

MDT Monthly

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The New MDTclinics.com

This day and age, you've got to have a presence on the Web. Nick and I knew that when we started MDT of Portland, but we only had our home-grown version. We've been working hard with our designer these past few months and are finally getting ready to unveil the new MDTclinics.com!

The new site is much easier to navigate and much easier on the eyes. It will be the place to go for the most current information about MDT of Portland from new clinical data to fun news from our staff.



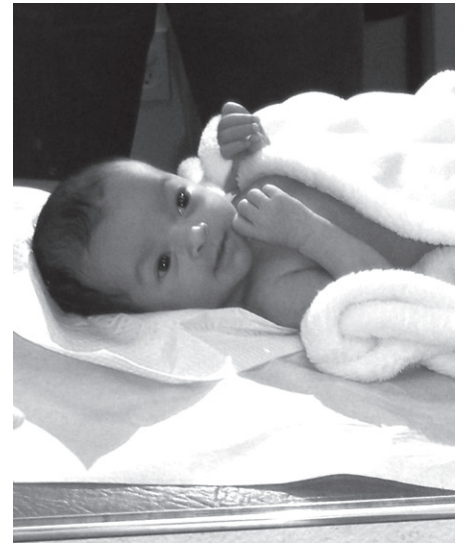
From our Web site, you'll also be able to choose to receive future newsletters via e-mail. Our next project is to switch this newsletter to a quarterly format and use an e-mail version for the most current news.

Much of that news will be coming from Caryn Binder, our new Vice President of Public Relations. Caryn has been with us since the beginning of February and is already bringing MDT closer to the community.

As always, we are doing all of this to better serve you, so if you've got comments about how the Web site could be better, ideas for what you'd like to see in our expanded quarterly newsletter or want to receive e-mails with MDT news, give us a call at 503.244.6232.

Welcome to the future of MDT of Portland!

- Natasha Rinard



We're happy to announce there's another new-born in the MDT family: Ava Jade! This beautiful girl was born February 2, 2007. Therapist Shawn Babcock and his partner finalized the adoption of Ava by mid February. We're so happy for the new family!

MDT STUDY GROUPS HELP THERAPISTS SHARE AND LEARN

Study groups are something most people left behind in college, but in a profession where new findings are constantly surfacing and practice makes perfect, MDT of Portland decided there's no good reason not to keep a good thing going.

Once a month, Nick Rinard opens his doors to practicing therapists and students to share experience and learn together. These meetings give therapists a chance to find answers for tough cases and put their knowledge to practical use.

During the January 2007 meeting, Claire Coppel, a PT at a Portland hospital, shared the experience she had with a patient who was not seeing any results after many visits for a severe pain radiating through her arms and hands. Claire had become so frustrated that her efforts were having no effect that her observations and judgment were getting clouded. The wisdom of the group didn't yield a diagnosis, but gave Claire the confidence to let go of her desire to treat a condition before she had a clear diagnosis.

"You have to resist the temptation minute by minute to find the mechanical solution," Nick said. "MDT only works when you are

observing the patient's responses, not when you are suggesting causes."

Generally, one of the study group members leads a short lecture either on a case they had, a specific technique, a new study or workshop they attended. But this session, more

time was allotted for hands-on mobilization training because two MDT of Portland therapists Amanda Geiger and M.J. Ewing were preparing for their McKenzie certification tests in February.

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One subject of discussion was joint manipulation, which involves popping specific joints by moving them slightly beyond their natural limit. Nick explained that while this technique can be intimidating to use, it is an essential component for treating certain cases.

“Robin McKenzie himself found that 2 percent of his cases required that level of force,” Nick said.

For PT students like Caleb Wright and Adam Paris, the study group is a chance for hands on learning outside of the classroom well before they would be learning at this level in their schooling.

Of course, like any social group, there are elements of fun. As the therapists take turns modeling for the neck mobilization, they don't hesitate to suggest other areas that might need a little work. After all, everybody deserves a little pampering now and then.

The educational environment encouraged by MDT has helped two of their aides, Adam and Leigh, to recently be accepted to Doctorate Programs for PT. They will begin their study in Fall 2007.

