



# The Arizona Quarterly Spine

Patient Edition

## What is the Arizona Quarterly Spine?

The Arizona Quarterly Spine is a quarterly publication designed to provide you information about SpineScottsdale Physical Therapy and other spine and physical therapy related news and information. You are receiving this because you are a valued patient and we care about your health. If you would like to be removed from our Arizona Quarterly Spine email list, please email Emily at [emily@spinescottsdale.com](mailto:emily@spinescottsdale.com)



## Who We Are...

SpineScottsdale Physical Therapy is a physical therapist owned and operated physical therapy clinic that specializes in the assessment, diagnosis, and treatment of spine and extremity musculoskeletal disorders by applying the philosophies and treatments known as the McKenzie Method of Mechanical Diagnosis and Therapy.

## How Are We Different?

1. We are the only outpatient physical therapy clinic in Scottsdale that specializes in spine disorders.
2. You will be assigned to a physical therapist that has a doctorate in physical therapy.
3. You will be assigned to the only physical therapist in Scottsdale Certified in the McKenzie Method of Mechanical Diagnosis and Therapy.

## Did you know...

Although SpineScottsdale Physical Therapy specializes in spine disorders, Shane Sullivan is also Board Certified in Orthopedic Physical Therapy. To obtain board certification, candidates must successfully complete a rigorous written examination, demonstrating specialized knowledge and advanced clinical proficiency in spine and extremity orthopedic rehabilitation. The following is just a partial list of extremity disorders we provide rehabilitation for:

Rotator Cuff Tendonitis	Hip Pain	Knee Joint Pain
Frozen Shoulder	Bursitis	Osteoarthritis
Tennis Elbow	Overuse Injuries	Ankle Sprain
Carpal Tunnel Syndrome	Groin Strains	Plantar Fasciitis
Hamstring Injuries	Achilles Tendon Injuries	Post-Surgical Rehabilitation

## What do all those letters mean?

The owner of SpineScottsdale Physical Therapy, Shane Sullivan PT, DPT, CERT. MDT, OCS, ATC, CSCS, has more post-graduate credentials than any other physical therapist in the State of Arizona.

The following is a brief description of these credentials:

- PT: Licensed Physical Therapist
- DPT: Doctorate of Physical Therapy Degree
- CERT. MDT: Certified in Mechanical Diagnosis and Therapy
- OCS: Board Certified in Orthopedic Physical Therapy
- ATC: Certified Athletic Trainer
- CSCS: Certified Strength and Conditioning Specialist

Summer 2010

## Moving in the Right Direction

This section is designed to educate you about common orthopedic injuries. In this issue, I will provide you information on: Neck Strains.

## NECK STRAIN

### What is Neck Strain?

A strain is a tear of a muscle or tendon. Your neck is surrounded by small muscles running close to the vertebrae and larger muscles that make up the visible muscles of the neck.

### How does it occur?

Neck Strains most commonly occur when the head and neck are forcibly moved such as in a whiplash injury or from contact in sports.

### What are the symptoms?

You literally have a pain in the neck. When these muscles go into spasm you feel hard, tight muscles in your neck that are very tender to the touch. You have pain when you move your head to either side or when you try to move your head up or down. The spasming muscles can cause headaches.

**How is it diagnosed?** Your health care provider will examine your neck. Your neck muscles will be tender and tight, and you may have pain over the bones in your neck. Your health care provider may order x-rays to make sure the vertebrae are not injured.

### How is it treated?

Right after the injury you should place an ice pack on your neck for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away.

Your health care provider may prescribe an anti-inflammatory medication and a neck collar to support your neck and prevent further injury.

If you still have neck pain several days after the injury and after the using ice, your health care provider may recommend using moist heat on your neck. You can buy a moist-heat pad or make your own by soaking towels in hot water. You should apply moist heat to the neck for 20 to 30 minutes every 3 or 4 hours until the pain goes away. You may find that it helps to alternate putting heat and ice on your neck.

### How long will the effects last?

Most people recover from neck strains in a few days to a few weeks, but some people take longer to get better.

### When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Return to your sport or activity will be determined by how soon your neck recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer you have symptoms

before you start treatment, the longer it will take to get better.

If you participate in contact sports, it is important to rehabilitate your neck and shoulders before going back to competition. You must have full range of motion of your neck.

