

# MDT Monthly

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## ♥ MDT is Feelin' the Love in February ♥

Love is definitely in the air at MDT around this Valentine's Day.

We'll start off with motherly love. Our provider relations specialist, Laurel Sferrazza, gave birth to her second child, Theodore James, on Jan. 6. Laurel has been with us so long, this is the second pregnancy we've seen her through!

Long-time patients may fondly remember her daughter Sadie toddling around the clinic and peeking under the exam room curtains to wave hello. We're hoping TJ will have the same outgoing personality.

Also, two of MDT's own are now engaged! We could tell you who, but we thought it'd be fun to make a game of it. Call us at (503) 244-6232 and guess which two girls are ready to tie the knot and **we'll give the first 10 people who get it right their choice of a free Starbucks gift card or Regal Cinema movie pass.**

Lastly, we'd like to give a warm welcome to our new student, Erin Tuthill. A graduate student at the University of Puget Sound (alma mater to Nick, M.J. and myself), Erin will be with us through the end of February as part of her clinical rotation. She'll be treating patients with Shawn, so we're going to send him all the really tough patients (kidding). And to give you a hint for our contest, she's not one of the people who got engaged.

-Natasha Rinard

## NO PAIN, NO GAIN? TELL THAT TO JARROD

Jarrold Van Ausdell was in chronic pain for the last three years. During that time, his treatment included regular cortisone injections in his back, frequent massages and high doses of serious painkillers like demerol and percocet.

It's a hefty regimen for someone in his 40s, let alone a 23-year-old like Jarrod.

His back pain began at the age of 18 when he was rear-ended at 45 mph while driving to his high school graduation. A few years later, a 4-wheeling accident left him with a compression fracture on his L2 vertebra, which is in the upper back.

Before these injuries, Jarrod had been a fitness nut. But working out regularly and participating in sports such as rock climbing and snowboarding became a thing of the past. Even with youthful stubbornness and a substantial regimen of drugs and therapy designed to give temporary relief, Jarrod was seriously impaired. Forget hitting the slopes, Jarrod could only work his job at US Bank part-time because of the pain.

Yet this chronic pain was not what sent him to MDT. On July 4, 2006 he injured his lower back while saving some friends from the burning debris of a fireworks display stand that exploded when the remaining fireworks were accidentally set off.

With new pains, Jarrod was finally referred to MDT by Jerod Cottrill M.D. During the initial evaluation, therapist Amanda Geiger explained that fixing one condition would agitate the other. Encouraged by her



*This is Laurel not a month before having the baby. TJ was 6 lbs 8 ounce bundle of joy.*



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## THE SWEET SOUND OF relief

“ My shoulder pain, which started 2 years ago, has disappeared as a result of therapy for neck and back pain. The best part of this treatment is that I don't have to continue treatment since I know what causes the sharp pains and I know what activity I have to do to stop it. Thanks to all of you.

Carolyn C.  
01-04-07

My tendonitis in my ankle is much better. Because of Dr. Amanda Geiger, I know how much I can do on my ankle, how far to push it and when to stop. I have learned to listen to my ankle and rest when it's stressed... I have confidence in Dr. Geiger's ability to help me return to working at full ability, as I am now: a full hour on the treadmill, single leg exercises and the dreaded stair master. Thanks!

Maria C.  
12-13-06

I was referred to MDT with leg numbness and lower back pain. I could not sustain standing on my feet for more than 10 or 15 minutes at a time without pain. I was having trouble sleeping and woke up every morning with back pain. This condition was severely restricting almost every aspect of my daily life. After 6 weeks of exercises focused on strength building, I can now stand for more than 1 hour with no symptoms. I have been sleeping much better and waking up pain free. I am now able to do normal household chores and I can now shop and do normal errands pain free. Thanks MDT!!!

Beverly S.  
12-01-06

I have to start out by saying Thank you to Debbie, and everyone else. I had a bad fall on my shoulder, which caused me to not be able to move for about 3 weeks. I could not put my seatbelt on or close my car door with my left hand. I could not get dressed and easy simple household chores were not so simple. Sadly, my house fell into neglect. Now...I have a clean house. I can dress myself with ease. I can close my car door (carefully) and safely put on my seatbelt. I have enjoyed coming here for physical therapy. The staff is a great family that gets along, and has open arms to help anyone in need. Thank you!

Rhapsodee M.  
12-18-06

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MDT of Portland P.C.  
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why **DEAL**  
when you could *Heal*

SCHEDULE A FREE SCREENING TODAY  
(503) 244-6232

*If you're in any pain or discomfort, please schedule a free screening at one of our three clinics. In just 5-10 minutes, a certified therapist will determine if MDT can help get you out of pain and back in your life.*

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diagnosis and simple explanation of his condition, Jarrod agreed to proceed rehabilitating his recent injury.

“Before, doctors would tell me what was happening in my body but I had no clue what it meant,” he said. “I’d want to know why an exercise would fix something. They’d say, ‘just do it.’ Amanda was great at answering my questions and translating it into English so I understand every part of my treatment.”

Jarrod was making steady progress when yet another bizarre event took place: A bite from a poisonous hobo spider kept him in a hospital bed for a week. During his next session, Jarrod mentioned his L2 actually hurt less. Just as Robin McKenzie stumbled on the cure for “Mr. Smith” — the patient on whom he based his method — Amanda found the cure for Jarrod’s L2 pain accidentally even though she was never trying to treat it.

Amanda began treating both Jarrod’s conditions. The results today could not be clearer: Jarrod no longer takes any drugs or other passive treatments for his pain, relying solely on the techniques he’s learned at MDT. He has returned to full-time employment at US Bank and works an additional part-time job.

Because MDT made him aware of the limits of his pain and how to treat it, he has returned to a more fulfilling and active life.

**\$5 off**



Bring this newsletter in to an MDT of Portland clinic to get \$5 off a lumbar roll. Limit 2 per coupon. Offer ends 2/28/07.