

# NEWSLETTER

## PHYSICIAN'S WEIGHT LOSS PROGRAM

We are so proud of Belinda and Noah! This dynamic mother/son duo transformed their bodies by following the Physician's Choice for Weight Loss® program. They lost an incredible total of 180lbs!

Highly regarded for its success, and developed by our own Jeff Gilliam, PT, PhD, this unique program combines daily aerobic exercise with food journaling to help participants see first-hand how much they are moving and what they are eating. Garreth Smoak, PTA, INHC writes the delicious complimentary recipes that accompany the program. Jeff and Garreth help thousands of people from all walks of life discover the pleasures that come from reaching a healthy body weight. While often used for weight loss, this program can also be used for weight gain and weight maintenance. This program is more than just diet and exercise – it is a lifestyle change!

What's more, we are located inside the award-winning Gainesville Health & Fitness. Being here provides participants with access to every conceivable piece of aerobic and strength training equipment, plus sports courts, childcare services, group exercise, aerobics and spin classes, recovery tools, and aquatic therapy. Best of all, these programs are covered by most health insurance plans, especially when weight problems trigger common orthopedic complications such as joint pain or back pain. If



your insurance doesn't cover the program, don't worry. We will create a flexible and affordable payment plan that works for you. Program classes are 4-6 weeks in length and in a one-on-one environment. Participants should come dressed in active clothing and be prepared to move and have fun!

**Email [samantha.ream@requestphysicaltherapy.com](mailto:samantha.ream@requestphysicaltherapy.com) or call us at 373-2116 for more information on our healthy lifestyle program for adults and adolescents.**

### INSIDE:

- What Can I Do About My Hip & Knee Pain?
- Gainesville Health & Fitness Kid's Club

- Healthy Recipe
- Understanding Your Insurance
- New Year, New You

# NEWSLETTER

## RUN AS IF YOUR HIP & KNEE PAIN NEVER EXISTED



For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb up stairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities. Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, resulting in injury and pain. If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact ReQuest Physical Therapy as soon as possible. We'll help you get moving freely once again!

**Why am I experiencing hip and/or knee pain?** There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Strains.** Muscles or tendons can become strained due to overuse and repeated activity. This causes inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!
- **Fractures and breaks.** As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in

FREE

15 MINUTE PAIN SCREEN

BIG

DEAL

Contact us today to schedule your FREE screening!

**ReQuest**  
 PHYSICAL THERAPY

Offer expires 02/27/21

- physically demanding activities and hobbies. Have fun, but remember to be careful!
- **Dislocation.** Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.
  - **Tears.** There are four ligaments in the knees that have a possible risk of tearing. The most commonly torn ligament is the "anterior cruciate ligament," or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced to the painful area.
  - **Bursitis.** "Bursae" are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.
  - **Tendinitis.** Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.

# WHAT CAN I DO ABOUT MY HIP & KNEE PAIN?

Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, there are some actions you can take at home to try and soothe or prevent pain:

- **Wearing properly fitted shoes.** One way to avoid hip and knee pain is by wearing well-fitted shoes with suitable arch support. Comfortable, fitted, closed-toed shoes are a great way to relieve stress on your joints and allow relaxation in your hips and knees.
- **Using cold and hot remedies.** Ice packs and heating pads can help in soothing your aches and pains. Rotating between ice packs and heating pads on the affected areas can provide relief.
- **Stretching.** When your joints tighten up, pain can get much worse. Help alleviate and prevent this pain by doing a daily stretching routine in your legs, hips, and back, to help release any pressure on those areas.
- **Listening to your body.** At the end of the day, always listen to your body. If you've been on your feet for two hours and you feel your knees tightening up, it may be time to take a small break.

**Contact ReQuest Physical Therapy for additional assistance!** Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important.

At ReQuest Physical Therapy, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly. **Schedule a consultation with one of our expert physical therapists today to discover how you can live life with freely moving joints!**



**Call us today to schedule an appointment!**

## CARROT POMEGRANATE SALAD

*TASTE HOW DELICIOUS WEIGHT LOSS CAN BE*

Yields 4 cups

### INGREDIENTS

- 1/2 lemon
- 1 garlic clove, minced or zested
- Pinch of salt
- 1 cup nonfat plain Greek yogurt
- 1/4 cup mint or cilantro leaves, minced
- 2 cups carrot, grated
- 1 cup apple or pear, chopped
- 1 cup pomegranate arils

### DIRECTIONS

Juice lemon. Remove seeds and keep pulp. Avoid the bitter white pith and thin partitions that divide the sections. Zest peel. Stir together all ingredients in a bowl. Serve immediately or refrigerate at least 30 minutes to allow flavors to blend.

