

Thank You: We couldn't do it without you!

Despite the recent changes occurring nation wide and the increasing barriers to quality health care MDT survives because of you! We couldn't do it without you, our patients, your families and friends!

- 1. Thank you: for continuing to refer your friends and family.**
- 2. Thank you: for continuing to expect high quality health care.**
- 3. Thank you: for allowing us to help you in times of need.**
- 4. Thank you: for all your hard work and commitment.**

So friends of MDT....we can't say "THANK YOU" enough.

A Grass-Roots Movement

Pain is an experience we can all relate to. We have seen our friends and family affected by it. We have felt their pain and wished there was something we could do to help. This is a story we have all heard and sadly know all too well.

It is the story of a recent patient.

The first initial response is thinking the back pain will subside. With a little rest and some tender loving care, it will heal on its own. When she could no longer continue activities that she loved and work became difficult she sought help. She came to MDT as a last resort. This was after trying many ineffective options and methods. We were able to diagnose, educate, explain her pain and help her take control of it. Within only a few visits she was able to manage her symptoms and significantly decrease her pain. It was through this personal experience that she saw a way to help her family and friends. Those who thought they had tried everything had another option. She helped her friends and family find a direct route to quality health care. For that, we appreciate the growing word of mouth and referrals from our patients.

Your dedication

Our patients have allowed us to be there through hard times and economic changes to get them through aches and pains.

It is truly our pleasure to continue to offer you high quality health care. Your dedication has set the standards for us to follow.

When you come to MDT for help we understand that you want to feel better and get the help you deserve without any surprises in the end.

To help expedite your options we check your benefits, help eliminate, reduce and/or manage your symptoms in very few visits, educate you for preventative health. Your dedication to MDT has allowed us to continue to all this without making vital cuts that decrease the care you receive.

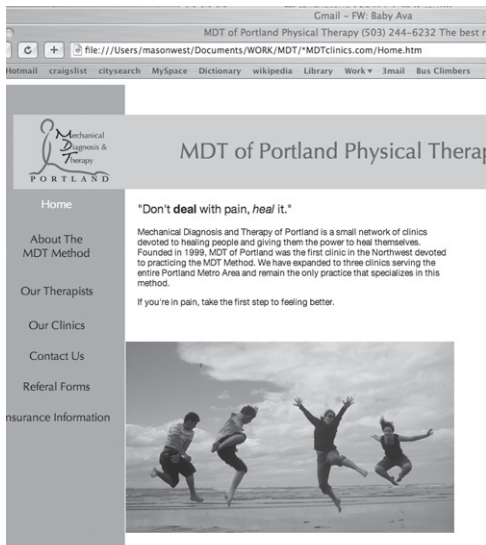
THE SWEET SOUND OF *relief*

"The most amazing thing about this experience is the empowerment it has given me to deal with this issue on my own. The way your staff was able to almost instantly diagnose my issue, helped me to understand the mechanics of what was going on with my back, and provide me with the tools to correct the problems, was simply amazing to me. In only 23 days I went from barely being able to move at all to almost completely normal function! I am totally sold on your method and thrilled with you staff and facility.

D. E.

READ MORE ONLINE AT:
MDTPORTLAND.BLOGSPOT.COM

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www.MDTclinics.com

MDTportland.blogspot.com

Two great places to keep in touch with MDT of Portland on the Web. Check both for news and testimonials - or submit your own!

Register Online to receive this newsletter by e-mail.

We would like to share...

some changes that have come to some friendly and familiar faces.

Nick and Natasha are enjoying their new role as parents and spending time with their new little buddle of joy!

Nina Ludamila Rinard

Born November 12, 2008
6 pounds, 8 ounces
19 inches

You may hear her when she is visiting.

What a beautiful baby girl to have around!

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.