This means you must be able to:

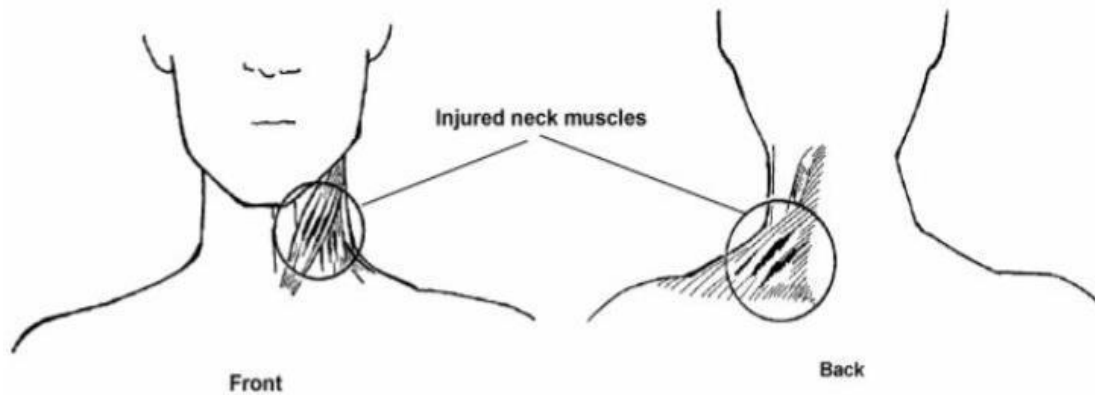
- Turn your head fully to look over both shoulders
- Extend your head backward as far as possible
- Flex your neck forwards until your chin touches your chest
- Move your head in each direction so that your ear touches your shoulder

If any of these actions cause burning in your neck or shoulder or pain or spasm in your neck or shoulder muscles, you are not yet able to return.

### How can I prevent strain?

Neck strain is best prevented by having strong and supple neck muscles. If you have a job that requires you to be in one position all day (for example, work at a computer all day), it is very important to take breaks and relax your neck muscles.

In many cases an injury to the neck occurs during an accident that is not preventable.



Have you been to our website?

[www.spinescottsdale.com](http://www.spinescottsdale.com)

This is an opportunity for new patients to learn about us and previous patients to stay in contact with us. We update our website often, so please check back!

**LOCATION**  
10133 N. 92nd St.  
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Scottsdale, AZ 85258  
(480) 584-3334



- Learn about the staff at SpineScottsdale Physical Therapy
- Learn about all the services we provide
- Get directions to our facility
- Read testimonials from previous patients

**We have a new employee!**

We are proud to announce our newest team member Brittney Field! Brittney joined SpineScottsdale Physical Therapy in May to make sure we are: *Moving in the Right Direction!*



## Using the Internet

SpineScottsdale is now using the internet to connect with the community. We are on Facebook, Twitter, Posterous, and Yelp! You can learn more about these internet sites below...



### **Facebook: Are you a fan?**

Perhaps you have heard of this social networking site that is gaining popularity...FACEBOOK. Well, SpineScottsdale has decided to be a part of the trend. You can find a link at our website, [www.spinescottsdale.com](http://www.spinescottsdale.com), to become a fan. You can post comments, view pictures, read articles, and tell your friends.



### **Twitter: Providing your patients tips on how to keep your spine healthy**

Every day, millions of people use Twitter to create, discover and share ideas with others. Now, SpineScottsdale is turning to Twitter as an effective way to provide you and members of the community tips on how to keep your spine healthy. You can find a link to our Twitter page at: [www.spinescottsdale.com](http://www.spinescottsdale.com)



### **Posterous: Evidence-based blog designed for health care professionals**

Are you interested in medical spine research? If so, I've created a blog page. I will be posting a weekly blog discussing the most recent evidence-based material on spine related issues. You can view this blog by going to: [www.spinescottsdale.posterous.com](http://www.spinescottsdale.posterous.com) and read my blogs that talk about the most recent evidence-based material on spine related issues.



### **Yelp: The purpose of YELP is to connect people with great local businesses.**

1. Yelp was founded in 2004 to help people find great local businesses.
2. As of May 2010, more than 32 million people visited Yelp in the past 30 days.
3. Yelpers have written over 11 million local reviews.
4. You can find out what other patients are saying about their experience at SpineScottsdale Physical Therapy at [www.yelp.com](http://www.yelp.com)



**New Patient Referral Program**

We appreciate the time you spent with us and for giving us the opportunity to provide you physical therapy. We would greatly appreciate if you would let others know about the service we provide and the results we can deliver.

As a token of our appreciation, when a new patient begins treatment as a result of your recommendation, we will contact you and you will receive one free item from the list below:

Lumbar Roll



Treat Your Own Back Book



Treat Your Own Neck Book



**Congratulations to Emily!**



Emily became a member of the National Association of Professional Women, Americas fastest growing women's organization. This membership allows Emily to participate in unique seminars, webinars and podcasts focused specifically on womens issues and career development.



