



Got Pain? Afraid of Costs? Mishock PT Can Help!

WHAT'S INSIDE:

Meet Our Staff

FREE Consultation Coupon

Patient Success Story

Photo Booth Fun

Community Outreach Story

Now on Facebook!

Office Updates

Turning Points Health Article

As we begin a new year it is unfortunately so that insurance co-pays and deductibles may rise. That said, when you are experiencing pain, getting the right treatment that can help return you to the highest quality of life possible must be a priority. Mishock Physical Therapy, with locations in Gilbertsville, Skippack, Phoenixville, and Barto, can help. Not only do ***we have payment plans for those patients who need a little extra time, we also offer Direct Access and accept most insurance plans.***

Direct access to physical therapy is your opportunity to be evaluated and treated by a licensed physical therapist without first seeing your physician for a prescription. If payment is approved by your insurance company, direct access is your opportunity to save time and money, thereby expediting your treatment, relief, and recovery.

When you visit Mishock Physical Therapy as a Direct Access patient you will be responsible for paying whatever your insurance company deems necessary (i.e. co-pay, co-insurance, deductible) but we will handle calling the insurance company. Direct

Access typically lasts for thirty days, at which time you may need to obtain a doctor's prescription. For more information about Direct Access please call us at 610-327-2600. Some restrictions may apply.

Mishock Physical Therapy accepts most insurance plans including many that do not require any out-of-pocket costs.



Some plans that may fall under this umbrella are: *Keystone Mercy, Aetna Better Health, those patients with Worker's Compensation or an Auto Injury, and in many cases Medicare.* Some restrictions may apply; but our friendly patient representatives are available to help you confirm the exact details of your particular health plan.

Other insurances we accept are:

- ACN Group/ Optum Health*
- Aetna*
- Aetna Better Health*
- Aetna Medicare*

- Amerihealth Admin.*
- Berkshire*
- Capital Blue Cross*
- Cigna*
- Devon/ Principal Life*
- Guardian/ PHCS*
- Health Assurance/ America*
- Highmark*
- Horizon of NJ & PA*
- Humana Gold Choice*
- Independence Blue Cross*
- Keystone Mercy*
- Loomis*
- Medicare*
- Orthonet Cigna*
- PA Blue Shield*
- Senior Blue PPO*
- Tricare*
- United Health Care*

So if you are currently experiencing pain, have limited range-of-motion, are an injured athlete, or have just had or will have surgery in the near future please don't let the fear of costs hold you back. Contact us today! We look forward to serving you and your loved ones.

For more information on the staff and services of Mishock Physical Therapy please visit www.mishockpt.com, call 610-327-2600, or email mishockpt@comcast.net. You can also like us on Facebook: www.fb.com/MishockPhysicalTherapy.



"It is our mission to provide the best state-of-the-art physical therapy rehabilitation services to relieve pain, restore function, & return you to the highest quality of life possible."

Meet Kerry Staiber, PTA, AT (Gilbertsville Physical Therapist Assistant)



Kerry Staiber, PTA, AT is a Physical Therapist Assistant and Athletic Trainer who joined the team at Mishock PT in October of 2011. She graduated from Penn State University in 1989 with a Bachelor of Science degree in Sports Medicine and went on to Harcum College for her PTA in 1995. She also studied injury prevention with an emphasis on body mechanics. Kerry was a stay-at-home mom for 10 years before getting back into the physical therapy arena. She has always found herself in outpatient settings and even worked as an Athletic Trainer at Valley Forge Military Academy for a time.

Kerry's favorite body part to work on is the knee and she genuinely enjoys helping patients of all ages and at all levels. The thing she likes best about Mishock Physical Therapy is the fun-loving team environment. Working mainly in the Gilbertsville office, Kerry resides in Skippack with her three children whom she loves to watch play sports.

Meet Pam Beidler, PTA

(Gilbertsville/Skipack Physical Therapist Assistant)



Pam Beidler, PTA joined the Mishock PT family in November of 2011 and is originally from the area. Graduating from Oley Valley High School in 1998 she then went on to Alvernia College where she obtained an Associates degree. She has worked full time in outpatient physical therapy settings for the last 12 years and is currently a Physical Therapist Assistant in both the Gilbertsville and Skippack offices. Pam also works weekends in a variety of rehabilitation and nursing home settings to keep current in all areas of her field.

Pam enjoys treating knee injuries as well as general conditioning training with patients at all levels of activity. She also prides herself on keeping up with current fitness trends. On a personal note, Pam and her husband Chris have two tiger cats and in her spare time she enjoys shopping, working out, and spending time with friends.

**Please consider this coupon good for one
FREE phone consultation with a
Mishock PT Physical Therapist**

The Success Story Corner

Local Woman Gets Her Life Back After Boating Accident!

Paula Titus, 69, of Glenmoore was in a bad boating accident last year and attempted many different pain management treatments including physical therapy at two other practices. After making no progress she was told that some people just have to live with pain. That was when she sought out her family doctor who recommended Mishock PT. Paula came into our Phoenixville office

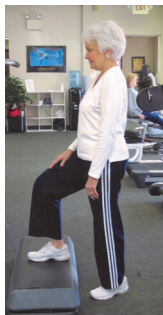


Titus (center) with Sally Selkirk, DPT (P-ville Clinical Director) & Jon Weaver (Exercise Physiologist)

with painful bursitis, limited mobility, a pronounced limp, and a swollen ankle. She was admittedly nervous.

She worked with Dr. Sally and the entire team over 26 sessions and is now a believer that PHYSICAL THERAPY REALLY WORKS! Paula continues to exercise at home using the program she was given by Dr. Sally. In her

own words she said happily “**the expertise of Mishock Physical Therapy has enabled me to return to a normal, active life.** I will celebrate my 70th birthday next month and I now look forward to enjoying my 4-year-old granddaughter, hiking, gardening, and yes even boating!”



