

MDT Monthly

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Get Spring back in your step!

Spring is finally back! We hope you had as much fun this winter as we did. Nick was up at Mt. Hood as often as he could be taking advantage of the amazing ski season and now we're all looking forward to getting back to our favorite warm-weather activities.

We'd like to thank all of you receiving this newsletter for continuing to be patients and friends of MDT. There have recently been some important changes that you can read about in the article below. But as always, everything we do at MDT is to help make your life better!

-Natasha Rinard

NEW FACE: BRYAN DORN

MDT would like to welcome our newest PT student, Bryan Dorn. Bryan has been with us since the beginning of the year and is already doing a great job with the MDT method.

Bryan graduated from Minnesota State University 2005 with an exercise science major. He is currently attending UW-Lacrosse for his Doctorate of Physical Therapy and is on track to graduate in May.

When he's not in the clinic, Bryan enjoys working out, being outdoors, hiking, golfing and just staying active.

We're very happy to have Bryan here and help him on his path to be an excellent MDT practitioner.



THE SWEET SOUND OF "relief"

I started therapy with a lot of pain and felt I was restricted in many of my ADLs for myself and caring for two small children was difficult. After five visits, I can report significant improvement in my neck/arm symptoms. I can continue doing the things I love with making a few minor modifications! Thank you Amanda and Nick for your work. I am a happier person today because of great care.

- Kelly B.

When I first came in, everyday tasks were painful and took forever to accomplish... even getting ready in the morning: showering, brushing teeth, fixing hair and makeup, dressing... I couldn't pick up things, open doors, push shopping carts and put away groceries, do laundry or housework. I could barely write and computer work hurt. Now, I feel I can do all those normal life tasks without pain. I have the knowledge to stretch areas I'm having difficulty with and exercises to build and strengthen them. Thank you so much!

- Vicky P

After one treatment, I feel like I have pep in my step again. I had no idea just how frumpy my right step has been for over a year. The bandage brace has helped incredibly. I can now have my entire body weight balanced on both legs instead of just the left leg. With the bandages on, I don't notice the bulge on the right side of my leg. Now, if the muscle exercises will eventually end my need for the bandages, then I will be very happy.

- Susan A.

I had hit a plateau with my chiropractic care. After only two weeks of MDT treatments plus my home exercises, my range of motion and pain had decreased significantly. Now after three weeks of treatment and home exercises, I have hope for the first time since my car accident that I will heal completely.

- Patti S.

INSURANCE COSTS: ANOTHER PAIN MDT CAN TREAT

Being part of the health care industry, we at MDT know exactly how much of a pain health insurance has become. Over the past four years, we've seen our patients' financial liability for treatment rise substantially, from 9% in 2004 to 25% in 2007.

What that means is that while your insurance rates continue to rise and benefits continue to decrease, MDT actually receives less money from health insurance providers. Quite frankly, the whole system is breaking, and often doesn't make sense for you as a patient or us as practitioners.

As a result of this depreciating situation, MDT's relationship with many health insurance providers has changed and you should inquire

about how your payments may be affected. However, MDT already has a different – and we think better – solution for you.

Since day one of opening our practice, MDT has given you the option not to

involve health insurance companies by paying at the time of treatment. Saving us the time and administrative cost of dealing with these companies allows us to offer you discounts of more than 50 percent the cost of a visit.

It's possible that if you have health insurance coverage, that may not be the best financial option – but it's worth considering. Here's a

simple example:

The vast majority of health plans now continued on back



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have a deductible before they cover any treatment costs. A visit to MDT costs, on average, \$200. If your deductible is \$1,000, you will meet it after five sessions at MDT.

The average duration of treatment at MDT of Portland is only six visits – half that of any other method – so, in this scenario, your insurance co-pay only applies to the sixth visit.

Almost across the board, co-pays for PT have shifted from flat fees to percentages, so you pay X% of the final \$200 bill as specified by your provider, in addition to the \$1,000 for the first five sessions as the total cost to you.

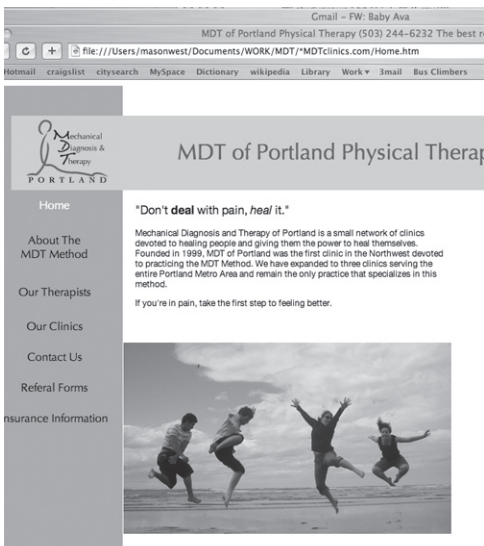
Let's look at the other scenario: If you chose to pay at the time of treatment,

the cost to you would have been around \$100 –per visit– making your total cost for six visits roughly \$600. So in this scenario, you've saved over \$400 and a load of time worrying about insurance coverage.

Of course, if you receive additional medical treatment during the year, meeting your deductible is not the sole burden of your PT treatment. However, another new industry trend is to cap insurance payouts in specific treatment areas. The average cap we are seeing is \$1,500 a year – and that includes PT, Occupational Therapy and Speech Therapy.

More and more, patients – even those with health insurance – are required

to choose where and how they spend their money. At MDT we are committed to providing you with the best care possible both for your body and your pocketbook. If you are interested in learning more about your cost of treatment at MDT, and if there is any way to reduce it, we are always happy to help. Please contact us at 503.244.6232 and ask to speak to Katie Noles, our Patient Representative.



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