxed, activated and prepped for use before we do exercise, to ensure you don't leave worse than you walked in.

We are constantly testing and retesting your movement to ensure what we are doing is working. Anyone that is hands-on with you is someone that holds a license, and isn't a volunteer or a student just learning at your expense.

We provide revolutionary treatment options like cold LASER therapy that many other offices don't. The cold LASER we use was the original device that was FDA approved in 2002, and that our therapist have been using since 2004! LASER is incredibly effective at reducing pain, helping with inflammation, and accelerating tissue healing. It is one modality that can shorten healing timelines, and keep you from missing out on activity for prolonged periods of time.

Not only do we do all of those things, we can provide you with invoices that you would submit to the insurance to be reimbursed at the coverage level your plan allows. Which means you may be able to use your insurance, and reap all of the benefits of working with a higher level of care and attention than you may otherwise have been able to if you just went where the insurance, or your doctor sends you.

We've also cut out all unnecessary paperwork and never keep anyone waiting. We respect your time, and not waiting is one of the 2 main policies we have. The other is that we will never say "our policy is.." Every time I've ever heard those words, they were followed by an excuse as to why I can't get satisfaction from that business. Instead, we have employed a CSC motto.. meaning Creative Service Care. That means where you may have heard "I'm sorry, there's nothing I can do for you" from another business, you will hear, "let me see what I can do" and then we will move heaven and Earth to make you happy.

Product We Love

Instrument assisted soft tissue mobilization (IASTM) Tools



Click image
for link

Stainless Steel Gua Sha Scraping Massage Tool Set - H-Brotaco IASTM Tools Great Soft Tissue Mobilization Tool

- **INJURY PREVENTION & RECOVERY** - reduce muscle soreness after working out, improve recovery times, and treat soft tissue. Instruments effectively break down fascial restrictions and scar tissue. The ergonomic design of these instruments provides the clinician with the ability to locate restrictions and allows the clinician to treat the affected area with the appropriate amount of pressure. The introduction of controlled microtrauma to affected soft tissue structure causes the stimulation of local inflammatory response. Microtrauma initiates reabsorption of inappropriate fibrosis or excessive scar tissue and facilitates a cascade of healing activities resulting in remodeling of affected soft tissue structures. Adhesions within the soft tissue which may have developed as a result of surgery, immobilization, repeated strain or other mechanisms, are broken down allowing full functional restoration to occur.[5][6][7]

"Instrument Assisted Soft Tissue Mobilization." *Physiopedia*, . 27 Jan 2021, 10:12 UTC. 10 Aug 2021, 17:05 <https://www.physio-pedia.com/index.php?title=Instrument_Assisted_Soft_Tissue_Mobilization&oldid=265698>.

This tool set can be found on our recommended products page on our website. www.formfunctionpt.com

Health Tip & Trick: F.A.S.T. Method

By Trevor Field



The Field Approach to Sports Therapy or F.A.S.T. is an integrated method to treat injured athletes from adolescents to adults, to masters. It was developed by Trevor Field, a physical therapist, over a 10 year span using methods of traditional physical therapy, manual manipulation of joints and tissue akin to chiropractic and accupressure, as well as revolutionary treatments modalities like Cold Laser that immediately reduces pain and inflammation, and promotes tissue healing.

We understand athletes never want to be told, “just rest it for 2 weeks, and then we’ll see.” That’s why we believe in an active recovery model of healing, and very specific tests are performed to determine if you can safely play through the pain, or if you truly are putting yourself at risk for further injury by playing.

The F.A.S.T. approach works whether an injury is an hour old, or has lingered for years. It was designed to create an environment in the body that will allow the body to heal at its’ optimum potential. So if you, or someone you know is an athlete with pain or injury, just remember you want to return to sports F.A.S.T.

Trevor Field is a physical therapist in the Inland Empire of Southern California, specializing in treatment of adolescent athletes, and has developed programs for ACL injury prevention, sports performance enhancement, and fibromyalgia.

Staff Spotlight: Jim Biberston



This month’s spotlight focuses on none other than our very own Jim Biberston. Since August is Jim’s birthday month we wanted to give hi a shout out and for our readers to have a moment to learn about the one and only Jim Biberston.

Before joining Form & Function Physical Therapy, I earned my undergraduate degree as a Physical Therapy Assistant from Pima Medical Institute. I cared for patients in an out-patient facility using manual techniques paired with several modalities assisting in therapeutic exercise, manual therapy, Lumbar/Cervical traction, ultrasound and hot and cold therapy to improve overall body function and relieve pain.

My interest in physical therapy started with having 3 children who played competitive sports i.e. baseball, water polo and triathlons, which in turn, piqued my continued interest in human movement and function, along with my desire to work closely with people in a rewarding profession.

Not only getting to meet new people every day, but also having the chance to make a difference to their quality of life keeps me interested in such a gratifying career. When not spending time with my wife, I can be found staying active playing softball, cycling and water-skiing or in the garage restoring my classic VW’s.

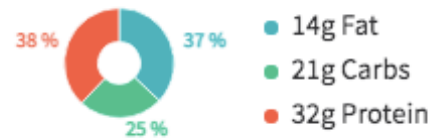
Recipe We Love *Rainbow Collard Wrap*



NUTRITION INFORMATION

337 CALORIES PER SERVING

Serving Size: 1 wrap



	% DV*
Total Fat 14g	20%
Saturated Fat 2g	
Cholesterol 73mg	24%
Sodium 665mg	27%
Carbohydrates 21g	10%
Dietary Fiber 8g	
Sugars 5g	
Protein 32g	21%

🕒	PREP	COOK	TOTAL
	07 m	0 m	07 m

Kelly LeVeque's recipe for a quick and easy rainbow collard wrap involves an amazing hack: using pre-chopped ingredients from the local salad bar. Collard greens pack a ton of vitamin A, which plays a role in bone, eye, skin and teeth health.

INGREDIENTS

SERVES 1

- 1 cup raw collard greens
- 3 oz rotisserie chicken breast
- 2 tbsp Hummus
- 1/4 cup Mixed Greens
- 1/4 cup Mixed Vegetables
- 1/4 medium peeled cucumber
- 2 tbsp Diced Tomatoes
- 1/4 fruit without skin and seed Avocados, raw, California

DIRECTIONS

- 1 Place collard leaf on prep table.
- 2 Spread your collard leaf with hummus.
- 3 Layer on chicken, greens, shredded vegetables, cucumber, tomatoes and avocado.
- 4 Roll your collard leaf up and tuck in the ends, like a green burrito.
- 5 Slice in half. Photograph. Upload to Instagram and watch the "likes" roll in.