



NEWSLETTER

Your #1 Resource for Greater Health and Wellness

REQUEST YOUR
APPOINTMENT TODAY!



*Physical Therapy: A Cost Effective
Solution for Your Pain*

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HOW PHYSICAL THERAPY HELPS SAVE YOU MONEY
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PHYSICAL THERAPY: A COST EFFECTIVE SOLUTION FOR YOUR PAIN

Are you concerned with the never-ending increases in your health care costs? Are you frustrated that the only options you are offered are medication or surgery? Physical therapy could be the answer you're searching for!

At First Colony Aquatic and Rehabilitation Center & Sports Therapy, our physical therapists are musculoskeletal experts and can help you figure out what to do in the most efficient, and cost-effective way.

As with most things in modern medicine, finding the help you need seems to be a game of hurry up and wait. It used to be necessary to go to your primary care doctor first, and they would direct you to the "next" practitioner, which meant waiting a few weeks while suffering in pain.

Fortunately, things are changing. Direct access to physical therapy is more cost-effective, resulting in fewer visits than the physician-first model. And more importantly, you will experience more significant functional improvement in a shorter period of time! You can go directly to your physical therapist without going through multiple steps to get there.

At First Colony Aquatic and Rehabilitation Center & Sports Therapy, we want to make sure that you spend as little as possible on the care you need. We are more than happy to discuss any insurance or payment questions you may have.

Contact us today to schedule an appointment and get the relief you deserve!

HOW PHYSICAL THERAPY HELPS SAVE YOU MONEY

Physical therapists are highly trained in human anatomy and physiology. They're considered the musculoskeletal experts in the medical community. Physical therapists use a variety of techniques to diagnose movement and function problems. A typical evaluation lasts up to one hour in most cases, allowing for a comprehensive assessment of your particular condition.

Physical therapists are trained to treat the entire body; this means they work with:

- Orthopedic conditions (i.e., muscle, joint conditions)
- Neurologic disorders (i.e., stroke, Parkinson's, MS, etc.)
- Developmental disabilities (all ages)
- Cardiac conditions
- Pulmonary problems
- General Wellness (i.e., exercise, nutrition, prevention)

After the assessment, you will be prescribed therapy, become educated about your specific condition, and learn how our physical therapist plans to resolve your problem. We are with you every step of the way to ensure you improve and avoid re-injury long after they leave the office.

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WE OFFER SOLUTIONS FOR A PAIN-FREE TOMORROW

One of the best ways that physical therapy can help you save money is by helping you avoid medication-only strategies and surgeries. Studies have shown that starting with physical therapy is less expensive than surgery or injections. And if those treatments are needed, physical therapy is used in conjunction with the results in less overall money spent.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more you'll save. And no matter what route you take, incorporating physical therapy has been shown to help your results and improve your overall health and well-being!

UNDERSTANDING INSURANCE TERMINOLOGY

Insurance terminology can be confusing. Below we've provided some definitions for some standard terms that you can discuss with your insurance provider before scheduling an appointment:

Copay: A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay before receiving a medical service. The amount of each patient's copay is defined by their insurance company and may vary depending on your plan.

Deductible: A deductible is a fixed amount of money that an insured patient must pay out of pocket before the insurance company will pay any medical expenses. Your deductible amount will depend on your insurance company and your particular plan.

Coinurance: Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a standard coinsurance, in which the insurance company will pay 80% of a medical cost, and the patient will pay the remaining 20%. Each insurance company will have a different coinsurance policy.

WHAT TO EXPECT AT YOUR VISIT

Physical therapists are adept at diagnosing a person's functional root problem. Rather than looking at the symptoms (pain, discomfort, stiffness), we look at what is causing the symptoms. More importantly, we will determine how the symptoms are affecting your function.

Our team will conduct a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery and function. As a result, we will perform the

right type, frequency, and duration of therapy, based on your goals.

Our physical therapists will guide you through a series of exercises designed to help your injury and return you to your pre-injury abilities. We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic exercises designed to restore function and prevent future injuries.

Physical therapy will provide the foundation for success while reducing costs!

