

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

**FIND RELIEF FOR
PERSISTENT NECK PAIN**
WITH PHYSICAL THERAPY

www.SpinePT.com



Scan the QR Code to visit our website at www.SpinePT.com
to schedule your appointment today!

Has your pain come back?
Call Idaho Spine & Sports Physical Therapy today or visit www.SpinePT.com

Here's What Our Patients Have To Say!



"When I first arrived here, I just got a full rotator cuff surgery due to a fall of 10 feet onto a window seal at work! My injury happened in October of 2020, and I was just put on light duty at work and continued to work with the pain! It wasn't till I woke up and my arm wouldn't work. I called the doctor and set up an MRI, and from that, I needed surgery! Partial tendon tear and two bone spurs! Once I started rehab at Idaho Spine and Sports Physical Therapy, I was eager to get back to work, but I was scared I would hurt myself if I went back, so I stuck with these guys, and they got me back to work! Thank you, guys. I couldn't have done this without these you all!" - **S.H.**



"This is my second opportunity to work with your staff. I appreciate the personal approach & friendly staff, very knowledgeable & well trained. Thank you." - **C.C.**

Mind Exercise!

Find the number of hidden pumpkins in the newsletter and bring it to one of our front desks to claim a PRIZE!



Number of Pumpkins: Three Total



Leave Us A Review!

Have you been loving Idaho Spine & Sports Physical Therapy & Wellness Center? We would love to hear! Scan the QR code or visit our website at www.SpinePT.com to tell us how we're doing!

Don't Let Your Insurance Benefits Go To Waste!



If you've met your insurance deductible for 2021, your physical therapy costs could be free!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again!

I don't understand these terms... what do they mean?

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.



October Special

October is National Physical Therapy Month!

Bring this newsletter in to receive your first assessment for only...

\$27

Offer Expires 10/31/21

Contact Idaho Spine & Sports Physical Therapy For Neck Pain Relief!

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

Manual, or "hands-on" treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues in the neck. Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physical therapist deems fit, based on the nature of your condition.

If you have been suffering from neck pain, don't hesitate to contact Idaho Spine & Sports Physical Therapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. **Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!**

www.SpinePT.com



Feel Better By Eating Better!

Candy Corn Smoothie

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 frozen banana
- 1 cup frozen pineapple chunks
- A thumb-sized piece of turmeric

Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Meridian Location
(208) 286-2707

Boise Locations
(208) 939-0533

Fax Number
(208) 939-3341

Clinic Hours
Monday - Friday | 7AM - 7PM

