

# FIND RELIEF WITH MUSCULOSKELETAL ULTRASOUND IMAGING

*Discover Relief*  
Musculoskeletal  
Ultrasound Imaging

*Exercise Essentials*  
Try This Exercise To  
Strengthen Shoulder Muscles

*Seasonal Recipe*  
Hot Apple Cider



# Physical Therapy NEWSLETTER



2020 has had its challenges, but Courcier Clinic is thankful for the opportunity to serve your Physical Therapy needs! Here's to making 2021 a great year of health! Merry Christmas & Happy New Year from our staff to your family!

## FIND RELIEF WITH MUSCULOSKELETAL ULTRASOUND IMAGING

At Courcier Clinic, we see patients who come in with pain and injuries where the origin is unknown. This happens more commonly than people realize, and when a patient is unsure about the discomfort he or she is feeling, many tend to leave it alone in hopes it will get better.

However, this can actually lead to a worsening condition, making the treatment process much lengthier and more difficult. With our ultrasound imaging services, patients with pain or discomfort they are unsure about can come in and receive testing for what they are feeling - so they can be treated accordingly. Not only that, ultrasound imaging can also help determine problem areas before a condition gets worse.

In fact, in a recent study, it was found that 60% of patients who had received ultrasound imaging for their symptoms were able to receive more effective treatment plans. A wrong evaluation can send a patient down the wrong treatment plan and can cause symptoms to get worse.

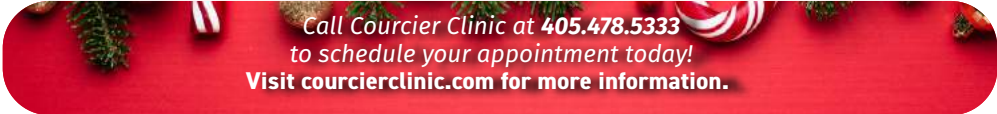
If you are experiencing uncomfortable symptoms, it is likely that MSKUS (musculoskeletal ultrasound imaging) could help determine a treatment plan and provide you with relief. Contact Courcier Clinic today and we'll treat your condition, so you can receive the care you need and get back to living your life comfortably.

### What should I know about Courcier Clinic's MSKUS Services?

Musculoskeletal ultrasound imaging is a tool that uses sonic waves to see inside painful areas of the patient's body. It allows your physical therapist to analyze movement in certain joints, muscles, ligaments, and nerves in the affected area, in order to figure out the source of the pain.

This test provides similar results to that of an x-ray, CT, or MRI; however, it is non-invasive and much safer. The use of sonic waves does not expose you to any radiation as similar tests do, and the real-time imaging provides more accurate results.

*Continued on the inside*



Call Courcier Clinic at 405.478.5333  
to schedule your appointment today!  
Visit [courcierclinic.com](http://courcierclinic.com) for more information.

# Find Relief For Your Pain With Musculoskeletal Ultrasound Imaging

MSKUS is also more cost-effective than an MRI as an initial test and is best for shoulders, elbows, wrists, knees, and ankles.

Furthermore, our physical therapist, Jeff Courcier, is the only ECS/POCUS board-certified P.T. using MSKUS in conjunction with dry needling for successful treatments of musculoskeletal problems.

MSKUS technology has been known to help with the treatment of a wide range of painful conditions, especially aches and pains in shoulders, knees, and wrists. If you are living with shoulder or knee pain, MSKUS could be incredibly beneficial for you. In addition, MSKUS has been known to diagnose conditions (which leads to more effective treatment) that include:

- Rotator cuff injuries
- Carpal tunnel syndrome
- Tennis/Golfer's elbow
- Knee pain
- Osteoarthritis and rheumatoid arthritis
- Muscle spasms
- Muscle strains and tears
- Bone fractures

## How can I get started?

At Courcier Clinic, we are here to create the best treatment plan for any patient who walks through our door. In 2017, Jeff partnered with H.O.D.S. (Hands-On Diagnostics) to add Diagnostic Ultrasound and E.M.G. (Electromyography) into Courcier Clinic. Jeff has completed Fellowship in E.M.G. and is APTA Board Certified in E.M.G. Jeff received the award for "2018 Langston University Outstanding Clinician" and is a natural teacher and loves to educate his patients.

If you have been considering diagnostic testing, don't hesitate any longer. With musculoskeletal ultrasound imaging, you'll be able to discover the origin of your pain so you can get started on the right treatment plan toward recovery and relief. That's the biggest advantage of ultrasound imaging: looking inside the body to help navigate your pain.

**If you're ready to get to the bottom of your pain and discomfort, now is the time! Contact Courcier Clinic today to schedule a consultation with one of our experienced physical therapists.**



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*to schedule your appointment today!*  
Visit [courcierclinic.com](http://courcierclinic.com) for more information.

**Don't Miss Out On  
This Special Offer!**

**FREE**

**15 min Consultation!**

Call **405.478.5333** today!  
**COURCIERCLINIC.COM**

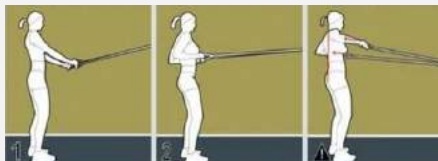
Find Out How P.T. Can Help You!

## Exercise Essentials

### STANDING ROW WITH THERABAND

PERFORM 4 SETS / REPS: 14/12/10/8

1. Anchor the theraband at the height of your head. Hold the handle bars with arms extended.
2. Pull your hand towards your taut waist. Hold the position for 1-2 seconds, and return to the original position.
3. Do not flare your elbows. Keep your back straight.



## DIRECT ACCESS



## Save Time, Save Money, Improve Your Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed. In the state of Oklahoma, you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Call Courcier Clinic today to see how we can help you get back to a pain-free life.

**405.478.5333**

[COURCIERCLINIC.COM](http://COURCIERCLINIC.COM)

## STAFF SPOTLIGHT

Familiar faces working during Covid-19. All staff are wearing masks during patient treatment, per CDC guidelines. We clean between all patients and care greatly about everyone's health!



## Patient Success Spotlight

"Dear Jeff and Staff,

Since my last physical therapy with you last Friday, I wanted to take a moment to thank you for the special and loving care you and your staff gave me so freely at your facility. Jeff, you are to be commended for creating a loving and peaceful atmosphere among your staff which enhances the entire healing process. When I began your physical therapy session, my pain level in my lower back was quite high (about 8 out of 10). After about 14 sessions, my pain level gradually came down to about 2 out of 10. I plan to continue a number of your suggested exercises at home."

In Christian love," -RB

## Seasonal Recipe Easy Hot Apple Cider



### INGREDIENTS

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

### DIRECTIONS

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.