



PHYSICAL THERAPY: A COST EFFECTIVE SOLUTION FOR YOUR PAIN

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!

At ReRequest Physical Therapy, 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 ReRequest Physical Therapy, 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!

How physical therapy helps 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!

Visit Us Online requestphysicaltherapy.com or

Call Gainesville: [\(352\) 747-9992](tel:(352)747-9992) or Tioga: [\(352\) 670-3461](tel:(352)670-3461)

WE ARE HERE TO MAKE YOU FEEL BETTER FAST!



Understanding insurance terminology

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 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!

Get started with physical therapy 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 physical therapy is the most cost-effective way to get relief!



WHY REQUEST?

"I came in for an evaluation. The staff were attentive to my concerns and helped me understand my issue much better. Overall, a nice facility, the physical therapists and the assistants are all very caring and talented. If you are looking for a great place to get care, this is it!"

— R.P.

Sources: <https://www.apta.org/news/2017/07/26/study-says-cost-savings-of-physical-therapy-for-lbp-are-significant>
<http://www.apptqi.com/Resources/documents/APTQI-Complete-Study-Initial-Treatment-Intervention-Lumbago-May-2017.pdf>
<https://pubmed.ncbi.nlm.nih.gov/33245117/>

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FREE BACK PAIN SCREENING

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PHYSICAL THERAPY

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EXERCISE ESSENTIALS

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Try this movement to stretch your neck

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



PT WIRED
www.ptwired.com

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

HEALTHY RECIPE

BLUEBERRY PEACH AND GREENS WITH LEMON VINAIGRETTE

Ingredients

SALAD

- 4-6 cups fresh greens (I used arugula, spinach, spring mix, and sprouts)
- 2 ripe peaches, pits removed and sliced
- 1 cup fresh blueberries
- 1/3 cup purple onion, thinly sliced
- 1 cup pecans
- 1/4 cup goat or feta cheese (optional)



DRESSING

- 1/4 cup fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon olive oil
- 1 garlic clove minced
- 1/4 to 1/2 teaspoon sweetener, optional
- Pinch of salt

Directions

On 4 salad plates or in a large mixing bowl add greens, blueberries, onion slivers, pecans, and peaches. Top with pecans and goat cheese. In small bowl combine all dressing ingredients. Whisk to combine then drizzle on salad if serving immediately.

Note: keep dressing and salad separate and refrigerated if not serving immediately.

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

Gainesville

4820 Newberry Road
Gainesville, FL 32607
P: (352) 747-9992
F: (352) 373-1507

Tioga

12830 SW First Lane
Suite 100
Newberry, FL 32669
P: (352) 670-3461
F: (352) 331-3221

JUNE

CLINIC NEWS

PATIENT TESTIMONIAL



“Therapy has made a significant difference in my self-confidence and physical ability”.

-David

Pictured with Drew (L) and Alphonso (R) – two of our amazing PTA's

REFER A FRIEND

Do you have any friends or family unable to do the following?

- Move without pain
- Bend and move freely
- Balance confidently and securely

If you know someone suffering from aches and pains, refer them to ReQuest Physical Therapy today. Share this newsletter or have them call Gainesville: [\(352\) 747-9992](tel:3527479992) or Tioga: [\(352\) 670-3461](tel:3526703461)

ReQuest
PHYSICAL THERAPY

THERAPIST SPOTLIGHT

PENNY GOLDBERG,
PT, DPT ATC

Penny is a Board-Certified Clinical Specialist in Sports Physical Therapy. She has extensive training in running gait analysis, biomechanics of the shoulder in overhead athletes, strength training for runners and youth athletes, post-surgical rehabilitation, and return to sport testing protocols. Outside of the clinic, Penny enjoys traveling, cooking, concerts, and working out.



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