

Everest Rehabilitation Services



Fall 2018 Newsletter

September 2018

This Newsletter Will Cover Topics:

- What is physical and occupational therapy
- What is acupuncture / eastern medicine
- Where you can typically receive therapy services throughout the lifespan
- How to receive therapy services
- General insurance information
- Directions to Everest Rehabilitation Services

What is Physical / Occupational Therapy

PHYSICAL THERAPY



Physical Therapy provides in depth effective treatment strategies tailored to address a wide range of impairments and functional limitations in order to fit your needs along your recovery process.

PTs treat:

- Orthopaedic Care (pre- & post-operation, acute, and/or chronic)
- Motor Vehicle Injury
- Personal Injury
- Stroke Recovery
- Fall Prevention / Balance Training

Therapy program might consists of:

- Therapeutic Exercise Programs
- Therapeutic Modalities
- Soft Tissue Mobilization / Instrumented Assisted Soft Tissue Mobilization
- Joint Mobilization
- Manual Therapy / Active Release / Massage Techniques
- Dynamic Taping
- Wellness Program

OCCUPATIONAL THERAPY

Occupational Therapy is a rehabilitative service to restore, or maintain skills in order to perform meaningful activities. Occupational therapists also consider compensatory strategies or assistive devices to enable individuals to be as independent as possible in their activities of daily living such as:

- Dressing
- Showering
- Cooking
- Sports
- Leisurely play and recreational activities
- Work

Occupational Therapy can benefit people from all age groups and individuals with various conditions.



What is Acupuncture / Eastern Medicine

WHAT IS ACUPUNCTURE?

Acupuncture is the ancient Chinese practice of inserting needles in specific points on the body to manipulate the flow of energy or “Qi”. The needle will stimulate the nerve and/or muscles to alleviate pain and treat various health conditions.

HOW DOES ACUPUNCTURE WORK?

Qi is said to flow through channels in the human body. These energy channels are accessible through approximately 361 acupuncture points throughout the body. Inserting needles into various specific points through an appropriate combination is said to bring the energy flow back into proper balance throughout the body.

Acupuncture is also used to treat pain with an effect similar to anesthesia. Acupuncture anesthesia has been practiced in China since about 1960. Due to the function of acupuncture, some major Chinese surgical procedures have been performed in China using the insertion of acupuncture needles.

Combining acupuncture theory with the physical therapy approach of releasing myofascial trigger points can help many problems that are not responsive to other more common interventions such as medication.

WHAT CAN ACUPUNCTURE TREAT?

Ailments treated can include:

- Neck and back pain
- Headaches
- Carpal tunnel syndrome
- Tennis elbow
- Shoulder injuries
- Knee injuries
- Ankle injuries
- Chronic fatigue syndrome
- Fibromyalgia
- TMJ dysfunction
- Irritable bowel syndrome
- Stress

As with any form of medical intervention, your attitude and lifestyle will affect how you will respond to treatment. Some chronic conditions will be relieved only with slow, steady progress as well as a combination of treatment interventions and therapy services.

Where Do You See and Receive Therapy?

An individual can come across therapy - either physical or occupational, sometimes both! - throughout many points of their life. Here are some examples of where you or your loved one might receive therapy services:

Early Intervention - therapy is provided for a child from birth to age 5 who may have developmental delays

School Based - therapy is provided within an educational environment, including elementary, middle or secondary education (high school and vocational) facilities.

Acute Care - therapy is provided for individuals who are admitted to a hospital for short-term patient care due to an illness, surgery, accident, or recovery from a trauma

Rehab/Subacute Rehab

- **Rehabilitation Hospital** - therapy is provided to individuals who are admitted to a rehabilitation facility where intense therapy is provided (3 hours or more per day).
- **Sub-Acute Rehabilitation** - therapy is provided to individuals who are admitted to a specialized hospital that provides medical and/or rehabilitation care where less intense therapy is provided (less than 3 hours per day).

Skilled Nursing Facilities - therapy is provided to individuals who are admitted to a facility that typically cares for elderly patients and provides long-term nursing care, rehabilitation, wound care, and other services.

