

Special Interest Articles

Hereford PT begins new program for patients.

Exercising with Arthritis

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Serving the Northern Baltimore County Community with articles of interest, significant developments in the physical therapy field and –of course- what's new at Hereford Physical Therapy & Sports Medicine.

The HPT Alumni Program!!

Hereford Physical Therapy & Sports Medicine is pleased to offer the **HPT Alumni Program**. This program is a transitional step between the patient's physical therapy and a totally independent strength, conditioning and wellness program. With the increased restrictions (limited visits, pre-existing condition clauses, Medicare restrictions, etc) placed upon our patients by their insurance carriers, Hereford Physical Therapy is pleased to offer this program for their

patients.

The **HPT Alumni Program** enables patients to continue their exercises in a familiar and comfortable environment while still under the guidance of our professional staff.

HPT Alumni Program Details:

*Cost only \$45 per month.

*No sign up or initiation fees like big fitness centers.

*Fee is on month to month basis. No long term contracts.

*No prescription or referrals from your physician required.

*Participation entitles you to ongoing advice and monitoring by our professional staff.

*Two 15 minute "check points" with a member of our professional staff are included to help you stay on track.

Don't let the end of your formal physical therapy end your progress.

Join the HPT Alumni Program!!

“Fortunately, Medicare has allowed exceptions for certain medical conditions and circumstances...”

Injured Playing Sports???

Sports Injury Screening Clinic

Hereford Physical Therapy offers a **Free** Sports Injury Screening clinic to the Northern Baltimore County athletic community. This service is offered to all elementary,

middle, high school and recreational council athletes.

The clinic's purpose is to provide injury assessments by Certified Athletic Trainers and/or Physical Therapists. Our professional staff will access the injury

and recommend appropriate medical management to the athlete's parents or guardian.

For further information please contact our office (410) 229-0055.

Medicare PT Cap Update...

Beginning January 1, 2006 Medicare imposed a \$1740 cap on outpatient physical therapy and speech language pathology benefits combined. This cap applies to Medicare Part B outpatient therapy services furnished by rehabilitation agencies, physician's offices, comprehensive outpatient rehabilitation facilities, skilled nursing facilities, home health agencies and physical therapist in private practice.

Fortunately, Medicare has put in place a procedure to allow patients that need further care to receive this care if it is deemed

medically necessary. If during the course of your therapy, your physical therapist and/or physician feel more therapy is necessary, the following options are available.

1. Medicare has outlined numerous conditions that are eligible for what is called an **“Automatic Exception”** to the cap. If your diagnosis and treatment falls within these conditions, then the patient is automatically eligible to receive additional physical therapy care.

2. If your condition is

not listed under the Medicare Automatic Exception list, then Hereford Physical Therapy can appeal Medicare for additional visits. This process is called the **“Manual Exception”** process. HPT will send your physical therapy progress notes and information from your treating physician to Medicare for review. Medicare will review this information and make a determination if care can be continued.

If you have additional questions, please call our office at 410-229-0055

Exercise and Arthritis By: Charlene Marange PT

Osteoarthritis or degenerative joint disease is one of the oldest and most common forms of arthritis. It is characterized by the breakdown of cartilage within the joint. Cartilage is the part of the joint which provides cushion to bones. When the cartilage breaks down this causes the bones to rub together causing pain and inflammation.

Rheumatoid arthritis involves the inflammation of the lining of the joint and/or internal organs. RA affects different joints and can be chronic. This form of arthritis is a disease that exacerbates (active) and remits (inactive). It is characterized by pain, stiffness, warmth, redness and swelling of the joint.

Current Research Although you may think that exercise does not help arthritis, you are surely mistaken. Current research has shown that

exercise is essential in order to manage your arthritis. Moderate exercise reduces joint inflammation and stiffness as well as builds strong muscles around joints that can help decrease pain. Most of all exercise helps to promote overall fitness by giving you more energy, helping you sleep, decreasing weight and boosting your self-esteem. There are several types of exercises you can perform with arthritic conditions. As always, check with your physician prior to beginning an exercise routine. **General exercises** include stretching which can increase your flexibility and overall range of motion. After starting out with these exercises at a slow pace you can move onto weight training and endurance exercises such as walking and bicycling. **Walking** is a great endurance exercise that not only strengthens the muscle around your joints but your heart as well.

Walking also helps to strengthen bones which can help to reduce the risk of osteoporosis. **Water Exercise** is also another great exercise. A warm environment is a great way to decrease joint stiffness and pain. Water exercise helps to eliminate the forces of gravity against your joints which allows you to move joints and muscles more freely with in a pain free range of motion. **Golf** is a very adaptable sport and is great for everyone. If you suffer from arthritis, playing golf can enhance strength and mobility of both upper and lower extremities as well as the spine.

For additional information please call our office to speak to one of our physical therapists

410-229-0055

“Current research has shown that exercise is essential in order to manage your arthritis ...”

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**“Providing
Quality
Outpatient
Physical
Therapy”**



We're on the Web!
See us at:
www.herefordpt.com

What's New at Hereford Physical Therapy??

Hereford Physical Therapy is pleased to announce the addition of two new staff members.

Linda Schmalzer has been hired as a

receptionist assisting Shelley Caplan.

Maura McGovern DPT, ATC will join Hereford Physical Therapy in June as a staff physical therapist

and athletic trainer.

Maura joins therapists Karen Kinsey, Chris Parker and Meg Mylet.

Welcome to Hereford Primary Care!

Yes the construction is complete and the parking lot has finally been paved. Hereford Physical

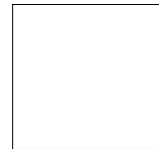
Therapy welcomes GBMC's new Hereford Primary Care Center located next to our clinic. Please welcome Dr. Hsiao, Dr. Wagner

and their staff to the "Hereford Zone"



HEREFORD PHYSICAL THERAPY & SPORTS MEDICINE, INC.

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OR CURRENT RESIDENT