

EARLY INTERVENTION SPEEDS RECOVERY

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Last week we wrote to you about **PRRT**, primal or pain reflex release techniques and how quickly lasting pain relief is experienced. **Primal Reflex Release Techniques (PRRT, pronounced PERT, www.thePRRT.com)**, is a specialized hands on manual therapy that quickly breaks your pain cycle. Using ***PRRT, 50 percent of pain resolution is expected and frequently found by the end of the first session.*** The techniques are quick, effective, gentle and involve tapping, flicking and touching often far from the painful trigger region. Pain from head to toe can be relieved using PRRT and patients will know by the end of the first session if the techniques will benefit them and their condition.

It is very important not to wait to initiate your care. As we discussed last week, pain has a way of hanging around and making other uninvolved body parts hurt. We often think, “I will just wait and see if it goes away on its own” or “I really do not have the time or the money to invest in myself at this time.” It is a proven fact that the longer you wait to start treatment, the longer it will take to get better which in turn means that you end up spending more money.

Most people have switched to high deductible insurance plans or insurance policies with high copays. When you wait, you end up needing more care and spending even more money. Many do not realize, until physical therapy is needed, what their insurance plan will cover. Before care is initiated with us we verify your out -patient insurance coverage and let you know your financial responsibilities ahead of time.

We are proud to be part of assisting you in making your health care cost effective by investing our time in continuing education on PRRT. **Simply call us to make an appointment and initiate care with us within five days of the onset of experiencing pain which you are unable to manage on your own with ice or heat.** During your first session, you will receive a thorough evaluation and treatment, and typically your pain is gone or will be significantly better within three sessions. At that point in time, we educate you on how to take care of yourself and what to do to prevent a re-occurrence of your pain. The end result is that you do not spend a great deal of your health care dollars on physical therapy.

It is always wise to have **physical therapy before surgery** to gain mobility and strength to enable better post-operative outcomes. PRRT helps you manage physical therapy pre-operatively.

For more information about **Lake Country Physical Therapy and SportsCare, PC**, please call **(585) 396-1400**, email Zoe@lakecountrypt.com, Robert @lakecountrypt.com or visit us at www.lakecountrypt.com.