Home therapy - therapy is typically provided in the patient's place of residence

Outpatient Rehabilitation - individuals visit a therapist in a facility to primarily address musculoskeletal and neuromuscular injuries or impairments

Hospice - therapy is provided to patients in the last phase of a condition or disease so that they may maintain functional abilities for as long as possible and manage pain



How to Receive Outpatient Physical / Occupational Therapy Services?

Have you been experiencing pain, limited mobility, or a change in function recently and are considering therapy services but unsure of what the steps are. Here is a guideline to help ease your way to a road of recovery.

1. Discuss with your physician your problems and if therapy services would be beneficial. Receive a prescription / referral from your primary care physician for therapy services. Prescriptions / referrals can also be obtained from other medical professionals such as an orthopedist, a nurse practitioner, a neurologist, a podiatrist etc.
 - a. A physical therapist with Direct Access is able to complete an Initial Evaluation without a prescription / referral, but would require a prescription for continuous treatment as needed up to 30 days as of an initial evaluation. Occupational therapists would need a referral for the Initial Evaluation.

2. Once a prescription is obtained, schedule an appointment with the front desk or rehabilitation services. You can reach Everest Rehabilitation Services at 610-352-8000.
 - a. Initial evaluations will most likely need to be scheduled in advance due to 1:1 with the therapist for an average duration of 1 hour. Please be ready to present your insurance information, your prescription / referral, and any medical information that is deemed important for your evaluations such as medication list, and/or diagnostic testings
 - b. Current accepted insurances at Everest Rehabilitation Services include:
 - i. Medicare
 - ii. PA Medicaid
 - iii. Highmark Blue Cross Blue Shield/
Independence Blue Cross PPO
 - iv. Keystone Health Plan East
(dependent on your primary care

- physician due to insurance capitation)
- v. Keystone 65 HMO
 - vi. Keystone VIP Choice
 - vii. Amerihealth
 - viii. Aetna Better Health
 - ix. United Healthcare Community
 - c. We also accept and treat patients who have experienced a motor vehicle accident, slip and fall, or worker's injury
 - d. Please be aware of any deductibles or copays; we will try our best to inform you of any copays / unmet deductibles.
 - x. Cigna Health Springs
 - xi. Health Partners
 - xii. Tricare
 - xiii. PRIME
 - xiv. And more to be added!
 - xv. We also offer a reasonable and competitive self-pay rate!
3. Arrive the day and time of your schedule appointment, and check in with the front desk so they can inform the rehabilitation department of your arrival, collect any copays and insurance / ID card, and begin the initial evaluation process.
4. Following the initial evaluation, you and your therapist will discuss future appointments



Medicare

Currently, 44 million individuals—about 15 percent of the U.S. population—are enrolled in the Medicare program. However, Medicare does not cover 100% of medical expenses.

Medicare is a federal funded program, includes 4 different parts which are Part A, B, C, & D.

- Part A is Hospital insurance
- Part B is Medical insurance
- Part C is Medicare Advantage
- Part D is Prescription drug coverage



Anyone who is 65 years or older and is a U.S. citizen, or a permanent resident lawfully residing in the U.S for at least five continuous years, is eligible for premium-free Medicare Part A and is also eligible for Medicare Part B by enrolling and paying a monthly premium.

In 2018, the standard monthly Medicare Part B premium amount is \$134 (or higher depending on your income). However, some people who get Social Security benefit will pay less than this amount (\$130 on average). The annual deductible for all Medicare Part B beneficiaries will be \$183 in 2018.

Medicare Part B (Medical Insurance) helps pay for medically necessary outpatient physical, occupational therapy, and speech-language pathology services. Each year, Medicare has a limited amount for each Medicare beneficiary and will pay for outpatient therapy services for 80% of the cost of the service, and the remaining 20% of the cost will be patient's responsibility. If a patient has the secondary or supplementary health insurance, the remaining 20% of the cost will be covered.

