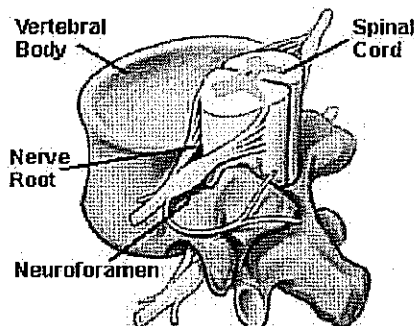




### NECK PAIN

Neck pain, or cervical pain, can come from a number of disorders and diseases of the tissues in the neck, degenerative disc disease, neck strain, whiplash, a herniated disc, or a pinched nerve to name a few.

The neck (cervical spine) includes 7 small vertebrae, intervertebral discs to absorb shock, joints, the spinal cord, 8 nerve roots, blood vessels, 32 muscles, and ligaments.



Neck pain is commonly associated with dull aching which can increase with movement of the neck. Other symptoms associated with some forms of neck pain include numbness, tingling, tenderness, sharp shooting pain, headaches, difficulty swallowing, and dizziness or lightheadedness.

Often, home treatment is not enough to resolve neck pain. A physical therapist, can show you how to stretch and strengthen your neck and vertebrae, improve your posture, and prevent neck pain from recurring. Other therapy treatment includes cervical decompression (traction), ultrasound, massage, and work station education.

### SUCCESS STORY

"When a 'crick in my neck' didn't go away after three weeks, got worse, and then started causing tingling and numbness down my arm, I knew it was time to visit Bodywise Physical Therapy. Karen and Ryan had helped me a few years ago with another issue and there was no where else I wanted to go. Even though I work in Rochester, it was worth the drive and early morning appointments!

Using a combination of heat, stretching, massage, electrical stimulation and traction, Bodywise has come through for me once again. The numbness and tingling is gone - plus, the posture and stretching exercises that they taught me are keeping things the way they should be.

The first time I ever needed physical therapy I was apprehensive because I didn't know how it 'all worked'. That experience was OK, but at that other clinic I always felt that I was a patient or a customer. But at Bodywise, Karen and Ryan take such a personal interest and are so friendly and warm that it feels like a visit with friends. Even though there are clinics closer to my home and work, Bodywise Physical Therapy will always be my clinic of choice and where I'll return once again the next time I have a need."

Anne - Strafford, NH

# Bodywise



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NEWSLETTER

NOVEMBER 2008

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### Medicare Patients

Congress has officially authorized the extension of the exciting therapy cap exceptions process through 2009. The Medicare cap is \$1840 which includes the 80% covered by Medicare and the 20% covered by either a secondary insurance or the patient. A patient is allowed to have physical therapy treatment that exceeds the cap, if their physical therapist deems it medically necessary.

Examples of cap exceptions would be multiple injuries or medical complications. The patient does not have to do anything to extend the cap. Their physical therapist is responsible for this and has to have the proper medical documentation on file. All secondary insurances will continue to cover therapy past the \$1840 cap as long as Medicare continues to pay for services. The Medicare cap re-sets every year regardless of the amount used.

Many of our patients worry if they are over or near the Medicare cap. Since Congress has past the law extending the cap exceptions, patients no longer have to worry if Medicare is still paying. If you have any questions about your insurance please call Bodywise and talk to Karen.

### Health Insurance Considerations

Most insurances renew at the first of the year. This means that all deductibles and out-of-pocket expenses will reset to zero. If you have already met your deductible or out-of-pocket expense limit, **this is a great time to get all your medical issues taken care!** The holidays are a very busy time of year but if you wait until January you will have to meet your deductible for the new year all over again!

### Events/Announcements

Karen will be at St. Joseph's church on November 19th to help talk about safety around the house for Seniors.

Ryan has just been elected to the Nomination Committee for the NH chapter of the American Physical Therapy Association.

Karen and Ryan are happy to announce they are expecting their first child! We are due on May 5th 2009. So far everything is going well and everyone is healthy.

IF YOU ENJOYED YOUR EXPERIENCE  
AT BODYWISE PLEASE LET YOUR  
FAMILY AND FRIENDS KNOW WE ARE  
HERE TO HELP!

THANKS TO ALL OF OUR PATIENTS  
FOR THEIR CONTINUED SUPPORT!

Karen and Ryan Poplaski MPT