



HAND & ORTHOPEDIC PHYSICAL THERAPY ASSOCIATES, P.C.

COMMUNITY NEWSLETTER

Fall 2007

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"Ability is what you're capable of. Motivation determines what you do. Attitude determines how well you do it."

- Lou Holtz

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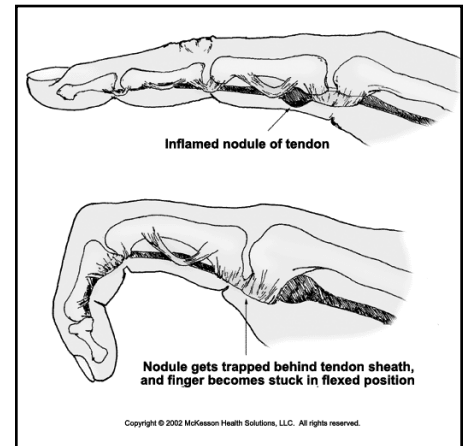
What is Trigger Finger?

Trigger finger/thumb (medically known as stenosing tenosynovitis) often occurs in healthy individuals, more frequently in women than in men. Triggering, the result of inflammation along the flexor tendon, and its sheath may result in pain with fisting and straightening of the digit and a catching or locking phenomenon. The thumb is most frequently affected, followed by the middle and ring finger, and occasionally the index and small finger.

Conservative Management including steroid injection has been shown to be successful in some patients. Those patients who may not be candidates for injection or decline to have it may benefit from hand therapy management with splinting and exercise.

Conservative management is most successful when symptoms have been present less than four months and there is no locking of the digit.

Trigger finger can be a functional nuisance – interfering with your home, work, and leisure activities. If you have been coping with this annoying problem please discuss your treatment options with your physician.



Lumbar Spine Rehabilitation Program

After reviewing the different diagnoses seen in our clinic it is apparent that low back pain represents a significant portion of the conditions we treat. Therapist Nicholas Matiuck, MPT., Ph.D. has been leading our low back pain program. We have had much success with his treatment plan and most

patients do very well managing their condition with a home program after they are discharged from our care. If you have been struggling with low back pain see your physician to rule out any other medical conditions and give us a call to start rehabilitation.

Insurance Issues Affecting Physical Therapy Care

For the 2007 year, Medicare patients are subject to a \$1780.00 beneficiary annual limitation for physical therapy and speech therapy. The benefit limit applies to out-patient Part B therapy services provided in an office setting. Medicare will cover therapy services over the limit if proven medically necessary. Medicare uses several guidelines when deciding on covered treatment. One such guideline is whether you have physical or functional limitations that are expected to

improve in a reasonable amount of time. If you are currently receiving treatment for physical therapy with us or will be and have any concerns about your coverage, please do not hesitate to call.

Keystone Health Plan East card members who require therapy for their wrist, hand or elbow are able to be seen at our facility with only a referral. Keystone does not require hand therapy patients to attend a capitated site chosen by their primary care physician.

We are an Aetna PPO and POS Provider! If you have a policy that is an HMO based plan you may have a capitation site that you are required to attend for physical therapy. However, if your injury involves the hand you may be able to get an out of capitation authorized for our facility. Do not hesitate to call us if you have any questions or concerns.

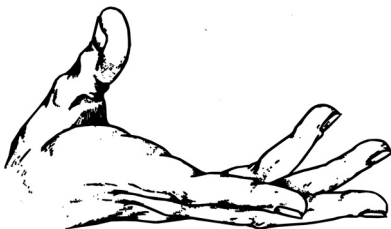
Attention All Medicare Patients

Your physical therapist and the American Physical Therapy Association are lobbying Congress to make sure that the therapy services you receive remain covered by programs like Medicare. As Congress continues its attempts to rein in Medicare costs, it is important for you to join in the fight and let your voice be heard on Capitol Hill. You can help protect your physical therapy benefits by telling your local U.S. Congressman

and U.S. Senators to extend the therapy cap exceptions process beyond 2007.

It is important that you send a strong message to your Members of Congress and request that they take action on the therapy cap. Please contact your Members of Congress and ask them to support extending the therapy cap exceptions process beyond 2007 and to consider cosponsoring legislation to repeal the caps.

Contact your U.S. Senators and House Representative by calling the Capitol switchboard at (202) 224-3121.



The information contained within this newsletter is not to be substituted for medical treatment. If you experience signs or symptoms of an illness contact a health care professional.

Meet the Staff of HOPTA

Our physical therapy staff consists of:

Mark Walsh, PT, DPT, MS, ATC, CHT

Bill Rinehimer, PT, M.Ed., ATC, CHT

Elaine Muntzer, PT, CHT

Douglas Armstrong, PT, CHT

Gregory Davis, MPT, CHT

Colleen Banner, PT, CHT

Jody Piotti, PT, CHT

Deborah Reich, PT, CHT

Nick Matiuck, MPT, Ph.D

Bob Callahan, PTA

Each of these staff members is dedicated to helping you obtain optimal therapy benefits.

The physical therapists include eight board certified hand therapists and two certified athletic trainers to provide specialized treatment to meet your needs. Each of our staff members has taken a considerable amount of continuing education to help them treat you, the patient, in the most comprehensive and effective way possible.

We are happy to announce that we are now providing therapy at five locations in Pennsylvania and New Jersey.

Detailed backgrounds for the therapists and directions to our office locations can be found on our website at:

www.handandorthopedic.com



Current News

We are happy to announce the opening of our fifth location. We are now providing physical therapy in East Windsor, New Jersey. The East Windsor office is specializing in upper extremities. Their contact information can be found on the back of this newsletter.

We would also like to welcome the addition of Cheri Smolinski as the receptionist for our new East Windsor location.

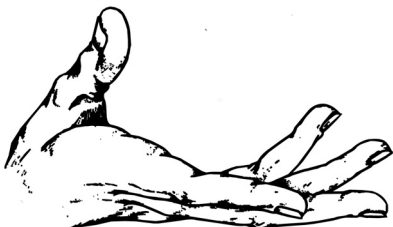
Beth Mascione has joined our staff as a receptionist for our Newtown and Levittown locations.

Please join us in welcoming Cheri and Beth to our practice. We look forward to the days ahead.

At Hand and Orthopedic we have been recently undergoing some changes and one of these is the addition of a patient representative.

Our current Newtown receptionist Kandy Pottschmidt has taken over this responsibility. She is here if you need her. She can be contacted through our Levittown location or by email.

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Visit Us at Our Five Locations