

MOTION MONTHLY

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Nutrition Corner: Power of Magnesium

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If you are one of the many suffering from muscle cramping, joint pain, fibromyalgia, migraines, numbness, tingling, fatigue, attention deficits, and poor sleep you may have low magnesium. As always, speak with your doctor prior to adding supplements but the best way to absorb Magnesium is through the skin so get out that epsom salt and soak it up!

Community

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Laws of Motion is proud to be a part of the Scottsdale, AZ community which is why we donate 5% of all revenue towards a local charity. We believe that, in order to be a part of the community, you have to help the community.

Quote

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"You miss 100% of the shots you don't take - Wayne Gretzky"
- Michael Scott

Benefits of Out-of-Network Physical Therapy

Physical therapy is a widely available, widely utilized form of rehabilitation but the standard physical therapy model is a broken model. With the rising costs of labor, lower reimbursement rates, and expanding population; physical therapists are in a rough spot in terms of sacrificing quality of care to treat more people. As a consumer of physical therapy, you should not have to sacrifice the quality of your care. Out-of-Network providers offer a solution to this problem and the benefits far outweigh any reason to not pursue better treatment:

- One-on-one sessions with a PT - At Laws of Motion you get 50 minutes of your time with direct care from a Doctor of Physical Therapy (DPT). You are never passed off to an assistant.
- Value of your time - Maximize your time with a licensed physical therapist to improve your results. One session per week nets you 50 minutes with a DPT. At many insurance-based clinics you may get 50 minutes with a DPT over the course of 3-4 visits.
- Fully Customized Programs - Every person that has back pain is different. You deserve to be treated as an individual client, not a low back pain patient.
- Cost Transparency - Each session is a set amount. You pay for your 50 minutes and you will never receive any surprise billing in the mail months later. Gone are the days of a co-pay 2-3 times per week plus your deductible.
- You determine your care - Standard PT is bound by the terms of insurance. If you reach your rehab potential according to insurance companies, you are discharged. Here, your goals determine the end of your care and there is no maximum number of visits.
- Check out www.lawsofmotionpt.com/blog for more info!

Schedule your free consult today to find out what sets us apart from the rest!