

HPT

Highland Physical Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



FASTER HEALING

**Direct Access
and the Benefits
of Physical Therapy**

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INSIDE:

- Is Your Digital Lifestyle Affecting Your Posture?
- Patient Spotlight • Exercise Essentials



Have you ever received an injury or woken up with a pain in your back, hips, legs, or shoulders? Your first thought was probably "I need to call my doctor and see if I can get in the office for a visit today."

So you call them, and you're disappointed to hear there are no available openings for you to be seen for another week. This means another week of attempting to self-medicate, another week of sleepless nights and discomfort. This is typically the case in many situations of chronic pain, but it doesn't have to be!

Did you know that you don't need to have a referral from your primary care provider to see a physical therapist at HPT? It's true, thanks to direct access laws in our state.

If you require physical therapy for a chronic condition or injury, call our clinic today to learn more about how you can get started on your journey towards a pain-free life. In the meantime, keep reading to learn more about direct access legislation, and the benefits of physical therapy for improved health and wellness.

What is Direct Access?

Direct Access allows you to be in control of your healthcare and the speed at which you're able to receive it. Direct access laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and money spent trying to find a solution to your pain and discomfort.

New York is one of 28 states that allow direct access to physical therapy. Their website outlines the requirements for a physical therapy clinic to treat direct access patients, stating:

- The PT must refer a patient to the patient's licensed healthcare provider if the patient has not made measurable or functional improvement 30 days after starting therapy treatment.
- If the patient is making measurable progress and improving, the 30-day limit does not apply.

The 30-day provision also does not apply to:

Continued inside.

SCHEDULE A CONSULTATION TODAY TO GET RID OF YOUR PAIN!

Continued from outside.

- Treatment provided for complaints related to chronic neuromuscular or developmental conditions for patients previously diagnosed with such a condition.
- Health promotion, wellness, fitness, or health maintenance services.
- Services provided to patients who are, under federal law, participating in programs involving an education or family service plan. (WebPT)

This also results in quicker access to healthcare that is more effective and long-lasting than prescription medications. The faster you get in to see a physical therapist for assessment and treatment, the sooner you can begin your journey to feeling better. Not to mention, it'll save you loads of money in the long run, and it will also help you to get back to living a normal, active lifestyle much faster!

Why Choose Physical Therapy?

Now that you're up to speed on the benefits of direct access, you should also understand the benefits of physical therapy and what it can do for your overall health!

Physical therapy is a safe, healthy, and effective way to combat a variety of acute and chronic pain conditions -- all without the use of harmful and addictive pain medication. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity.

Physical therapists know exactly how to pinpoint your problem areas and create a customized treatment plan aimed at improving or relieving your pain condition. They can also teach you how to prevent future injuries from occurring, which is an added bonus if you're an athlete or enjoy playing physically demanding sports.

Some of the most common conditions a physical therapist at HPT can help treat:

- Ankle and wrist sprains or strains
- Arthritis
- Lymphedema
- Carpal Tunnel Syndrome
- Back pain and herniated discs



- Neck pain
- Hip pain
- Headaches
- Sciatica
- Shoulder pain
- Knee pain
- Joint pain

HPT physical therapists help patients strengthen their muscles and joints, improve their range of motion, prevent injury improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Learn More About The Benefits Of Direct Access

HPT is here to provide support to you every step of your recovery journey. Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably.

Call our clinic to learn more about direct access and to schedule an appointment with one of our skilled and attentive therapists. We're here to help you reach your feel better and reach your goals.

Source: <https://www.webpt.com/downloads/the-pts-guide-to-direct-access-law-in-all-50-states/>

STOP PUTTING IT OFF (845) 691-9169

**You No Longer Need a Referral for Physical Therapy!
Come See Us and Take Hold of a Changed Life, Today!**

PATIENT SPOTLIGHT

"...friendly, professional and extremely knowledgeable."

"After being diagnosed with a SI joint problem I went to Highland Physical Therapy. I went to the Highland office and was amazed at how friendly EVERYONE is there. I was greeted by extremely friendly secretaries that welcomed me. Everyone working there always has smiles on their faces and even if they don't work with me greets me by my name. Kate, the physical therapist that worked with me is extremely professional and knowledgeable in the areas of my discomfort. She developed a plan for me and worked diligently to help with my SI joint problem. I would highly recommend Highland Physical Therapy if you are looking for a team of people to work with you that are friendly, professional and extremely knowledgeable." - J.K.

You Can Be Free of Your Pain! Call Today or visit us at www.hptny.com

IS YOUR DIGITAL LIFESTYLE AFFECTING YOUR POSTURE?



Poor posture is something we normally do not think of as a contributor to neck and back pain. However, in our era of constantly being on smart phones, tablets, and computers, we often put our necks and backs in positions of prolonged stress. Over time, this contributes to increased stress to our vertebrae, disc and muscles supporting the spine.

Text Neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down – and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches. If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.

EXERCISE ESSENTIALS

A good stretch for your back.

Exercises copyright of
HPTA SimpleSet Pro

Repeat Trunk Flexion

— To Floor

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up.



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

Call (845)691-9169

Our Services

- Manual Therapy
- Therapeutic Exercise
- Therapeutic Massage
- Balance & Fall Prevention
- Joint Mobilization
- Graston Technique
- Electric Stimulation
- Laser Therapy
- Kinesio Taping
- Ultrasound

Has Your Pain Come Back?

1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

3 Call Highland Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

Are You In PAIN?

You may benefit from physical therapy if you suffer from:

- Lower Back Pain
- Shoulder Pain
- Arthritis
- Knee Pain
- Sciatica
- Problems Walking
- Neck Pain
- Dizziness
- Headaches
- Sports Injury

We can get you out of pain and back to the things you love!

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