



## **Physical Therapy & Wellness**

*The Newsletter About Caring for Your Health*



# **DIRECT ACCESS AND THE BENEFITS OF PHYSICAL THERAPY**

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## DIRECT ACCESS AND THE BENEFITS OF PHYSICAL THERAPY

Have you ever received an injury or woken up with a pain in your back, hips, legs, or shoulders? Your first thought was probably "I need to call my doctor and see if I can get in the office for a visit today."

So you call them, and you're disappointed to hear there are no available openings for you to be seen for another week. This means another week of attempting to self-medicate, another week of sleepless nights and discomfort. This is typically the case in many situations of chronic pain, but it doesn't have to be!

Did you know that you don't need to have a referral from your primary care provider to see a physical therapist at G3 Physical Therapy & Wellness? It's true, thanks to direct access laws in our state.

If you require physical therapy for a chronic condition or injury, call our clinic today to learn more about how you can get started on your journey towards a pain-free life. In the meantime, keep reading to learn more about direct access legislation, and the benefits of physical therapy for improved health and wellness.

### WHAT IS DIRECT ACCESS?

Direct Access allows you to be in control of your healthcare and the speed at which you're able to receive it. Direct access laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and money spent trying to find a solution to your pain and discomfort.

California is one of 28 states that allow direct access to physical therapy. Their website outlines the requirements for a physical therapy clinic to treat direct access patients, stating:

- "The PT must refer a patient to the patient's licensed healthcare provider if the patient has not made measurable or functional improvement 30 days after starting therapy treatment.
- If the patient is making measurable progress and improving, the 30-day limit does not apply.

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **g3.life** to schedule your appointment today!

# Get Better Faster With Physical Therapy At G3



## The 30-day provision also does not apply to:

- Treatment provided for complaints related to chronic neuromuscular or developmental conditions for patients previously diagnosed with such a condition.
- Health promotion, wellness, fitness, or health maintenance services.
- Services provided to patients who are, under federal law, participating in programs involving an education or family service plan." (WebPT)

This also results in quicker access to healthcare that is more effective and long-lasting than prescription medications. The faster you get in to see a physical therapist for assessment and treatment, the sooner you can begin your journey to feeling better. Not to mention, it'll save you

loads of money in the long run, and it will also help you to get back to living a normal, active lifestyle much faster!

## WHY CHOOSE PHYSICAL THERAPY?

Now that you're up to speed on the benefits of direct access, you should also understand the benefits of physical therapy and what it can do for your overall health!

Physical therapy is a safe, healthy, and effective way to combat a variety of acute and chronic pain conditions -- all without the use of harmful and addictive pain medication. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity.

Physical therapists know exactly how to pinpoint your problem areas and create a customized treatment plan

## DON'T MISS OUT!

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? Call us today at **760.452.2640** to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



[www.g3.life](http://www.g3.life)

# Take Charge of Your Recovery With Direct Access

aimed at improving or relieving your pain condition. They can also teach you how to prevent future injuries from occurring, which is an added bonus if you're an athlete or enjoy playing physically demanding sports.

Some of the most common conditions a physical therapist at G3 Physical Therapy & Wellness can help treat:

- Ankle and wrist sprains or strains
- Neck pain
- Arthritis
- Shoulder pain
- Lymphedema
- Hip pain
- Carpal Tunnel Syndrome
- Knee pain
- Back pain and herniated discs
- Headaches
- Joint pain
- Sciatica

G3 Physical Therapy & Wellness physical therapists help patients strengthen their muscles and joints, improve their range of motion, prevent injury improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.



## LEARN MORE ABOUT THE BENEFITS OF DIRECT ACCESS

G3 Physical Therapy & Wellness is here to provide support to you every step of your recovery journey. Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably.

Call our clinic to learn more about direct access and to schedule an appointment with one of our skilled and attentive therapists. We're here to help you reach your feel better and reach your goals.



**At G3 Physical Therapy & Wellness, we're ready to get you back to living your best life! Call us at [760.452.2640](tel:760.452.2640) or visit [g3.life](https://www.g3.life) to book your appointment today!**

## Healthy Recipe *Quinoa Stuffed Peppers*



### INGREDIENTS

- 6 Bell peppers, medium
- 1 15 ounce can Black beans
- 1 cup Corn, frozen
- 2 Garlic cloves
- 1 Onion, small
- 1 15 ounce can Tomatoes
- 2 cups Vegetable broth
- 1 cup Quinoa
- 1/2 tsp Salt
- 1/4 tsp Black pepper
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tbsp Olive oil
- 1 cup Monterey jack cheese

### INSTRUCTIONS

Place the quinoa and vegetable broth in a medium saucepan. Bring the mixture to a boil over medium-high heat. Lower heat to a simmer, cover the saucepan with a lid and cook covered until all the liquid is absorbed, 15 minutes. Allow the quinoa to rest for about 5 minutes, without opening the lid, then fluff with a fork.

Preheat oven to 375°F, and prepare the peppers by cutting them in half lengthwise and removing the seeds and membrane. Place the peppers in a baking dish cut side up, and pour water around the peppers — just enough to cover the bottom of the pan.

Heat olive oil in a large nonstick skillet over medium heat. Add onions and saute until they start to soften, about 2-3 minutes. Add the garlic and cook until fragrant, 1 more minute. Stir in the cooked quinoa, diced tomatoes, black beans and corn. Season with cumin, paprika, salt and pepper. Reduce heat to low and cook for additional 5 minutes, stirring frequently.

Carefully spoon the mixture into the sliced peppers and sprinkle the cheese on top.

Bake uncovered until the peppers are tender and the cheese is melted, about 30-35 minutes. Add optional toppings and serve hot.