

FIND THE BEST SOLUTION TO YOUR PAIN

# 5 Must-Ask Questions To Find The Best Solution For Your Pain



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## **Foreword:**

At some point in life nearly everyone will end up dealing with a pain or injury that isn't going away on its own. Finding the best solution for the problem is all about having the right information, and gathering that information is all about asking the right questions. So as you search for solutions to your pain/injury and strive to get back to doing the things you need, want, and love to do, make sure you ask the following questions about any treatment options you are considering.

# **5 Questions You Must Ask Before Your PT Consultation**

Obviously, treatment of your pain/injury depends on exactly what is causing it! Your best bet to find out the cause is to get to your Physical Therapist at MVMT 360 Physical Therapy as soon as possible. Physical Therapists can see you directly, you don't need a doctor's referral unless your insurer requires it. They can properly diagnose precisely what is causing your pain and then set you on the right path with the most effective treatment. Until you see your Physical Therapist, however, there are a few things you should know and ask your therapist during your consultation!

## **1) Is My Pain Due to A Deficiency in Pain Pills or Other Medications?**

This may sound like a strange question but it's a very important one for anyone in pain to ask. The answer to this question is always a "No." No one is born needing pain pills in order to not be in pain. Whether your pain came about due to a known injury or appeared mysteriously over time, it did not come about because your body was deficient in pain medications or muscle relaxers.

A knowledgeable healthcare professional can help determine the true cause of your pain or at least guide you to a professional who can make the diagnosis. Any healthcare provider who only offers pain pills and suggests nothing else to deal with your pain/injury is only offering a temporary treatment of your symptoms ... Not the cause of your symptoms. The only way to get back to doing the things you need or want to do without pain or limitation is to fix the true underlying causes of the problem.

## **2) Do I need surgery? And if I get surgery, what are the chances that it will end my pain?**

Some pain and injury does require surgery in order to resolve the issue. However, it is not uncommon for a surgeon to believe that his/her surgical skills are needed to fix someone's pain when the problem could be fixed with more conservative approaches. Just as physical therapists like to do physical therapy, surgeons like to do surgery. In most cases, you should be cautious about surgeons who recommend surgery without suggesting you try any conservative therapies/approaches first. Austin has some incredible surgeons and the best of them will almost always suggest non-surgical care first if there is any way to avoid doing surgery.

The "chances" that any surgery will be the cure you are looking for will vary based on a large number of factors, so there's no way an article like this can provide the answer to this question for everyone. However, we can offer some research-based statistics on the average effectiveness of different types of surgeries (and expensive tests like MRIs) versus more conservative treatment like physical therapy ...

[This study published in the New England Journal of Medicine](#) found that "Many people with knee osteoarthritis (OA) and a meniscal tear may be able to avoid surgery and achieve comparable relief from physical therapy."

[This study published in the Annals of Internal Medicine](#) showed that physical therapy worked as well as surgery for easing symptoms of lumbar spinal

stenosis, a common cause of lower back pain. The above link only offers the study abstract (for free) so here is [a nice summary of the study at Reuters.com](#).

[This study from NIH.gov](#) found that the patients with low back pain sent first for MRIs were more likely to have surgery or injections, see a specialist or visit an emergency

room than those who were first sent to a physical therapist. Furthermore, the average cost of care for these patients was \$4,793 more than it was for those patients who tried to physical therapy first. Again, the above link is only an abstract so here's [an informative summary in the Washington Post](#).

### **3) How much time will the healthcare provider spend with me when I have taken the time to make a trip to his/her office?**

A visit to a Physician's office will often result in less than 5 minutes of face-to-face time with the Physician. They can be quite busy and in most non-surgical cases their most important role in helping you with pain/injury is to refer you to a professional who can guide you through the rehabilitation process.

(Note: some Osteopaths and Physiatriests do spend more time than this with their patients)

So then you may find yourself in the office of a physical therapist or perhaps a chiropractor. In the average PT or Chiropractic office, the doctor will spend maximum of 10-20 minutes with each patient, and some never treat patients one at a time. Even getting 10 minutes of one-on-one time with a therapist or chiropractor can be quite rare these days due to the unfortunate pressures that insurance companies place on healthcare practices.

If you are going to take 1-2 hours out of your day to visit a clinic, don't you think you deserve more than just 10-15 minutes of your doctor's undivided attention and care?

There are very distinct exceptions to this high-volume model of low one-on-one time, which will be described below.

#### **4) Will I be treated at the same time as other patients or will I get my healthcare provider's undivided attention?**

As mentioned above, there are many clinics out there whose therapists are usually seeing more than one patient at a time (and care is often provided by assistants or techs rather than the therapist!).

Do you feel this approach to your healthcare is worth your time and money? Is it likely to get you back to the activities you need and love to do as quickly as possible?

#### **Here's a tip:**

When choosing a clinic for your pain/injury, ask them how many patients they schedule per hour for each practitioner, and what type of practitioners are actually providing most of the treatment ... how much of your time will actually be spent one-on-one with a Therapist/Doctor as opposed to an assistant or technician?

#### **5) If I choose physical therapy, will the physical therapist use his/her hands ("manual therapy") to help me, or will I primarily be doing a bunch of exercises?**

Exercises and stretches can be vital components to getting you feeling better and back to doing what you love to do. However, if the therapist is not touching you at all, in most cases, you will not be getting better as quickly and fully as you could be.

If you find yourself in a physical therapy clinic doing a bunch of exercises that you could be doing on your own, while someone counts your repetitions as they watch other patients at the same time, you are NOT getting high quality care.

Seeking out a clinic whose therapists have specialized training and certifications in “Manual Therapy” will generally provide you the fastest and most complete results.

Much of the pain and limitations caused by an injury are coming from negative changes in the joints and muscles/soft tissues. Those changes often cannot be resolved with rest, stretches and exercise alone. However, skilled hands-on techniques can reverse those changes and bring the soft tissues and joints back to pre-injury alignment and movement.

## SUMMARY

Asking the above 5 questions can save you a ton of time and make sure you are getting the highest quality care while avoiding unnecessary surgeries, dependence on pain pills, or wasting your time and money at sub-par clinics.

At MVMT 360 Physical Therapy, our goal is to quickly find and treat the true cause of your pain/limitations so you can get back to doing the things you need, want and love to do as soon as possible.

### In order to achieve that goal:

- ❖ All our patients receive an hour one-on-one with the therapist (Not an assistant or tech) in every treatment session.
- ❖ All our physical therapists are specially trained in advanced hands-on manual therapy.
- ❖ Modalities like E-stim and Ultrasound are not used because they are not as effective and efficient as hands-on treatment.
- ❖ We teach our patients the exercises and stretches they need, but do not have patients spend time doing exercises in the clinic that they can do on

their own.

- ❖ With the above approach, we usually do not have to ask patients to come to our clinic 3 or more times each week (like many clinics), and tend to get patients better in far fewer treatments than other treatment options.

Come on in and book an appointment at MVMT 360 Physical Therapy . Don't suffer any longer with your pain. If you already know you want to start getting better as soon as possible and would like to do so at MVMT 360 Physical Therapy .

We'd now like to thank you for taking the time to read this report. We truly hope it saves you time and money, and helps you find your best options for feeling better and staying active.

In Health,

MVMT 360 Physical Therapy