

**The Physical Therapy  
Department  
at  
Alabama Orthopedic,  
Spine & Sports  
Medicine Associates  
is now  
*Better Than Ever!***

We've added therapists, equipment and even extended our hours to better serve you while staying true to what sets us apart from other clinics... our dedication to you.



*Left to right: Holly Murr, Sam Meadows PT, Tiffany Owens, Cameron Scoggin, Tricia Russell, Corey McMillan PT, and Whitney Wilhelm*

With our convenient location to the AOSSMA clinic, doctors are able to spend part of their day in the PT Department, ensuring that the care you receive is not only up to their standards, but most importantly up to yours by conferring with the physical therapists to create a treatment plan that is designed to best suit your specific problem.

We also understand that your time is valuable and trying to get in therapy appointments can sometimes seem overwhelming. That is why we are pleased to announce our new extended hours. Our Physical Therapy Department is now open from 7:00 AM until 6:00 PM, with openings available during lunch.

We know you have a choice when it comes to finding the right physical therapy clinic for your rehabilitative needs, so we thank you for trusting us with your health. And although change is good, some things will always remain the same... smiling faces, caring staff and sincere relationships will always be the heart of our department.

**PLEASE CALL 313-5056 TO SCHEDULE AN APPOINTMENT FOR PHYSICAL THERAPY**



**Just Because It's "Physical" Doesn't Mean It's "Therapy"**

At least once a week I have a patient tell me they don't need physical therapy, despite the fact I just told them I thought it was a good idea ( I probably have a lot more who think that, but don't say it). Usually, the patient tells me how they get plenty of exercise at work, or how hard physically their work is, or, particularly in young mothers, how much time they spend chasing the kids. Well, I certainly understand how hard some jobs are and how far those folks may walk in their jobs. I know for sure how much you chase a young child in a day!!

Unfortunately these folks are confusing being active with exercising. They are not the same! And neither exercise nor activity is the same as therapy. Being more active is playing with the kids, fishing, hunting, golfing, parking at the far end of the lot, taking the stairs, and walking the dog.

Exercise (aerobic exercise) is considered an activity that \*continuously\* raises your heart rate a certain percentage above its resting rate for a given amount of time. This length and intensity is varied according to goals. Weight training exercise is lifting a certain amount of weight a specific number of times. These numbers are varied by the coach or trainer to obtain a specific goal (endurance, appearance, strength).

While physical therapists can assist with aerobic exercise and strength training programs, their role is more commonly to rehabilitate some damaged or defective part of our bodies, or some body part which has just undergone a surgical procedure. Exact methods vary with circumstances, but neither aerobic exercise nor weight training alone will address these damaged (or post operative) areas. So, at least with me, if I send you to therapy I'm thinking of something getting well, not really making you more buff!! Remember, especially if you're "not a kid anymore" undertaking an aerobic or weight training program is serious business, so consult your medical professional first. Like Sergeant Phil Esterhaus used to say on Hill Street Blues "Let's be careful out there".

*James P. Bailey, M.D.*

**We're Automated!**

AOSSMA is now utilizing an automated phone system, in order to better serve you and your needs. Once you call (205) 838-3900, you will be prompted by the following menu of options. Simply press:

- 1 - For Clinic Appointments and Directions**
- 2 - For Physician Assistants & Prescription Refills**
- 3 - For Procedure Scheduling or Changes**
- 4 - For Billing & Statements**
- 5 - For Medical Records**
- 6 - For Physical Therapy**
- 7 - For Administration**
- 8 - To repeat the Menu**
- 9 - For the Office Directory**

To make things even easier, we have magnets with your doctor's contact info on them, which you can pick up during your next visit to the clinic, while supplies last. Thank you for your cooperation during this transition.

**www.aossma.com**



**Check out our new website!**

- Fill out your Patient History online
- Make an Appointment Request
- Pay your bill
- Find Patient Education
- And much, much more!

**PLEASE CALL 838-3900 TO SCHEDULE AN APPOINTMENT WITH ONE OF OUR PHYSICIANS**