



Performance For Life

NEWSLETTER

A photograph showing a physical therapist, a woman with dark hair, assisting an elderly man with a white beard. They are in a clinical setting. The man is sitting on a large yellow exercise ball, and the therapist is kneeling beside him, supporting his leg. The background is a plain, light-colored wall.

We All Know Physical Therapy Can Relieve Pain – But Did You Know It Can Also Help You Save Money?

If you are in need of physical therapy treatments but you are hesitant about the cost/insurance coverage, we would like to put your mind at ease. In fact, physical therapy can actually help you save money in the long run.

(continued Inside)

ALSO INSIDE...

- Exercises of the Month
- This Summer, Find Your Winning Edge
- Healthy Recipe: Easy Mango Protein Smoothie
- Clinic News

www.achieve-therapy.com



www.achieve-therapy.com

Physical Therapy Can Save You Money!

(continued from Front Cover)



At Achieve Therapy and Fitness, we want to make sure that you are paying as little as possible for 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 discuss what payment will look like with your treatments.

Don't hesitate on finding relief simply because of cost uncertainty – we are here to help you every step along the way.

How can physical therapy help me?

Physical therapists are part health care professionals and part teachers. Highly trained in human anatomy and physiology, physical therapists use a variety of techniques to diagnose movement and function problems, prescribe therapy and teach a person how to continue improving and avoid injury long after they leave the office. Physical therapy is often prescribed after an injury or surgery, but it can also be an important part of the treatment plan for neurologic disorders, disabilities,

cardiac conditions, pulmonary problems, and developmental disorders.

One of the best ways that physical therapy can help you save money is by helping you avoid surgery. It is no secret that surgeries are expensive. By seeking out physical therapy treatments in the beginning, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper!

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy. These conditions were:

- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

Physical therapists are adept at diagnosing the root problem of a person's functional problem. Rather than looking at the symptoms (pain, discomfort, stiffness), these professionals look at what is causing the symptoms. As a result, physical therapists perform the right type, frequency, and duration of therapy, based on goals beyond the superficial symptom. For instance, someone who comes to a physical therapist with pain in their knee may begin therapy with goals to strengthen the muscles in their leg, reduce their weight, and improve their posture. In the long run, this is actually more effective than surgery, since it helps improve your overall health, rather than treating just one specific aspect of discomfort.

We are here to help you heal. Call today and set up a visit!

866-320-3562



Clinic News

We're all moved into our Central Ave clinic in East Grand Forks! Check it out!



We have moved from our East Grand Forks location from 406 3rd Street NW to 1421 Central Ave NW (former home of McDonald Dentistry).

Come visit us at our bigger & brighter space!

www.achieve-therapy.com

This summer, find your Winning Edge



CALLING ALL ATHLETES!

Are you (or is an athlete in your life) looking to elevate your skills this summer and condition your body for upcoming sports? Join us this summer for Winning Edge!

Our Winning Edge program is for all athletes ages 12 and up. It is designed by our exercise specialists to improve athletic skills, teach techniques for preventing injury and ultimately increase overall athletic performance. The 6-week program is individually modified to serve each participant's ability and goals using proven techniques. All athletes are under adult supervision during training.

Call today to learn more and sign up!



866-320-3562



Healthy Recipe

Easy Mango Protein Smoothie

Ingredients

- 1/2 cup unsweetened vanilla almond milk
- 1 scoop vanilla whey protein powder
- 1/2 cup low-fat vanilla Greek yogurt
- 1 tsp honey or to taste (optional)
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 mint sprig (optional)

Directions Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!



Join us for a

FREE Shoulder Pain & Rotator Cuff Workshop

June 17th • Detroit Lakes • 6:30pm
July 6th • Grand Forks • 6:30pm
July 8th • Park River • 6pm
July 15th • Detroit Lakes • 6:30pm



Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!

We can help you understand exactly how much you will have to pay!

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:

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.

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.

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.

Save money and find relief today!

At Achieve Therapy and Fitness, 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 we can help you save money on your treatments!

Don't hesitate on treatments simply because of money uncertainty – we are here to help you every step along the way.



866-320-3562

Exercises of the Month

Use These Exercises to Keep You Moving!

SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



SimpleSet Pro
www.simpleset.net



FREE SCREEN!

June 23rd • 8:30am-4:30pm

We are offering completely Free Screens for:

- All past clients who have not been seen in PT in the past 2 months.
- All present clients who have another problem currently not being treated.
- All loved ones, family, friends, neighbors and co-workers of our past and present clients.

Each FREE Screen will consist of a 30-minute one-on-one appointment with one of our physical therapists. The therapist will talk with you about the history of your problem. They will take measurements to see how well you are moving and to test your strength.

After a thorough screen, we will give you a written plan of care, outlining **1) the cause of your pain or problem** and **2) a plan for successful treatment.**

The Free Screen is Ideal for People Suffering from:

- Lower Back Pain & Sciatica
- Neck Pain & Headaches
- Ankle Pain
- Arthritis
- Shoulder Pain
- Difficulty/Pain with Movement
- Hip Pain
- Knee Pain

If you are having pain or problems with day to day activities such as walking, standing, sitting for long periods, going up or down steps, getting in and out of the car, sleeping AND/OR you are having pain with playing tennis or golf, then this is an excellent opportunity to see our staff and find out the cause of your problem.

***Experiencing a problem not listed above?
Call us to find out how we can be of assistance!***

**Call Now to Schedule
Your Free Screen!**

**6 E 12th Street
Grafton, ND, 58237
701-379-0125**



Upcoming Relief for Shoulder Pain Workshops

July 6th • Grand Forks • 6:30pm

July 15th • Detroit Lakes • 6:30pm

July 8th • Park River • 6pm

Shoulder Pain Can Completely Ruin Your Life.

LEARN HOW TO FIND RELIEF!!

Chronic shoulder pain can:

- Take your focus away from enjoying your life... like spending time with your children or grandchildren
- Mess up your work or force you to do a job you don't want to do
- Ruin your travel plans

Here's some of what you'll learn:

- ✓ The single BIGGEST #1 MISTAKE Shoulder Pain & Rotator Cuff Injury sufferers make which actually stops them from healing
- ✓ The 3 MOST COMMON CAUSES of Shoulder Pain & Rotator Cuff Injury
- ✓ What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery



6 E 12th St

Grafton, ND, 58237
701-379-0125

403 Briggs Ave S

Park River, ND, 58270
701-284-6707

1421 Central Ave NW

East Grand Forks, MN, 56721
218-773-3388

110 Pleasant Ave S.

Park Rapids, MN 56470
218-237-3052

1425 S Columbia Rd
Grand Forks, ND, 58201
701-746-8374

2424 32nd Ave S #103
Grand Forks, ND, 58201
701-757-1322

829 Lake Ave, Suite B
Detroit Lakes MN 56501
218-844-5330

3035 Demers Avenue
Grand Forks, ND 58201
701-746-6694