GET STARTED WITH PHYSICAL THERAPY TODAY

At First Colony Aquatic and Rehabilitation Center & Sports Therapy, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how physical therapy is the most cost-effective way to get relief!

GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802**
ROSENBERG AT **281.559.7429** OR
SPORTS THERAPY CENTER AT **281.980.2997**

OR VISIT OUR WEBSITE
AT SUGARLANDPT.COM

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FirstColonyAquatic
and Rehabilitation Center

THE POWER OF PT: RECLAIMING YOUR LIFE

Disease Management Program

Welcome to our revolutionary Disease Management Program, a comprehensive, insurance-reimbursed initiative built on decades of research. At First Colony Aquatic & Rehabilitation Center, we believe in reducing, preventing, and even eliminating risk factors associated with metabolic/cardiovascular diseases. Our tailored approach targets various conditions, including diabetes, hypertension, obesity, and more. We are dedicated to improving your quality of life and daily activities, and we firmly believe in the power of physical therapy to achieve these goals.

The Cost Benefit of Physical Therapy

The underlying premise of our disease management program is simple yet effective. At First Colony Aquatic & Rehabilitation Center, our mission is to empower patients with the right tools, expertise, and equipment, to set them on the path to better health, which leads to reduced long-term medical bills. We prioritize easing the disease path and promoting overall well-being through our patient-centered approach. We firmly believe that an ounce of prevention leads to you feeling better today and helps you steer clear of costly complications and invasive medical procedures in the future. By investing in your health now, you can reap the significant cost benefits and enjoy a healthier, happier life for years to come. Our success lies in making you another one of our inspiring success stories.

Personalized and Comprehensive Care

We begin your journey with the most thorough evaluation. Our licensed Physical Therapists and Physical Therapy Assistants offer individualized, one-on-one care tailored to your specific needs. We believe in progressing you towards your

goals swiftly, ensuring the best results in the shortest amount of time. Some of the diseases managed in this comprehensive, insurance-reimbursed program include:

- Diabetes
- Hypertension
- Impaired fasting glucose
- Obesity
- Metabolic syndrome
- Hypo/hyperglycemia
- Cardiac disease

We use both land-based and aquatic therapy services to accommodate your unique needs and maximize outcomes. We understand that flexibility is vital, especially with busy schedules, so we are open Monday through Friday from 8 am to 7 pm, making it easier for you to schedule your rehabilitation.

Embrace the benefits of our Disease Management program today!

If you're ready to embrace the benefits of physical therapy and reclaim your life, our team is here to guide you every step of the way. Whether you have questions or need more information, don't hesitate to contact our Sugar Land, TX office at 346.375.5633 or our Rosenberg, TX office at 346.375.7202.

Let us be your partner on this journey to improved health and well-being. Together, we will make a difference in your life and help you rediscover the joy of living.

SEASONAL RECIPE

BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE



INGREDIENTS

- 4 (4 oz) chicken breasts
- 2 tbsp blackened seasoning
- ½ cup plain, Greek yogurt
- ½ avocado
- 1 tsp lemon juice
- ½ tsp garlic powder
- 1 tsp salt
- 2 tbsp green onions, thinly sliced

INSTRUCTIONS: Place the chicken breasts and blackened seasoning in a large resealable bag. Seal and shake a few times to evenly coat the chicken. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until cooked through, 4-6 minutes per side. Meanwhile, in a food processor, combine the yogurt, avocado, lemon juice, garlic powder, and salt and pulse until smooth and creamy. To serve, top each chicken breast with 2 tablespoons of the creamy avocado sauce and garnish with ½ tablespoon green onions.

PATIENT SUCCESS STORY

Great experience with First Colony Aquatic and Rehabilitation Centre and I highly recommend them. Becca was wonderful as we were walking through my healing journey after pregnancy and child birth. Becca is very professional, knowledgeable, caring, encouraging and fun to work with. It was great to have her as an accountability body and I appreciated her tips and advice. I also would like to say thank you to the receptionist ladies who are very friendly, welcoming and easy to reach. Making an appointment was such a smooth process. Overall this Center has a professional, fun and caring team with such a positive vibe even if they get busy. **-Blanka M.**

VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!
AT SUGARLANDPT.COM



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