



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



SO, WHAT IS DIRECT ACCESS?

INSIDE:

Direct Access
And The Benefits Of
Physical Therapy

Healthy Recipe:
Pumpkin Soup

Relieve Pain
From Home



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DIRECT ACCESS AND THE BENEFITS OF PHYSICAL THERAPY



Have you ever received an injury or woken up with a pain in your back, hips, legs, or shoulders? Your first thought was probably "I need to call my doctor and see if I can get in the office for a visit today." So you call them, and you're disappointed to hear there are no available openings for you to be seen for another week. This means another week of attempting to self-medicate, another week of sleepless nights and discomfort. This is typically the case in many situations of chronic pain, but it doesn't have to be!

Did you know that you don't need to have a referral from your primary care provider to see a physical therapist at First Colony Aquatic & Rehabilitation Center? It's true, thanks to direct access laws in our state. If you require physical therapy for a chronic condition or injury, call our clinic today to learn more about how you can get started on your journey towards a pain-free life. In the meantime, keep reading to learn more about direct access legislation, and the benefits of physical therapy for improved health and wellness.

What is Direct Access?

Direct Access allows you to be in control of your healthcare and the speed at which

you're able to receive it. Direct access laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and money spent trying to find a solution to your pain and discomfort.

As of September 1, 2019, Texas' direct access is a law that allows patients to seek and receive evaluation and treatment from a physical therapist, for a limited time frame, without a prescription or a referral from a healthcare provider. Early physical therapy helps patients feel better sooner and reduces the odds of needing surgery, imaging and pain meds. This is particularly important now with the opioid crisis the U.S. is facing.

Key Aspects Of Direct Access

- Referral is no longer needed to evaluate and treat patients.
- Up to 10 business days for PTs with a doctoral degree, or PTs who have 30 hours of CCUs in Differential Diagnosis
- Must have at least one year of experience
- Will still need a referral if treatment is needed beyond the allowed days

- A disclosure form must be given to patients in which the patient acknowledges that physical therapy is not a substitute for a medical diagnosis by a physician, nor is it based on radiological imaging, that a physical therapist cannot diagnose illness or disease, and that such services might not be covered by a patient's health plan or insurer.

This also results in quicker access to healthcare that is more effective and long-lasting than prescription medications. The faster you get in to see a physical therapist for assessment and treatment, the sooner you can begin your journey to feeling better. Not to mention, it'll save you loads of money in the long run, and it will also help you to get back to living a normal, active lifestyle much faster!



FirstColonyAquatic
and Rehabilitation Center

Article Continues
Inside >>



WHY CHOOSE PHYSICAL THERAPY?

Now that you're up to speed on the benefits of direct access, you should also understand the benefits of physical therapy and what it can do for your overall health!

Physical therapy is a safe, healthy, and effective way to combat a variety of acute and chronic pain conditions – all without the use of harmful and addictive pain medication. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity.

Physical therapists know exactly how to pinpoint your problem areas and create a customized treatment plan aimed at improving or relieving your pain condition. They can also teach you how to prevent future injuries from occurring, which is an added bonus if you're an athlete or enjoy playing physically demanding sports.

Some of the most common conditions a physical therapist at First Colony Aquatic & Rehabilitation Center can help treat:

- Ankle and wrist sprains or strains
- Arthritis
- Vertigo
- Carpal Tunnel Syndrome
- Back pain and herniated discs
- Neck pain
- Shoulder pain
- Hip pain
- Knee pain
- Headaches
- Joint pain
- Sciatica



First Colony Aquatic & Rehabilitation Center physical therapists help patients strengthen their muscles and joints, improve their range of motion, prevent injury improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Learn more about the benefits of direct access

First Colony Aquatic & Rehabilitation Center is here to provide support to you every step of your recovery journey. Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably.

Call our clinic to learn more about direct access and to schedule an appointment with one of our skilled and attentive therapists. We're here to help you reach your feel better and reach your goals.

OUR EXPANSION WITH SPORTS THERAPY CENTER

On July 1st, we officially entered an agreement to absorb the Sports Therapy Center into our practice. They have a long history and great reputation for providing outstanding physical therapy care at their 2225 Williams Trace Blvd location.

Barry and Paula Broman are retiring and we are happy to say they wanted a private practice like First Colony Aquatic and Rehab Center to carry on their name and work. They have been amazing in the transition period, and you would be hard pressed to find a nicer couple.

We are hoping to open in mid-August at their same location and plan to retain the Sports Therapy Center name, phone number, and web address. We have renovated and ordered all the equipment and supplies we will need. It is now just a matter of production and delivery time on those products.

In addition to merging new and the current equipment, this location will also offer new services via sub-lessees. They are separate companies who provide Pilates and massage therapy services. Stay tuned for more details!

We look forward to this new expansion. We will now have three clinics servicing Fort Bend County helping patients to "Reclaim Their Lives". A special thanks to all of our patients— your loyalty and support has made this possible.



RELIEVE PAIN FROM HOME



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Repeat 10 times on each leg.



RETRACTION / CHIN TUCK

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 10 seconds, then release.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

Pumpkin Soup

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

Instructions: Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>



SUCCESS SPOTLIGHT

“My experience with First Colony Rehab was joyful.”

“My experience with First Colony Rehab was joyful. It became a place that I looked forward to coming to because of the staff as well as the atmosphere. I could slowly see and feel the benefits of the skillful and knowledgeable Therapist’s regimen specifically designed for me. I have gained so much more hope than I had prior to coming to the center. I’m so GRATEFUL for the improvements to my body and a refreshed mind because of you all.” - S.R.

SugarLandPT.com

SPORTS THERAPY CENTER UPDATE

We open September 8th!

We have renovated the space, and updated the gym with several new pieces of resistance training equipment. (We have renovated and ordered all the equipment and supplies we will need. It is now just a matter of production and delivery time on those products.)



SPORTS
THERAPY CENTER

FORTBENDPT.COM

HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

The cost of physical therapy could be minimal or completely covered by the patient’s insurance plan.

*Now’s the time to come in for PT!
Call us to schedule your appointment today
and get a head start on 2022.*

Follow Us on Social Media!

