



Performance For Life

NEWSLETTER

How to See a Physical Therapist **Without A Doctor's Referral**

Are you fed up with the delays in getting a visit to see your doctor? Do you wish you could go directly to your physical therapist to help with your pain or injury? At Achieve Therapy & Fitness, we see patients with or without a doctor's referral.

Every state in the US allows for evaluation and treatment without a physician referral. With direct access, you do not need to wait to get help! In technical terms, bypassing the physician's referral is called "direct access."

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www.achieve-therapy.com

Did You Know That You Don't Need A Referral To Seek Physical Therapy?

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If you're disappointed when you hear there are no available openings for you to see your doctor for another week, call Achieve Therapy & Fitness so we can help you get started on relief and recovery. If you require physical therapy for a chronic condition or recent injury, call our clinic today to request an appointment and get started on your journey towards a pain-free life.

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.

Direct access eliminates unnecessary delays for people who would benefit from treatment by a physical therapist. In addition, bypassing the physician visit and referral to other practitioners can reduce expenses, achieve improved functional outcomes, and eliminate the frustration of hurrying up to wait. At Achieve Therapy & Fitness, we believe that allowing individuals to make decisions regarding their health care is the best practice. By eliminating the referral requirements, health care is more accessible.

Recent studies have shown that direct access led to fewer physical therapy treatments, fewer visits to physicians, fewer tests, and fewer non-steroidal anti-inflammatory drugs (i.e., ibuprofen and naproxen).

The most important findings were that patients were more satisfied with the service than the group referred by the physician, and costs to patients were lower. If you are interested in getting better quicker and saving money simultaneously, then take advantage of direct access and request an appointment with a physical therapist!

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How Physical Therapy Can Help You

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Musculoskeletal disorders are one of the most common health problems leading to pain and disability as the number of people suffering from pain and injuries exacerbates the financial burden. Physical therapy can manage most musculoskeletal conditions (i.e., back and neck pain, osteoarthritis, tendonitis, etc.) without physician involvement. Direct access allows patients to self-refer directly to the physical therapist, avoiding intermediate steps through other health professionals that lengthen the path to recovery. Physical therapy is a safe, healthy, and effective way to combat various acute and chronic pain conditions -- all without the use of harmful and addictive pain medication and unnecessary testing.

Our physical therapists are movement specialists, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. We know how to pinpoint your problem areas and create a customized treatment plan to improve or relieve your pain. We are also skilled at helping you prevent future injuries, maximize sports performance and improve your overall health. Some of the most common conditions a physical therapist at Achieve Therapy & Fitness can help treat:

- Sprains and strains

- Arthritis (i.e., osteoarthritis and rheumatoid arthritis)
- Back pain and neck pain (i.e., herniated discs, degenerative disc disease, stenosis, muscle strains, etc.)
- Weaknesses
- Balance and gait impairments
- Headaches
- Joint pain
- Inflammation and edema

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

Request an appointment to learn more about physical therapy. Achieve Therapy & Fitness 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 schedule an appointment with one of our skilled and attentive therapists. We're here to help you feel better and reach your goals!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30393813/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574358/>
<https://academic.oup.com/ptj/article-abstract/101/1/pzaa201/5999910?redirectedFrom=fulltext>
<https://www.apla.org/advocacy/issues/direct-access-advocacy>

Back-to School Fundraiser

Thank you all who donated supplies and made contributions towards our event. Here are the supplies we collected from the school supply drive.



October is National Physical Therapy Month

Did you know that October is also National Physical Therapy Month? It's true! Achieve Therapy & Fitness wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy. There are several reasons to choose physical therapy over pricey surgeries and medications. Achieve Therapy & Fitness has chosen 5 of the best ones for you to consider!

1. Physical therapy can help to strengthen your joints and improve your range of motion.
2. It's a safe, holistic method of pain management/elimination.
3. You can learn to move without limits again.
4. Physical therapy can uncover the underlying reasons for your pain.
5. You'll experience improved joint health.

Contact Achieve Therapy & Fitness to learn more about the benefits of physical therapy. If you're struggling with a painful condition, there's no better time than the present to seek help!

Park River Open House

Achieve Therapy Fitness kicked off Fall Prevention week with an open house at our Park River clinic! Staff taught attendees how to prevent falls, keep their independence, and be safe at home. Everyone enjoyed games with door prizes, cookies/refreshments, a baked potato bar, and free balance screens.

Bracelets for Eli Wilcox were available for purchase, and all proceeds went to the Wilcox family.





Staff Birthdays & Work Anniversaries



October Celebrations for Our Staff

Staff Birthdays

Dee Kennedy – October 6th

Work Anniversaries

Heather Walsh – October 1st
Darcey Osowski – October 5th
Jeff Barta – October 15th

Greg Paintner – October 18th
Chelsea Hertzell – October 30th

We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

October Fitness Member of the Month

Meet Darlene our October Fitness Member of the Month!

Fitness centers you attend: Columbia Rd.

Favorite thing about Achieve Fitness: I enjoy the atmosphere and people at Achieve. The instructors are phenomenal in explaining how to perform different moves in Yoga and Pilates.

Favorite fitness class: My favorite class is intermediate/advanced yoga. It has helped me to improve my balance, strength, flexibility and posture. It was really hard for me to pick a favorite class. I do both intermediate/advanced yoga and advanced pilates. Pilates has repetitive exercises that help strengthen your core throughout your body. Using all different muscles.



Staff Spotlight



Say Hello to Matt Grasser!

Matt is a native of Washington State and a 2022 graduate of the University of North Dakota where he earned his Doctorate of Physical Therapy degree. Matt and his wife Amy reside in Grand Forks with their four children and two Australian Shepherds, Hank & Charlie.

In his free time, Matt enjoys hunting, fishing, camping, golfing (occasionally) and spending time with his family. He is very much a domestic engineer in that he likes to garden and then can or cook his harvest. Matt also enjoys baking together with his wife and children. Matt acquired his personal motto from his grandfather who told him many times, "Can't, never did anything". His goal in life is to provide a good life for his family.

Healthy Recipe

Hearty Tomato Soup with Beans & Greens

Ingredients

- 2 (14 oz) cans low-sodium hearty-style tomato soup
- 1 tbsp olive oil
- 3 cups chopped kale
- 1 tsp minced garlic
- ½ tsp crushed red pepper (Optional)
- 1 (14 oz) can no-salt-added cannellini beans, rinsed
- ¼ cup grated Parmesan cheese

Directions Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1 to 2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2 to 3 minutes. Divide the soup among 4 bowls. Serve topped with Parmesan.

<https://www.eatingwell.com/recipe/269888/hearty-tomato-soup-with-beans-greens/>





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