

OUR THREE PHASE APPROACH



Educate...Motivate...Rehabilitate

Choosing **HealthQuest** may have been influenced by a friend, your physician, or just out of convenience...whatever the avenue, you probably noticed how different we are than other physical therapy entities. What's our secret sauce that will keep you moving and shaking? **It's our 3 phase program!**

Phase 1- Condition (Educate)

Whether you have low back pain or just got a new hip, everyone begins in Phase 1. Every visit you will receive hands-on care by your therapist. Together you'll develop a plan that is shaped by your goals and lifestyle. Upon accomplishing these goals, you will move into Phase 2.

Phase 2- Wellness (Motivate)

Phase 2 is a great interim after PT and before you return to full activity. On your first day of Phase 2, similar to your first PT visit (evaluation), you'll meet with your personal trainer and complete a Functional Movement Screen (FMS). The FMS has gained popularity within the professional athletic world

because it is helpful in identifying functional limitations. It consists of activities that rank, grade and measure your movement patterns. After receiving your results, your trainer will discuss it with you and then begin your Foundational Movement Training Program (FMTP). Based on your FMS results, you will learn corrective exercises that teach proper body mechanics and execution of optimal movement. This individualized program sets you on the right path for your personal fitness journey.

Phase 3- Fitness (Rehabilitate)

After experiencing your corrective movements and completing the FMTP, you're ready for Phase 3! Our trainers will continue to motivate you to achieve a strong, fit and healthy body. We offer a variety of ongoing fitness programs designed specifically to meet your personal goals and compliment your lifestyle. Our fitness programs include personal training, small group training and a variety of classes including an affiliation with the Healthways' SilverSneakers® program. Whatever your needs are, we have the ability to help you get where you want to be and help you live life well. Call today for your complimentary FMS (if it's been a while since PT) or check out the class schedule and get started today!

Insufficient physical activity is 1 of the 10 leading risk factors for death worldwide. (January 2015, World Health Organization).

At **HealthQuest** we motivate, educate and rehabilitate, on our quest to help people live life well!
Call us toll free at 1-855- **HQPT-4-ME** to schedule your **free consultation** or **training session!**

*"If something stands between you and your success, move it. Never be denied."
- Dwayne "The Rock" Johnson*

Exercise Essentials | Easy Exercises

Always consult your physical therapist or physician before starting an exercise regimen.

Wall Squat -The perfect exercise to strengthen your legs!



- Place a ball against the wall
- Lean slightly against it & place the ball in the small of the back
- Stand with feet shoulder width apart, in front of you with your feet pointing straight forward
- Engage your core
- Roll straight down the wall, being sure knees do not go over toes until your knees are at 90 degrees and roll back up
- Complete 3 sets of 10, 3 times a week

Windmill-This is a trunk (thoracic) stretch. Poor thoracic mobility can easily affect the shoulder, neck, low back, and hip.

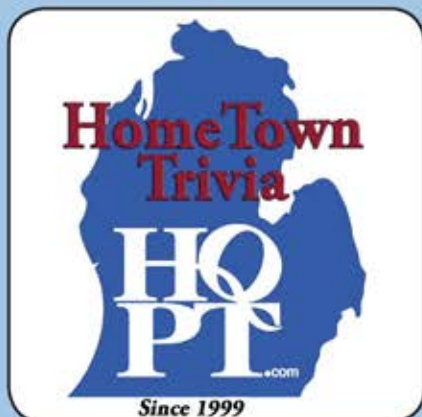


- Lay on your side
- Place a roller or rolled up towel about hip height
- Bend your knee and rest it on the roller
- With your head and arms facing the roller, slowly move your top hand to the floor on the opposite side, rotating your head to follow your hand.
- Stop when your bottom hand is straight
- 3 sets of 30 seconds for both sides

HomeTown Trivia...

What type of registrations does Michigan issue the most compared to any other state?

Visit **www.HQPT.com** and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on December 31, 2015)



Congratulations to our November HomeTown Trivia winner, Chris Mannino!

Patient Spotlight...

