



Santa Ana Tustin Physical Therapy



SATPT NEWSLETTER

"Exercise is Medicine"

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December 2009



Medicare Therapy Cap Limits



Stop the Therapy Cap! - December 14, 2009

Only 18 days remain for Congress to take action to extend the Medicare therapy cap exceptions process. It is critical that Congress pass legislation in this two and a half week period to extend the therapy cap exceptions process to ensure that you have access to the physical therapy services that you desperately need.

Currently there are two therapy caps, one for physical therapy and speech language pathology and one for occupational therapy. The therapy caps are set at \$1840 per beneficiary per year. The therapy cap applies to all Medicare beneficiaries in all Part B health care settings, except hospital outpatient departments. Beneficiaries that exceed their therapy cap may have to choose between forgoing necessary care or paying 100% of the cost out-of-pocket over their Medicare coverage. Senior citizens who suffer from a stroke, or have Parkinson's disease, spinal cord injuries, or osteoporosis are more likely to be the type of patient needing such care.

Click on the "Contact Congress" link below to ask your members of Congress to Stop the Cap! [FAQs about the Therapy Cap \(.pdf\)](#) (Source: APTA 2009)

And Now Presenting The SATPT Elves! Click and Get Ready!

[Wishing All of you a Very Happy Holiday!](#)



Update: Golf Conditioning Program

We have received a good amount of feedback for our new program. We still need to get a few more names before we can formalize our golf program. Once again, we urge you to take advantage of the off season and get ready for the spring golf season. Work on your game and give us a call for more details. Be sure to ask for [Christina or Denny for more info.](#)



Q and A: What is Electrical Stimulation Therapy?

Electrical stimulation units use current to simulate the same electrical impulses that are activated during normal exercise. By passively activating the muscle, the body responds in much the same way as during normal exercise.

Through the use of electrodes placed on the target muscle or muscle group, electrical impulses are sent through the skin to underlying nerves, stimulating the contraction and relaxation of the muscle. Electrical Stimulation can be used for two primary functions; strength training and muscle tone or pain control. The use of this therapy optimizes recovery.



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