



Physical, Occupational, Speech & Aquatic Therapy

04/1/2019

Stress, The hidden "spoon"?

For many of you with Chronic Pain Syndrome, every day is an exercise in energy distribution or as many of you call it, "Spoon counting". In the beginning of the day, you have all your energy or "spoons" which you now must distribute among your many tasks. Some days, you have as many spoons as you have endeavors. Those are the good days. But often, you start your day at a deficit, having to pick and choose which spoons you will give to each activity just to get by. These days as many of you know are the bad days. Having to decide if you have enough energy to take a shower let alone brush your hair can seem overwhelming and confidence crushing, but it is no match for the hidden spoon of "Stress" that you didn't even know you had to account for.

We at Spero Rehab understand how much stress can affect a person's ability to heal at their desired progressive pace. It is the number one reason we take the needs and concerns of our patients so seriously. By reducing stress, we are giving you back a much-needed spoon which in turn can be used for something of *your* choosing.

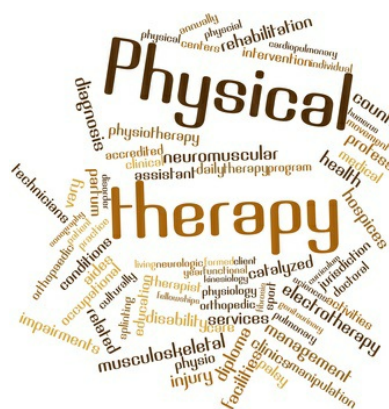
If you or someone you know is looking for a more stress free road to recovery make sure to come and check us out!

Featured Staff Member!



Meet Mike Wiechec! Mike has been a physical therapist since 2003 and joined our Katy Spero Team in 2012. He is an expert in movement analysis and is known for his comprehensive assessments on postural alignment, pelvic alignment, thoracic spine and rib function, upper and lower extremity function, and the assessment of neuromuscular function and joint mobility. Mike is a certified manual therapist and a dry needling practitioner. He utilizes joint mobilization, myofascial release, muscle energy technique, PNF, and strain counter-strain techniques and combines this with functional exercise as well as balance training to improve the neuromuscular imbalance and somatic dysfunction. Mike is known for his passion for constant learning, listening to his patients, taking time to care for the patient and educating his patients. Mike's hobby is being a family man so he can relive his childhood with his kids. Come meet Mike at our Katy location!

Choose Life, Choose Physical Therapy



Did you know that YOU have the right to choose your physical therapist? When you get a physical therapy referral from your physician, you can visit any provider you like. It's common for the physician's office to recommend a provider if the office is familiar with or has an affiliation with that provider. The choice is yours. You can either visit the provider recommended by your physician, or any other provider that you feel comfortable with.

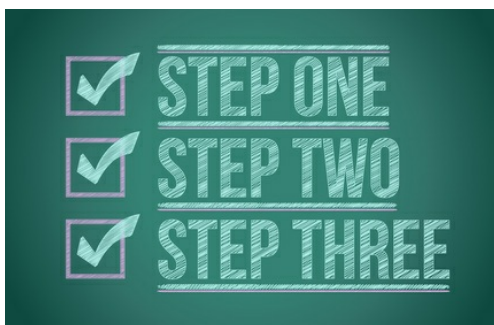
Did you know?

- Most states allow the patient to see a physical therapist without a physician's referral. If you don't know whether you need a referral, don't worry. Just call our office and we'll get the answer for you.
- Some insurance policies may require a visit to your primary care physician before attending physical therapy or may require you to use 'preferred providers' only. This is also something we can look into for you when you give us a call.
- Your physician may advise you to visit their own in-office physical therapy facility or one that is run by a large hospital. You can do so, or research and use an independent physical therapist in private practice - the choice is yours.
- You are not obligated to go to any particular physical therapy office / clinic; even if your surgeon or physician suggests that office.
- The American Physical Therapy Association (APTA) requires it's members to abide by the Association's Code of Ethics. This ensures that they are committed to providing competent and compassionate care.

Choosing The Right Physical Therapist For You

As a consumer, you have the opportunity to research your physical therapy provider before you make a decision. After all, you want to feel comfortable with your decision. Here are a few guidelines to keep in mind when choosing your physical therapist:

- Any physical therapist you choose should be licensed by the state he / she is practicing in.
- Physical therapist assistants (PTAs) should always be supervised by a licensed physical therapist.
- Make sure the clinic participates with your specific insurance company and plan. Ask them and they will find out for you.
- There are times when you may find a physical therapist who specializes in a skill that is related to your particular needs / condition that may not participate with your insurance. To ensure that your needs are best met, you may consider paying out of pocket for these specialized skills.
- Find out if your physical therapy clinic submits insurance claims on your behalf. If not, then you will have to submit your own claims.
- Your insurance company should be able to verify how many visits they allot for your particular problem and be able to tell you what your co-pay is. In most cases, the physical therapy clinic can also verify this information for you. You should also ask whether or not you have met your insurance deductible amount.
- Ask the physical therapist's clinic to help you determine what you will be responsible for financially.



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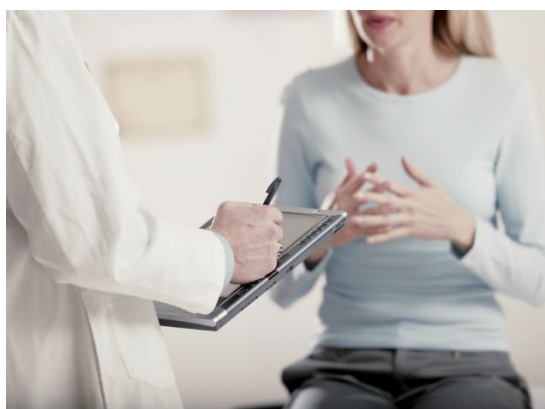
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!!!!FREE T-SHIRT!!!!

Want to show your support for your favorite Therapy Clinic and get a free T-Shirt? All you have to do is refer a friend who completes a new patients evaluation and thats it!

If you have been refered and would like to see your friend get their free t-shirt, give your friends name at your new Patient evaluation. It is that easy!

First Visit - What To Expect



Your first visit to your physical therapist office will include a detailed initial evaluation. This evaluation will help the therapist to identify your problems using special testing procedures.

Once your physical therapist has evaluated your condition, they will be able to design a plan of care that specifically meets your needs. If you have certain concerns or goals, make them known at this time so your therapist understands what you are expecting from your visits. As a part of the program design, expect a treatment timeline with realistic goals.

This timeline may be changed as you progress, depending on how well your body responds to treatment.

Along with regular visits to your therapist's clinic, you will most likely receive a home exercise plan (HEP) in which you will be given specific exercises to do at home in between your regular office visits. This will help facilitate faster recovery, so stick with the program at home!

Always speak openly with your therapist if you have any concerns or limitations. As your physical therapists, we will work with you closely and help you recover as quickly as possible. We hope to get the opportunity to work with you.

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