*This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss. Enjoy!*



# Gainesville Health & Fitness Kid's Club



One of the many benefits of being a patient at ReQuest Physical Therapy is FREE childcare! Access to the Kid's Club at Gainesville Health and Fitness is available for all children ages 6 weeks to 12 years.

## New GHFKIDS Hours:

### Main

Monday-Friday: 8AM-1PM & 3PM-8:30PM

Saturday: 8:30AM-1PM

Sunday: 10AM-2PM

### Tioga

Monday-Friday: 8AM-12PM & 3PM-7PM

Saturday: 8:30AM-1PM

Sunday: 10AM-2PM

### WC

Monday-Friday: 8AM-12PM & 3PM-7PM

Saturday: CLOSED

Sunday: CLOSED

**ReQuest**  
PHYSICAL THERAPY

**WE MAKE IT  
EASY TO LEAVE  
A REVIEW!**



## INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame  
(this will take you directly to our Patient Results page)
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



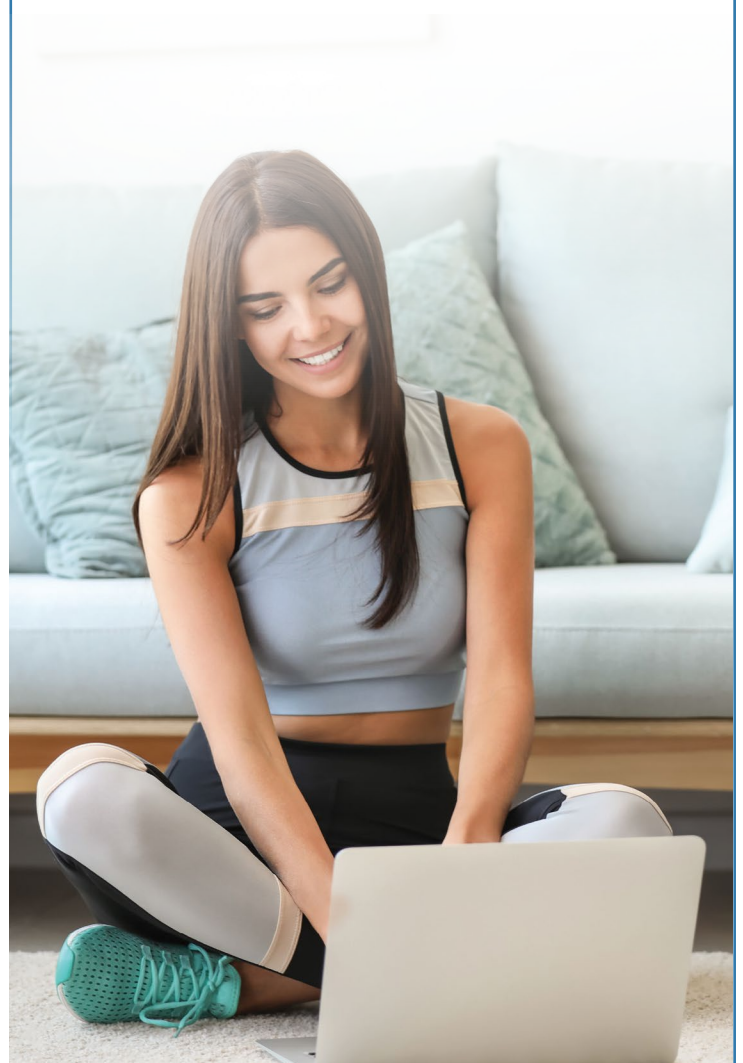
requestphysicaltherapy.com

NEW YEAR  
NEW YOU


With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let ReQuest Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021.

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# UNDERSTANDING YOUR INSURANCE



Navigating health insurance, and understanding your benefits and coverage is not an easy task. ReQuest Physical Therapy is happy to extend a helping hand to our patients in need of assistance when it comes to deciphering what their insurance will pay for in regards to physical therapy treatment. To make things a little easier on you, we've defined some common key terms that you may have read in your health insurance pamphlets or seen on your medical bills. Call our clinic today with any other questions you might have! We're happy to help.

