Hello and welcome to our fall APM and Tygiel PT newsletter! We are excited to share more content and more information with you. This new format will be shared with you on a quarterly basis. In addition, we will be holding contests here and online with actual prizes for the winners!

Please share your feedback and ideas with us. You are the most important part of what we do, and we need to hear from you!

amy@appliedphysicalmedicine.com or call us directly at 520-296-8513

LET’S TALK ABOUT FACT VS. FICTION. WE HAVE COLLECTED THE FOLLOWING MYTHS ABOUT PHYSICAL THERAPY AND COUNTERED THEM WITH FACTS. WHAT MYTHS HAVE YOU HEARD?

7 Myths About Physical Therapy
Continued on other side...

1. Myth: I need a referral to see a physical therapist.
   Fact: A recent survey by the American Physical Therapy Association (APTA) revealed 70% of people think a referral or prescription is required for evaluation by a physical therapist. However, all 50 states allow patients to be evaluated by a physical therapist without a physician’s prior referral. Arizona has no restrictions for access.

2. Myth: Physical therapy is painful.
   Fact: Physical therapists seek to minimize your pain and discomfort—including chronic or long-term pain. They work within your pain threshold to help you heal, and restore movement and function. The survey found that although 71% of people who have never visited a physical therapist think physical therapy is painful, that number significantly decreases among patients who have seen a physical therapist in the past year.
3. **Myth: Physical therapy is only for injuries and accidents.**
   Fact: Physical therapists do a lot more than just stretch or strengthen weak muscles after an injury or surgery. They are skilled at evaluating and diagnosing potential problems before they lead to more serious injuries or disabling conditions—from carpal tunnel syndrome and frozen shoulder, to chronic headaches and lower back pain, to name a few.

4. **Myth: Any health care professional can perform physical therapy.**
   Fact: Although 42% of consumers know that physical therapy can only be performed by a licensed physical therapist, 37% still believe other health care professionals can also administer physical therapy.

5. **Myth: Physical therapy isn’t covered by insurance.**
   Fact: Most insurance policies cover some form of physical therapy. Beyond insurance coverage, physical therapy has proven to reduce costs by helping people avoid unnecessary imaging scans, surgery, or prescription drugs. Physical therapy can also lower costs by helping patients avoid falls or by addressing conditions before they become chronic.

6. **Myth: Surgery is my only option.**
   Fact: In many cases, physical therapy has been shown to be as effective as surgery in treating a wide range of conditions—from rotator cuff tears and degenerative disk disease, to meniscal tears and some forms of knee osteoarthritis. Those who have recently seen a physical therapist know this to be true, with 79% believing physical therapy can provide an alternative to surgery.

7. **Myth: I can do physical therapy myself.**
   Fact: Your participation is key to a successful treatment plan, but every patient still needs the expert care and guidance of a licensed physical therapist. Your therapist will leverage his or her specialized education, clinical expertise, and the latest available evidence to evaluate your needs and make a diagnosis before creating an individualized plan of care.

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**Fall Contest!**

The first five correct submissions received (you can respond by messaging us on Facebook or email) will receive a $10.00 Gift Card.

**What’s Wrong With This Picture?**

Fall Contest! The first five correct submissions received (you can respond by messaging us on Facebook or email) will receive a $10.00 Gift Card.

**What IS wrong with the picture?**

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**Stories from our patients:**

“I was in a motor vehicle accident—head on, hit and run accident. When I arrived (at APM and Tygiel PT), I could hardly turn my head to the left and right; I was in massive pain everywhere. Noah and his wonderful team were able to help me through all of the processes to return me to my physical condition before the accident. Noah also referred me to (a doctor) and I have begun a new way to recover memories lost in my MVA. He recognized that I needed more help than just physical. I appreciate everything everyone here has done!”

- **Kristine K.**

“I have had severe neck pain for most of my life. About 5 years ago I had a head injury and it got worse. When I got health insurance through my work I finally decided to get it checked by a doctor. He prescribed physical therapy. It has been so helpful for me! Even though it comes back sometimes, I have a better idea of how to manage it. I had no idea how important weight training would be. Everyone here has been totally awesome! I spent a lot of time working with Sarah and Vanessa in the gym. Noah has been really good at listening to my symptoms and helping me figure out what was best for me. And Gloria was always helpful explaining my insurance to me. All around a great experience! Thanks for everything!”

- **Melissa R.**