

MDT Monthly

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Enjoy the warm weather by warming up your body first

After our first few really nice days, we're all excited about getting outside again to run, bicycle, hike, play tennis and just get active. Nick's already thrown on his MDT cycle jersey a few times and hit the road.

But everyone should be careful to ease back into a more active routine. Chances are, you haven't been working your body as hard through the cold and wet season and you need to give yourself time to get back up to speed. Even if you've been working out indoors, running or riding outdoors works your body in different ways than on stationary equipment in your home or gym. Changes in terrain and direction work the secondary muscles. If not trained, they can get injured.

So get excited on those sunny days, but remember that if you work yourself too hard too soon, you'll be spending some of those days inside the MDT clinic getting fixed. We're always here to help you, but as you all know MDT is about learning to help yourself!

-Natasha Rinard

'WHO SHOULD I SEE?' FINDING THE RIGHT TREATMENT.

When pain enters your life, you want it to leave as soon as possible. There are many potential causes of which various pains can be the same symptom.

MDT treats pains stemming from musculoskeletal problems. If you begin to experience new pains, here are some common signals they may be treatable by MDT:

- **It comes on suddenly, unlike soreness from activity. Or the soreness stays longer than you are used to.**
- **It is asymmetrical: Not mirrored on the body.**
- **It hurts when you move and/or continues at rest.**
- **It presents with joint stiffness and/or reduced range of motion.**
- **You can't do your normal activities without pain.**
- **Your pain doesn't reduce over time.**
- **It can be the result of trauma, or comes for no apparent reason.**
- **The same pain recurs multiple times.**

If you are fairly confident your pain has a musculoskeletal cause, you can see MDT immediately. **We are now able to treat patients for up to 60 days without a referral.** As most of our patients come in for just six visits, you can be healed and on your way quickly.

If you are unsure about the causes of your pain, MDT offers free screens help you figure it out. If the problem is not mechanical, it's best to see your normal doctor.

It's important to actively seek treatment, but it can be dangerous to seek treatment from the wrong places. There are many people with different knowledge about the body and qualifications to treat it.

MDT: Deals with injured bodies. Prescribes self-treatment and provides manipulation.

Masseur: Provide stress release for muscles. Not qualified to prescribe exercise. May not know if a muscle pain is referred pain from a deep condition.

Personal Trainer: Expert in the healthy body but not knowledgeable in treating injuries or providing healing exercises.

Chiropractors: Skilled in manual manipulation, but not skilled in prescribing self-treatment and prevention exercises.

AN MDT WEDDING

We'd like to extend our warmest congratulations to our Patient Representative, Katie Noles-Bowers on her marriage to longtime boyfriend Matt Bowers. The couple tied the knot on their 5th anniversary on April 25.

Katie and Matt first met in 3rd grade and started dating in high school after Katie's sister started going out with Matt's best friend.

Katie's grandfather, a Lutheran minister, performed the ceremony. The couple honeymooned for a week in Mazatlan. Natasha's helpful advice to the newlyweds: "Don't just make honeymoons a one-time thing. Take a special vacation together at least once a year."

Seems to work for her and Nick. Congrats again Katie!

THE SWEET SOUND OF

“ relief ”

When I first started coming to MDT, I had constant pain shooting down my left leg and lower back pain. I had my doubts as to whether they would be able to help me, or if it would take a long time. I've been very surprised at how quickly I was able to see improvement and how easy it was to do the exercise Amanda gave me. I am very encouraged about eliminating the pain in my leg completely since it's mostly gone now. I am very glad my doctor referred me to MDT and very grateful to everyone at MDT for their help. Thanks especially to Amanda!!

- JH

Dear Dr. Z...

As you know, I was reluctant and skeptical of the physical therapy process. I have to say now, after my treatment at MDT, that I am much, much more optimistic. Though my back injury recovery continues to be a work in progress I now have the tools in place to help me manage it better and can definitely see the light at the end of the tunnel. I've already recommended them to a co-worker having back pain of his own and will do so in the future to anyone who has similar issues. Thank you for the recommendation.

Sincerely, DV

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WELCOME BACK BRYAN!

"It would have been nice for Bryan to see how much better I've gotten and hopefully he can read my chart and know how much better my life is now."

These were the first words a recent patient wrote on her results form when she finished treatment. Well, we're happy to announce that on April 21, Bryan Dorn was hired as a MDT's newest PT.

Nick immediately recognized Bryan's natural connection with patients. He is dedicated, insightful and caring.

His work ethic makes him a perfect fit for the MDT family. He often came in early or stayed late – doing whatever it takes to get our patients results.

FREE SCREENING COUPON

MENTION THIS COUPON AND
SCHEDULE A FREE SCREENING TODAY

(503) 244-6232

In just 5-10 minutes, MDT can determine if your pain is mechanical or not. If so, we can help get you out of pain and back to enjoying your life.