

NEWSLETTER

NEED A UNIQUE HOLIDAY GIFT IDEA?



Our PTA, Garreth, is the author of an amazing cookbook called *Nutritious and Delicious in Florida*. You can order the cookbook directly from her website www.inthekitchenwithgarreth.com or you can **pick one up the next time you are in the clinic**. The cookbook includes over 80 delicious, whole food, gluten-free recipes using healthy seasonal ingredients.

INSIDE:

- Understand Exactly How Much You Will Have To Pay!

- Patient Results
- Healthy Recipe
- Fun & Games

NEWSLETTER



DID YOU KNOW THAT PHYSICAL THERAPY
**CAN HELP YOU
 SAVE MONEY?**

FREE

**FREE
 ORTHOPEDIC SCREENING**

ARE YOU IN PAIN? SCHEDULE A FREE SCREENING!

**BIG
 DEAL**

ReQuest
 PHYSICAL THERAPY

Call us today at 352-373-2116 to schedule a free orthopedic screening with one of our physical therapists. We are ready to get you one step closer to pain relief!

Offer expires 11/27/21

If you are in need of physical therapy treatments but you are hesitant about the cost/insurance coverage, we would like to put your mind at ease. In fact, physical therapy can actually help you save money in the long run. At ReQuest Physical Therapy, we want to make sure that you are paying as little as possible for 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 discuss what payment will look like with your treatments. Don't hesitate on finding relief simply because of cost uncertainty – we are here to help you every step along the way.

How can physical therapy help me? Physical therapists are part health care professionals and part teachers. Highly trained in human anatomy and physiology, physical therapists use a variety of techniques to diagnose movement and function problems, prescribe therapy and teach a person how to continue improving and avoid injury long after they leave the office. Physical therapy is often prescribed after an injury or surgery, but it can also be an important part of the treatment plan for neurologic disorders, disabilities, cardiac conditions, pulmonary problems, and developmental disorders.

One of the best ways that physical therapy can help you save money is by helping you avoid surgery. It is no secret that surgeries are expensive. By seeking out physical therapy treatments in the beginning, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper!

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy. These conditions were:

- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

Physical therapists are adept at diagnosing the root problem of a person's functional problem. Rather than looking at the symptoms (pain, discomfort, stiffness), these professionals look at what is causing the symptoms. As a result, physical therapists perform the right type, frequency, and duration of therapy, based on goals beyond the superficial symptom. For instance, someone who comes to a physical therapist with pain in their knee may begin therapy with goals to strengthen the muscles in their leg, reduce their weight, and improve their posture. In the long run, this is actually more effective than surgery, since it helps improve your overall health, rather than treating just one specific aspect of discomfort.

UNDERSTAND EXACTLY HOW MUCH YOU WILL HAVE TO PAY!

Insurance terminology can be confusing. There have been several instances where our patients don't understand their benefits because they simply don't know what to ask their insurance providers. Below we've provided some definitions for some common terms that you can discuss with your insurance provider prior to scheduling an appointment:

1. What is a copay? A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay prior to receiving a medical service. The amount of each patient's copay is defined by their insurance company, and may vary depending on what plan you have. In some cases, copays may even be waived altogether by your insurance provider. To find out what your copay may be for physical therapy services, contact your insurance provider. We will also discuss copays with you before your first appointment.

2. What is a 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. Much like a copay, your deductible amount will be dependent upon your insurance company, as not all insurance providers follow the same guidelines. Your insurance company will be able to tell you exactly how much your deductible is. We will also discuss deductibles with you at your first appointment, to outline how much you may have to pay before your insurance provider picks up the cost.

3. What is coinsurance? Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a common coinsurance, in which the insurance company will pay 80% of a medical cost and the patient will pay the remaining 20%. Again, each insurance company will have a different coinsurance policy, so it is important to discuss this with them beforehand to figure out what percentage of



costs you will have to pay. We will also discuss this with you at your first appointment to figure out how your percentage will play into the costs of our services.

