

January 2009



**I CAN HELP!**

# Excel

## Sports Therapy-Shiner

361-594-2520

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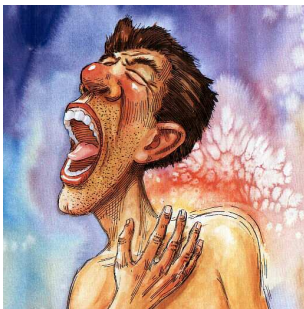
When people ask me what I do as a physical therapist, my response is “In a positive and friendly atmosphere, I help people regain previous levels of function and health.” It is truly a joy of mine to be a part of people’s lives in such a positive manner.  
**I’d like to list below the areas in which I am confident I can make a difference in your patient’s lives.**

“I threw my back out.” “I have a crick in my neck.”  
“I think I have a pinched nerve.”

### ACUTE / SUBACUTE LOW BACK PAIN & NECK PAIN

- 75% of patients with low back pain treated with rest and medications by primary care physicians have continued disability and pain at 1 year follow-up. (Croft et al BMJ 1998)

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“I can’t lie on my shoulder at night.”

“I have sharp pain when I reach overhead.”

### ACUTE / SUBACUTE SHOULDER PAIN

- *Well designed research provides evidence that supports the use of manual and exercise therapy for the rotator cuff lesions encompassing all stages of tendon disease. (Trampas, Physical Therapy Reviews 2006)*

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“My knee hurts when I go up stairs.”

“My knee is stiff and hurts after sitting.”

### KNEE OSTEOARTHRITIS / LOSS OF MOTION / STIFFNESS / PAIN

- Systemic reviews reveal there is good evidence that education and exercise regimens reduce pain in knee OA and that exercise regimens also improve function. (Pendleton et al, Annals of the Rheumatic Diseases 2000)

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### THE BOTTOM LINE

Through your support, I will provide skilled and evidenced-based treatments that will significantly enhance your patient’s recovery from any of the above episodes.