## Common insurance terms, explained

**Premiums:** The best place to start is at the beginning, right? A premium is the actual cost of your insurance plan. Your monthly premium is the dollar amount of the bill you pay each month to keep your health insurance plan active. Plans that have higher premiums cover more services, which means that you'll have to pay less in medical bills throughout the year.

**Deductibles:** Your deductible is the amount of money you have to pay out of pocket before your insurance policy kicks in and begins paying towards your covered medical expenses. Your deductible also determines how much money you will pay your physician, therapist, or hospital, and is usually paid at the time of treatment. Depending on what health insurance plan you have, your deductible may be paid once per calendar year, or once per new condition. In the case of the latter, these kinds of deductibles are paid every time you visit the doctor, unless it's a follow up visit.

**Co-pays:** Co-pays are often mixed up with deductibles because they are similar. Your co-pay is a fixed amount of money (such as \$20 or \$40) you must pay out of pocket before your insurance company begins to pay for specific expenses, such as an office visit or a prescription for medication. Typically, this is required instead of a deductible or coinsurance, and requires you to pay a set fee for a specific visit. Most health plans do not count the cost of your co-pays towards your deductible, but it's a good idea to check with your insurance company anyways!

**Co-insurance:** Co-insurance is the term used to describe a percentage of what your insurance will pay to cover your health care costs after your co-pays or deductibles have been met, or if you don't have any co-pays or deductibles.

**HMO versus PPO:** HMO stands for "Health Maintenance Organization." PPO stands for "Preferred Provider Organization." An HMO plan grants you access to certain doctors and hospitals within its network. They also may require you to have a referral from your physician to see any kind of specialist. If you see a doctor outside of your HMO plan's network, you will have to pay the entire cost of your medical services.

A PPO plan is more flexible when it comes to choosing a doctor, hospital, specialist, etc. There are fewer limitations on seeing non-network providers. You can also choose to see a specialist or physical therapist without having to be referred first by your primary care physician. The premiums for PPO plans are typically much higher, as are the deductibles.

**What if ReQuest Physical Therapy does not participate with my insurance?** A majority of insurance companies allow their members to see providers that are out of network, with the exception of Medicare and HMO plans. Doing this means that you can choose to see a physical therapist who does not participate with your insurance company. The insurance company will pay a specific amount towards your treatment, but it will be less than they would have paid if the therapist was in network. Therefore, you will be responsible for paying the difference between what ReQuest Physical Therapy charges and what your insurance company pays. Some people opt for out-of-network services because they want to receive care from a specific provider. If you aren't sure what your out of pocket costs will be, don't hesitate to ask your physical therapist!

**What if I don't have insurance?** If you don't have health insurance to cover physical therapy services at ReQuest Physical Therapy, it's not a problem. You may still receive service by paying us directly, or working out a payment plan with our billing coordinator.

The list of questions and concerns when it comes to health insurance is never ending. If you're interested in speaking with someone about your coverage and benefits, don't hesitate to contact our office today. We're here and we're happy to help guide you through the process!

Sources: <https://www.medmutual.com/For-Individuals-and-Families/Health-Insurance-Education/Compare-Health-Insurance-Plans/HMO-vs-PPO-Insurance.aspx>  
<https://www.choosept.com/resources/detail/understanding-payment-physical-therapy-services>

# Exercise Essentials

Try these exercises to keep you moving...

## SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide. Hold for 30 seconds and repeat as needed.

Stretches  
Hips



Exercises copyright of  
 SimpleSet Pro  
www.simpleset.net

## HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

Strengthens  
Knees



# About Us

When you need physical therapy, you have the right to choose where you go. If you are tired of being a number and ready for a physical therapy team that's proud to offer special services not found in any other practice in the Gainesville area, ReQuest Physical Therapy is your choice.

We offer a variety of additional premier services to make your time at ReQuest as pleasant as possible, including discounts for cash/self-pay patients, flexible payment schedules, and same-day appointments. We also accept patients without a physician's referral, so you can begin treatment quickly and without the hassle of extra paperwork.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## MASSAGE THERAPY RETURNS!

ReQuest Physical Therapy will reopen massage therapy services. Need relief from muscle spasms, improvement in flexibility, or improved circulation? Massage therapy may be the best solution for you.

**To schedule your massage therapy session call a clinic nearest to you and let them know you are ready to gain pain relief!**



## Fun & Games: Sudoku

					4		9	
2		7	9	6				1
			8	2	1			
	8	9					3	
6				4				5
	1					7	2	
			2	8	6			
7				9	3	1		6
	3		4					