



Pinnacle Physical Therapy

VIEWS & NEWS FROM THE PINNACLE

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PHYSICAL THERAPY is the best first choice for musculoskeletal medicine because it is non-invasive, specific to the condition and is designed and carried out with a problem solving approach. Treatment is evidenced based, has minimal side effects and is cost effective. PT puts the power of recovery back into the hands of the patient. It will help recover the strength, flexibility and mobility that was lost.



We are very pleased to welcome Ashley Nelson, DPT, to our staff of professional clinicians. Ashley earned her Bachelor of Science Degree in Physiology at the University of Arizona and her Doctorate of Physical Therapy at the University of St. Augustine. She has already shown the empathy and knowledge needed to provide the excellent patient care to which we strive.

WELCOME DOCTOR ASHLEY NELSON

Ashley and her husband, Chris, both grew up in Sacramento, and are in the process of relocating to Angels Camp from San Diego.

Other new faces you are bound to notice are our Patient Care Coordinator, Dulcie Monroy, Aide, Jessie Rucker, Admin. Assistant, Mandy De Smidt and Certified Massage Therapist, Lanette Abraham-Duncan.

Lanette is a native of California who has just returned from 16 years in Hawaii. She is highly skilled and well trained in professional massage. Lanette's skills include Deep Tissue, Swedish, Therapeutic and Thai Table Massage modalities, plus Acupressure, Reflexology, Chakra Balancing and Acutonics. She is also an instructor in Restorative Yoga.

Leah Stafford, PTA and Aquatic Specialist, has taken a leave of absence, but will be back this summer offering Aquatic Therapy at the Bret Harte Aquatic Center.



NEW LOOK FOR PinnaclePT.net

Our website is undergoing a facelift! Patients will be able to download forms and prepare for their initial appointment by first checking our website for important information.

Links providing support for healthier lifestyles will be included as will as our new wellness and medical fitness programs.

EMR System Initiated

Last September, we went live with a new Electronic Medical Records system in an effort to improve efficiency. It is integrated with our billing system and is from an industry leader in medical technology. Four months later, we're still learning but feeling more comfortable about our documentation.

Our reports have a different appearance and it is our

intent to provide you with pertinent and necessary content to make informed decisions, without your having to muddle through mundane fields of normal.

As always, if something is ever missing, do not hesitate to give us a call and we will correct it.



RELIEVE STRESS

Gift Certificates
are available
\$60/hour

Excitement Builds With SBA XXXXX



**Congress—
Of the People?
By the People?
For the People?**

Finally, there may be a way to treat those people who need it, but usually don't seek treatment from either of us.

While we are very thankful that 80% of our patients are direct referrals from you their primary and special care physicians, we can now help even more and refer to you those who need your treatment and care.

This Bill will allow more ways to help our existing and new patients reach their pinnacle of good health.

In addition to providing traditional physical therapy, Pinnacle Physical Therapy offers massage therapy, wellness programs and consultations by either physical therapist to evaluate fitness and medical fitness. Massage is pretty clear, but what are fitness consults and what (in the world) is medical fitness?

Well, in a nutshell . . .

Fitness consults are a normal musculoskeletal evaluation and training program,

prescribed by a physical therapist and based on findings and best-evidence outside of a medical referral.

They are a part of our wellness services and are offered on a cash basis. This is perfect for someone who has an old knee (or neck) injury and wants to exercise, but is unsure of the best exercises to do.

Medical fitness is a physical therapy evaluation with consideration to medical issues and is for those who are not gym appropriate. It's been said, "Healthy people go to gyms." What about all the others who still need fitness programs? This program is targeted for those with hypertension, diabetes, cardiac or pulmonary disease, chronic back pain and obesity.

Medical fitness is designed to foster movement options and not exacerbate existing symptoms. The goal is to reverse disability and improve fitness in the face of documented diseases.

Testimonials cont.

"graduated" at 95% normal, I was greeted with smiles, energy and a warm embrace of healing powers. Thank you ... for making this journey possible. Nancy Davis Sept. 2011

I want to thank all of you for the wonderful care. I felt like I was coming to visit friends. We are all happy with the progress "we" made. I'm happy, my husband's happy and my doctor is very pleased with the treatment I received. Carolyn Martell June 2011



Hello Folks, Molly, our golden retriever, wanted to thank you for putting me back on our forest paths. She's quite pleased that I can go for long walks again. I'm pleased as well! Thank you all and the "Back Class" for the expert help and care you provided. You're a great team! Daniel Kreisberg Feb. 2011

In addition to fine Physical Therapy, Pinnacle offers massage, wellness programs and fitness consultations

Testimonials Are The Best Advertisements



We love our Patients too.

Theresa, thank you for helping me to "get back on my feet" after my total hip replacement. You and your staff were most kind, courteous and professional during my rehabilitation. My hip is feeling great and I'm following through with my aftercare program. I especially en

joyed Dulcie's warm smile and greeting upon my arrival! Sincerely, Steve Ageno Nov 2011

Thank you! Those two simple words will never express my thanks if I said them a zillion times. From the day I called 'til yesterday when I