Brian Goodman's life has been dramatically transformed. His journey began in December 2014, when he started PT. The commitment and energy it took to come to PT 3 times a week made it easy to continue into phase 2 and 3 for him. Goodman turned to our 8-Week GET FIT Challenge and was the winner of Oxford's summer GET FIT Challenge. He lost 17 pounds in 8 weeks and a total of 78 pounds since we began with us. "The hardest part was getting started and not getting overwhelmed, Goodman admitted. "The easiest part was coming to HealthQuest. Everyone here makes you feel so welcome and comfortable."



Ask the Therapist...

Question: How long do I stay in Phase 1?

Answer: Everyone is different. We give you tools to progress at the speed that's right for you. We're not going to work around your pain because pain is a warning signal and should not be ignored. We investigate the pain source and work to correct it. The pain could be from your form, which is addressed in Phase 1 and then followed-up in Phase 2 and 3 in other movements. Small, daily activities that you learn in Phase 2, if done correctly, will also ensure you don't return to Phase 1. Healing is individualized and your dedication and determination will speed things along quicker.

Question: What if I don't want to transition to Phase 2 & 3?

Answer: Although not recommended, it is ultimately your choice. In Phase 1 we address/fix your issue(s). We work to ensure it doesn't happen again and to improve your overall health, while reducing any risk of pain and injury. There is no "catch" with Phase 2 and 3. Phase 1 is your time to heal with Dan or Phil and Phase 2 and 3 is your time with Kyle to achieve a better life. Our therapist's love phase 2 and 3 because they get to keep an eye on the healing process as more movement is introduced and a patient living life well and pain free is the biggest reward.



Share the Gift of Good Health!

Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!



This month's 'Ask the Therapist' is brought to you by Phil Krause and Dan Cady, the co-owners of our Lake Orion location. Both of them live in Lake Orion with their families and take pride in living, working and being part of such a great community. They both specialize in Orthopedic and sports related injuries. They have a well-rounded team of therapists who focus on improving the physical and mental well-being of each patient that walks through the doors.

The entire HealthQuest team, led by Community Outreach Coordinator, Lisa Leutze, Phil, and Dan, are very active in the community. For several years, they have had a partnership with Guesthouse and provide training and group classes, which Kyle King heads. They also sponsor and participate in numerous activities and events throughout the community.

Their mission is to not to just be another business but to be a business that gives back and makes a difference in their community.

HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS

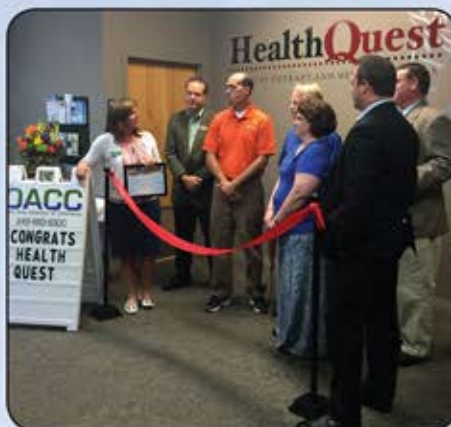
1773 Star Batt Dr., Rochester Hills, MI 48309



THREE PHASES FOR OPTIMUM LIVING

WE'RE EXPANDING!

Our location on Baldwin Road in Lake Orion is expanding once again! What began as a need for physical therapy has added a fitness center, designed to meet the needs of the community. Similar to many of our other locations, LO now offers personal training, group classes, and massage therapy not to mention PT. They're particularly proud to participate in SilverSneakers®, which is designed specifically for senior fitness. While there are a number of seniors who frequent HQPT, they're certainly not our only clients. With a passion to keep our community active and healthy, we work with many of the high school teams to prepare them for the rigors of the season. Stop in, check out the expansion and sign up for a class! We're offering a variety of classes and have awesome introductory pricing but hurry, they won't last long!



Call us toll free TODAY to schedule your FREE Fitness Assessment!

1-855-HQPT-4-ME

Presorted
Standard
U.S. Postage
PAID
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Service

12 LOCATIONS TO SERVE YOU

Chesterfield
(586) 713-5590

Clarkston
(248) 922-9001

Clawson
(248) 435-8230

Clinton Township
(586) 783-7590

Lake Orion
(248) 393-7707

Macomb Township
(586) 231-0043

New Baltimore
(586) 436-3900

Oxford
(248) 236-0035

Rochester Hills
(248) 650-4404

Romeo
(586) 336-4022

Shelby Township
(586) 532-9602

West Bloomfield
(248) 788-6100

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