

MDT Monthly

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Happy New Year

Don't you just love winter?

Nick and I are avid skiers, so we look forward to the annual snows. I'm sure many of you have been out hitting the slopes or taking to the woods on snow shoes or cross-country skis.

Hopefully you're all having fun without beating up your bodies too much. The moguls can do a number on your back and knees. Even your legs hanging off the ski lift can cause new pains when you've got heavy boots and skis strapped on. Those snow days are precious! Don't miss any on account of pain.

While a lot of injuries can occur during activities, it's just as common to injure yourself slouching on the couch with your feet up.

Of course, just the chill of winter can cause you to creak like a frozen tree. Don't ignore symptoms just because they happen every year. Those seasonal pains could point to a chronic condition that could be easily prevented.

Whether you like to curl up by the fire with hot chocolate or go outdoors and tackle the elements, you should do so comfortably and pain-free. **We're never too busy to help!**

Enjoy the Winter!
-Natasha Rinard

MELISSA AND DEBBIE: A TALE OF TWO PTs

When Melissa Howells came to MDT, she was in bad shape.

A physical therapist herself, she knows how to treat other's pain. But she literally couldn't shake a pain in her neck she'd been living with for 10 years. Melissa has taken two McKenzie classes – she even had her pain examined as a diagnostic case during a McKenzie seminar. Additionally, two McKenzie therapists treated her later with no result.

"Pain is exhausting," Melissa said. "I'm really good at just pushing my pain aside, but there's a time when you finally acknowledge that you need to do something about it."

That's when Melissa found MDT of Portland. Therapist Debbie Thrall first saw Melissa in November 2006. During the first visit, Debbie determined the pain's root was not in her neck but in two places: Her upper thoracic spine and her shoulder. The history traced the majority of Melissa's problems to a shoulder injury from 17 years ago!

"She was a tough case because previous interventions produced no results," Debbie said. "But it was because the more obvious treatments hadn't worked that I started considering other sources of her pain."

Melissa's therapist training was invaluable for communicating her symptoms and following her rehab program. Debbie only prescribed two simple exercises: one for each condition. But what could have easily been a 12-visit treatment was cut in half by Melissa's dedication to the healing process.

"After the first session, I was excellent with my compliance for the next couple of days," she said. "Now I don't have the pain but I still continue to stretch so I can maintain what I've gained."

Now pain free, Melissa can keep up with her 2-year-old son and is more able to help her own patients – with an increasing amount of MDT techniques, we should add.

"I am my own success story. As an individual, it's helped me keep my energy level up. As I'm treating other people's neck pain, I don't have to worry about mine anymore."

Melissa's story is a perfect example of how MDT of Portland's expertly trained therapists can succeed where even McKenzie therapists can't. For truly tough cases, there's no alternative but MDT of Portland.



THE SWEET SOUND OF relief

"Amanda was simply wonderful at identifying and solving my neck problems. Not only was she able to bring relief to my neck pain, the self-care information that she gave me was invaluable. She is great as a technician and as a communicator. Thanks! Marietta J. 11-8-06"

*Dear Dr. Butler,
Thank you for sending me to MDT of Portland. Before I started working with Debbie, I did not have enough mobility or strength for my triathlon workouts.
Now I am able to complete the workout with only minimal pain. My strength has also improved in just one week. Thanks again for this*

*great referral!
Kevin T. 11-10-06*

*Dear Dr. Nicacio,
After just one visit to see Amanda at MDT of Portland, I am seeing results! Driving was not as intense as it would have been before. Learning how to position my back really helps. I was also able to sleep on my stomach for small intervals, and the pain/tingling in my legs was not as bad as it was before. Thank you!
Sarah T. 11-8-06*

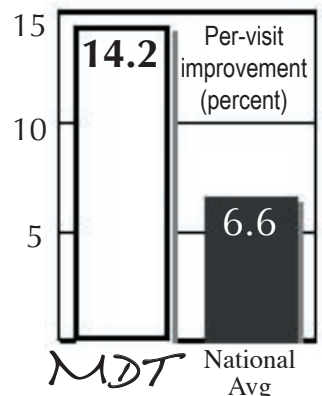
*I have substantially less pain now than I did before. When I do feel pain, I can usually relieve it by myself. Some days I come home from work and have no pain at the end of the day. Thank you so much.
Sean M. 11-7-06*

MDT TREATMENT PROVEN TWICE AS EFFECTIVE

Last month we released survey data showing treatment at **MDT of Portland is faster and more effective than a national average of all PT clinics.**

Our patients showed over **92.5 percent improvement** during their treatment compared to a national average of 73.46 percent. And that's **in almost half the visits!**

But even if we level the playing field by seeing how much improvement each visit provides, MDT of Portland still comes out on top.



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

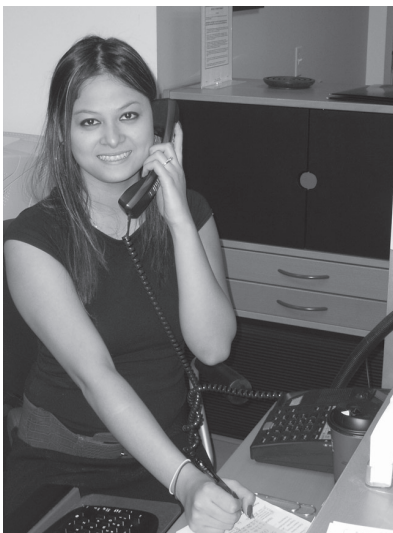
SCHEDULE A FREE SCREENING TODAY
(503) 244-6232

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.

\$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 1/1/07.



MDT NEWSLETTER FEEDBACK

Now's your chance to shape your newsletter

We've already heard some great comments about our new newsletter format and we want it to continue to evolve in ways you find useful and informative.

Please take a moment to comment on our regular features: Patient of the Month, Patient Testimonials and Coupons.

Also, we'd love your suggestions of anything else you'd like to see.

Elaine is waiting for your opinions!