Paula doing a stabilizing exercise

To report your success story please call 610-933-3371 or email mishockptmarketing@comcast.net.

Mishock Photo Booth!



Mishock Physical Therapy Awards \$500 to Contest Winner & School District

Mishock PT hosted their 2nd Annual \$500 Field Goal Kick contest at Pottsgrove High School on Friday, November 4th. Possible contestants were collected at home games as well as all four office locations. Cutillo's restaurant in Pottstown also helped in the promotion, donating gift cards at various games. The chosen participant and Pottsgrove resident, Wayne Weaver, failed on his first attempt from the 5-yard line- but Dr. Mishock who was on hand at the game, offered a second chance- and Mr. Weaver succeeded, winning himself \$500. It was a very exciting night for all who attended- especially the Weaver family (wife Linda and daughters Lindsey and Courtney who both attend Pottsgrove high school pictured above). Mishock PT & Associates also donated \$500 to Pottsgrove School District as part of the contest.

Mishock Physical Therapy Teams with Hall of Fame Basketball Coach Bob Koch to Help Young Athletes in Pottstown

Beginning Saturday, December 31st and continuing every Saturday until January 28th, Dr. Mishock donated his time, along with Coach Bob Koch, to run FREE basketball clinics in conjunction with the Pottsgrove Youth Athletic Association. All clinics were open to the public and aimed at helping young athletes in the area improve their skills and grow their passion for basketball!

During the last clinic, Dr. Mishock chose five young players who exhibited core values such as hard work, determination, kindness, discipline, and cooperation and donated five lesson series given by Coach Koch. Lessons are normally \$50 and entail one-on-one instruction, shooting, drills, situation analysis, leadership, and motivation.

Bob Koch has over 40 years of coaching experience, over 300 coaching victories, and has given 23,000 hours of personal training lessons. He now offers his expertise to male and female athletes ages eight through college. Sessions are given at a state-of-the-art facility in Sanatoga, PA and last approximately 75 minutes. They can be purchased by calling 610-608-7624 or visiting Facebook and searching for BobKochBasketballLessonsandClinics. (His website is also coming soon: www.bobkochhoops.com).

CHECK US OUT ON FACEBOOK!

We have expanded our online presence with a brand new Facebook page. Here we will have clinic updates & photos from various community endeavors. We look forward to connecting with you.

Please become a fan of our page at: www.facebook.com/MishockPhysicalTherapy



NEW CLINICAL DIRECTOR IN SKIPPACK!

Congratulations to Matt Long, DPT who was promoted to Clinical Director in October 2011. Dr. Long, who has been with us since last April, brings a wonderful enthusiasm to his patients.

Call to schedule with him today:

610-584-1400

WE WANT TO HEAR FROM YOU!

Please take note of new suggestion boxes in each office. We have already made some changes because of your thoughtful input & will continue to do so!

THANK YOU!



MISHOCK
PHYSICAL THERAPY
 & Associates, LLC.



131 Nutt Road
Phoenixville, PA 19460

www.mishockpt.com

www.facebook.com/MishockPhysicalTherapy

Start 2012 Off on a Healthy Note! Turning Points Now in 4 Locations!

If you are looking to make 2012 your healthiest year yet, consider turning to *Turning Points*, a Medical Nutrition & Weight Management program that is run by registered dietitians. You can participate in a 6-week Group Program, One-on-One Nutrition Counseling, or their basic Maintenance Program. *Turning Points* accepts most insurances and some, like Keystone Health Plan East & Personal Choice, offer six free visits per calendar year for each member of your family. Mishock Physical Therapy is a proud partner and houses three of their four locations (Phoenixville, Barto, & Skippack). Their fourth Gilbertsville locale is located in the same office complex as our practice.

One big misconception is that *Turning Points* is just for those who want to lose weight— in fact here is a testimonial from a recent TP patient who **overcame Type 2 Diabetes and High Blood Pressure.**

"I was overweight and diagnosed with high blood pressure and high cholesterol

in 2009 and put on medication. I continued to ignore my doctor's advice to diet, exercise, and lose weight. By 2010 I was diagnosed with Type 2 Diabetes. My doctor said I would need to go on insulin medication. Shocked by this news, I asked what I could do to prolong going on insulin or perhaps even prevent it. He told me to see a nutritionist and diabetic educator. After learning I had to check my blood sugar levels 4 times a day, I decided to get serious and take charge of my health.

I turned to a local program called *Turning Points*. The dietitian I worked with educated me on nutrition so I could understand what I was eating and how when I was eating affected my sugar levels. I was excited to know I had control over the numbers for cholesterol and blood sugar by eating healthier.

Armed with this information and the help of *Turning Points*, I kept a daily food log and blood sugar numbers. Yes, we also logged my weight! My goal was to get healthy so I wouldn't have to take insulin. **Thanks to *Turning Points* I reached my goal.** I'm not on insulin or cholesterol medication and my blood pressure medication has been

cut in half. Oh yeah, I also lost weight!"
 -Laurie Mullen,
Turning Points Success Story

Call your insurance carrier today to see if you qualify for FREE dietary sessions. *Turning Points* also offers a FREE phone consultation with a registered dietitian to see if one of their programs is right for you.

484-948-2874

www.turningpoints.vpweb.com

131 Nutt Road, Phoenixville PA

1810 Swamp Pike, Suite 100
 Gilbertsville, PA

3887 Skippack Pike, Lower Level
 Skippack, PA

1311 Route 100, Lower Level
 Barto, PA



Turning Points
 Medical Nutrition Therapy and
 Weight Management Services