Save money and find relief today! At ReQuest Physical Therapy, 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 we can help you save money on your treatments!

Don't hesitate on treatments simply because of money uncertainty – we are here to help you every step along the way.

CALL GAINESVILLE: (352) 373-2116 OR TIOGA: (352) 692-2131 TODAY TO SCHEDULE AN APPOINTMENT!

SLOW COOKER SWEET POTATO STEW

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 1 ½ C onion, diced
- 2 garlic cloves, minced
- 6 C sweet potato, ½ in cubes
- 2 C kidney beans, cooked
- 2 C veggie broth
- 1 ½ C green bell pepper, diced
- 2 tbsp. ginger root, zested or minced
- 1-2 tbsp. ground cumin (to taste)
- 1 ½ C tomatoes, diced (fresh or canned)
- ½ C green chilies
- 1 jalapeno, minced (optional)
- 2 tbsp. Peanut butter
- ¼ C raw peanuts or almond slices or avocado
- 1 lime cut into wedges

DIRECTIONS

Cook all ingredients through jalapeno in slow cooker on low for 8 hours or high for 4 hours until potatoes are desired tenderness.

Before serving, remove 1 cup of cooking liquid and stir in nut butter. Pour mixture into slow cooker and stir.

Garnish each serving with 1 tablespoon of raw nuts and 1-2 lime wedges

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





PATIENT RESULTS

"I feel like the therapists I've worked with are very knowledgeable and really listen to my concerns and questions (and actually address them). The front desk is SO helpful, patient, and kind."

- Erika R.



JEFF GILLIAM
PT, PhD, OCS
Call today to schedule!
(352) 373-2116



**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

FUN & GAMES

Can you un-scramble these seasonal words and phrases?

mntauu

ngktsnahvig

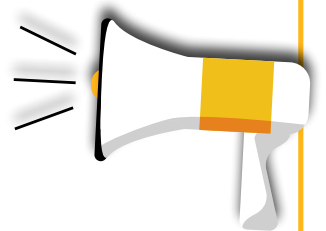


Answers: autumn, thanksgiving, thankful

WHO DO YOU KNOW THAT NEEDS OUR HELP? REFER A FRIEND!

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle



HAVE THEM CALL OUR OFFICE TODAY!

GAINESVILLE: (352) 373-2116

TIOGA CENTER: (352) 692-2131



PRACTICE NEWS

Welcome Allison Baltar!



We are so excited to welcome Allison Baltar to the ReQuest Physical Therapy family! Allison just graduated from the University of Florida with her Bachelor degree in Health Education and Behavior. Go Gators! She joins us as an exercise specialist with a focus on nutritional guidance and exercise designed for weight loss. In her free time, Allison likes to play soccer and go on wild hiking adventures with her friends. She also enjoys drawing and painting.

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

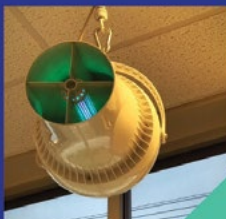
If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today at Gainesville: (352) 373-2116 or Tioga: (352) 692-2131 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Your Safety Is Our Priority!

Our Air Pear fans use ionization technology to grab harmful pathogens from the air, rendering them inactive.

When combined with the sanitizing UV light in the fans, our air is up to 99% GERM FREE!



ReQuest
PHYSICAL THERAPY

STAY UP TO DATE WITH CLINIC HAPPENINGS!
FOLLOW US ON SOCIAL MEDIA



Exercise Essentials

Try these exercises to keep you moving...

THIGH FOAM ROLL

Place foam roller beneath your hip and roll up and down your thigh using your arms. Repeat 20 times on each leg.

Massages
thigh muscles



ARM FLY

Lay flat on your stomach with your arms at your side. Lift your chest and your arms off the floor then slowly move your arms to a "T". Repeat 10 times.

Strengthens
shoulders

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



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

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!

Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle



Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

GAINESVILLE: (352) 373-2116

TIOGA: (352) 692-2131

REQUESTPHYSICALTHERAPY.COM