## Physician of the Quarter

SpineScottsdale Physical Therapy would like to recognize a local physician in every journal that has made significant contributions to the treatment of both spine and extremity conditions. This journal we would like to recognize: **Jason Sherman, MD.**



Dr. Jason Sherman joined Southwest Spine and Sports in 2009 after completing an interventional spine/musculoskeletal fellowship at Southwest Spine and Sports. Upon graduating from Denison University in Ohio with a bachelor of science degree in biology, he earned his medical degree at Wright State University School of Medicine in Ohio. He completed his internship in internal medicine and his Physical Medicine and Rehabilitation residency at The Ohio State University Medical Center in Columbus, OH. While completing his physical medicine and rehabilitation residency, he served as chief resident. He is board certified in Physical Medicine and Rehabilitation. Dr. Sherman enjoys reading, exercising, and spending time with his wife who is a pediatrician at North Scottsdale Pediatrics.

We recently interviewed Dr. Sherman to find out more about his area of expertise: Physiatry or Physical Medicine & Rehabilitation.

### **What is physiatry or physical medicine and rehabilitation?**

“Physical medicine and rehabilitation (PM&R), or physiatry, is a branch of medicine which aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. Physiatrists specialize in the diagnosis and non-surgical management of impairments or disabilities. They also deal with the long-term management of patients with disabling conditions. The goal of the physiatrist is enable people to achieve their maximum functional abilities.

### **What conditions do you provide care for?**

“My subspecialty within the field of physiatry is musculoskeletal medicine. This includes diagnosis and treating patients with new and old injuries to the neck, back, shoulder, knee, elbow, and ankle. Treatments provided include medications, physical/occupational therapy, peripheral joint injections with ultrasound guidance, interventional spinal procedures (epidural steroid injections, radiofrequency ablation, etc.), and modalities (bracing, ice, heat).

### **Why did you get into the field of physiatry?**

“The underlying philosophy of the field of physiatry is the restoration of function to people with injuries to the muscles, bones, tissues, and nervous system. Whether this means returning to play competitive sports or simply being able to live without pain, my goal is to enable my patient’s to continue doing what brings them joy in life.”

Dr. Sherman is a medical provider at SW Spine and Sports. His office is located in the same medical complex as SpineScottsdale Physical Therapy. To make an appointment with Dr. Sherman contact his office at: 480-860-8998 or visit his website at: [www.swspineandsports.com](http://www.swspineandsports.com)

## What are our patients saying?

The following comments were provided on our Patient Satisfaction Survey:

"I came to SpineScottsdale unable to play baseball because of my back pain. I am playing baseball better than ever with no pain at all. Shane is full of knowledge and is extremely helpful"

-Jake

"The warmth, professionalism, and care I received at SpineScottsdale was beyond my expectations."

-Karen

"I've been struggling with back pain for more than 10 years, and this the first treatment that has been successful. Shane is very knowledgeable, personable, and professional. Thank you Shane."

-Andrew

"Shane is fantastic. Not only did he correct my immediate problem of lower back pain, he has taught me how to be proactive in maintaining "back health". I highly recommend him!"

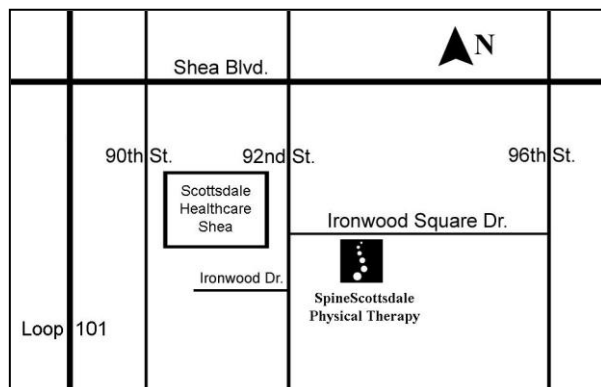
-Denise

"My experience at SpineScottsdale has been excellent and the first physical therapy that has made a difference! Shane is knowledgeable, professional, and caring."

-Jo

"After years of lower back pain, I was on my way of being completely pain free after the first two sessions! I now have the tools to use myself at home to remain pain free! I'm able to once again do things I love to do! Many, many thanks to Shane!

-Marijean



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**Shane Sullivan**  
 PT, DPT, CERT. MDT, OCS, ATC, CSCS



Licensed Physical Therapist  
 Doctor of Physical Therapy  
 Certified in Mechanical Diagnosis and Therapy  
 Board Certified Orthopedic Clinical Specialist  
 Certified Athletic Trainer  
 Certified Strength and Conditioning Specialist