For example:

Service = \$200	Medicare Part B (80% coverage)	Has Secondary insurance (20% coverage)	No secondary insurance
Patient A	\$160	\$40	N/A
Patient B	\$160	N/A	\$40

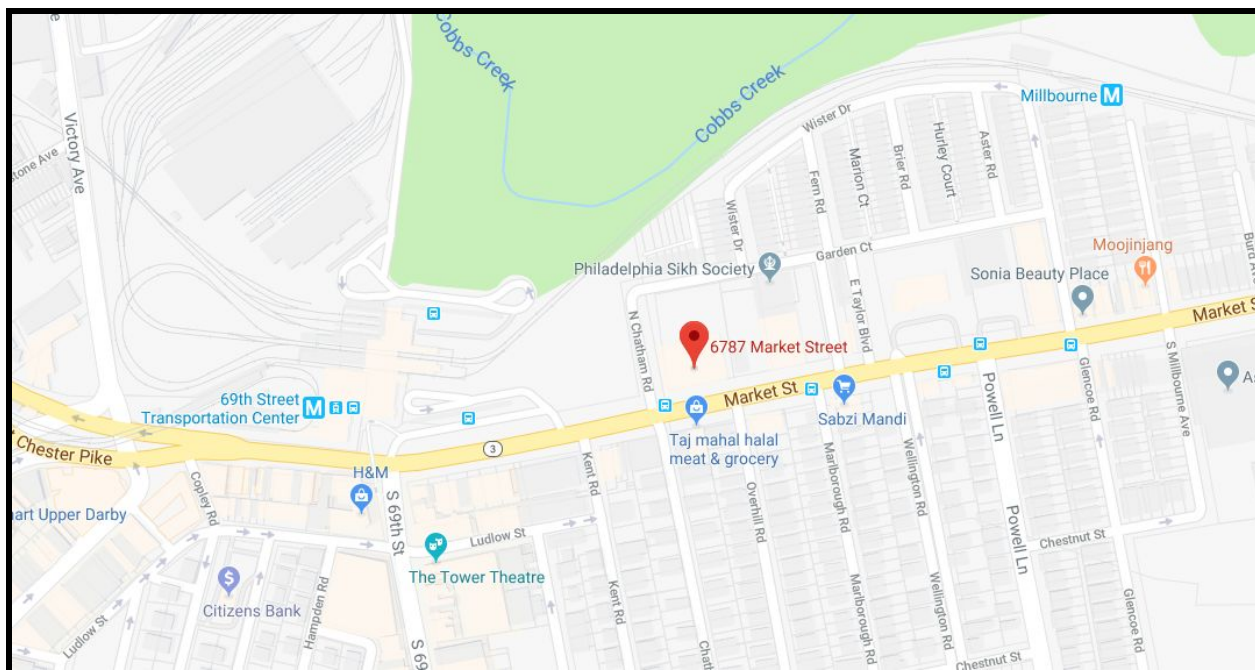
Patient B needs to pay out-of-pocket \$40. A secondary insurance can be Medicaid, another federally funded insurance, or a commercial insurance.

If you have any questions regarding the coverage to your therapy service, please inquire the therapist or the center for clarification.

The information retrieved from [www. cms.gov](http://www.cms.gov), The Center for Medicare & Medicaid Services

Directions to Everest Rehabilitation Services

Our exact address is: **6787 Market St., Millbourne, PA 19082**. The address may also populate Upper Darby, PA 19082, which is also an acceptable address due to Millbourne's small township and its proximity to Upper Darby.



Driving - we offer free parking in the back of the building. Once parked, please walk around to the front of the building to the front desk where you will check in. There is also accessible meter parking including in front of the building and residential street parking throughout the area.

1. We are located on the corner 67th and Market St. and easy access to major roads:
 - a. Market Street

- b. West Chester Pike
- c. City Avenue / East Township Line Road
- d. Route 476, 76, and route 30

Public Transportation - we are located within walking distance, 5 - 7 minutes, from major SEPTA transportation centers:

- 1. 69th Street Transportation Center
- 2. Millbourne Station
- 3. Bus route 21 stops in front of building