



SHOW YOUR BODY LOVE WITH PHYSICAL THERAPY

Live a Healthier Life
With Physical Therapy!

Direct Access
*Save Time, Save Money, Improve
Your Health Naturally*

Healthy Recipe
*Try This Healthy Recipe
Perfect With The Family*

Is pain or injury keeping you from enjoying life? Schedule your consultation with a physical therapist today by calling 405.478.5333!



LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Courcier Clinic are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health. A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Our diagnostic tests and sequenced hands-on manual therapy services at Courcier Clinic can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact our clinic today!

HOW SEQUENCED HANDS-ON MANUAL THERAPY CAN IMPROVE YOUR HEALTH

Physical therapists are movement experts who can help improve your quality of life by developing an appropriate treatment program, providing sequenced hands-on manual therapy, and educating about your condition and overall health and well-being.

We perform a comprehensive evaluation of the person to address the musculoskeletal system and determine the area that is not moving or working to the fullest potential. When the area is determined, we assist the person through movement to regain optimal function in each joint, muscle, or fascial/connective tissue layer. Using gentle hands-on therapy techniques, we move through targeted layers of the body to remove barriers to healing.

Our therapists can create customized treatment plans to improve areas of pain and restriction. Through your in-office sessions, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

GETTING TO THE ROOT OF YOUR PAIN PROBLEM

Our physical therapists will perform an examination and diagnostic tests to determine the kind of therapeutic methods your body can benefit the most from. We provide MSKUS, EMG's, and NCV tests for our patients in need.

ABOUT OUR DIAGNOSTIC TESTS

MSKUS stands for musculoskeletal ultrasound. It allows you to see inside your body in the area of the joint and muscle where you feel pain. You can see during your physical therapy session how the various structures move and what is the effect of your problem on the body. Diagnostic testing with MSKUS is important for assisting in better understanding what the problem is and more efficiently treat the problem.

An EMG (Electromyogram) measures the electrical activity of muscles at rest and during contraction. Nerves control the muscles in the body by electrical signals (impulses), and these impulses cause the muscles to react in specific ways. Nerve and muscle disorders cause the muscles to react in abnormal ways. During an Electromyography study, a very small pin is inserted in the muscle that helps us evaluate the condition of your muscles. An EMG test is performed when someone is complaining of pain/numbness/tingling in arms/legs.

NCV (Nerve Conduction Velocity) tests are used to measure the health of your nerves. Mild electrical stimulation is administered to the skin directly overlying the nerve. The response is measured by a second set of electrodes applied to the surface of the skin. This impulse produces a visual signal on a computer monitor, and when analyzed, it can provide information about the condition of the nerve.

After your therapist performs these tests, they'll be better able to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability!

Call Courcier Clinic at **405.478.5333** to schedule your appointment today!
Visit courcierclinic.com for more information.

WHAT TO EXPECT FROM YOUR THERAPY SESSIONS

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future. It is important to note that your treatment program will be unique to your situation.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and help you reach your goals.

CONTACT US TODAY!

If you want to improve your health, strength, and physical activity, Courcier Clinic is here to help. Our diagnostic services and sequenced hands-on therapy techniques have improved the lives of several patients, just like yourself! Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness today.

Sources: <https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>

EXERCISE ESSENTIALS

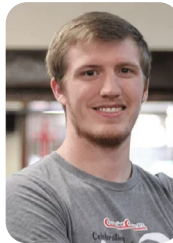
SUPINE BRIDGES & SUPINE MARCHING

Lie on your back, bend your knees and march 10 times each. Then, raise your hips off the mat, squeezing your buns and exhale. Return to your flat back, repeat 10 times.



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WWW.LIFEMAXX.NET

Exercise from: https://fitness.workoutz.com/exercise/supine_bridge_marching



We will miss Chance as he begins his P.T.A. clinicals through spring.



Come back to PT! Call Courcier Clinic today at 405.478.5333 or visit courcierclinic.com to see how we can help you!

Shoulder Pain Workshops



If pain limits you from daily tasks, you need hands-on P.T. Call for a FREE screen or schedule today if you don't want to wait for the workshop!

Jeff Courcier will be teaching **Shoulder Pain Workshops** on February 16th, 2022 at 6:00 PM and March 9th, 2022 at 6:00 pm. These will be informative workshops for people to learn how Physical Therapy can help relieve your shoulder pain and improve your function!

Neuropathy Workshop



If neuropathy is keeping you from doing what you love, we can help. Call for a FREE screen or schedule today if you don't want to wait for the workshop!

Jeff Courcier will be teaching **Neuropathy Workshops** on February 21st, 2022 at 6:00 PM and March 21st, 2022 at 6:00 pm. These will be informative workshops for people to learn how Physical Therapy can help relieve your neuropathy and improve your function!

Call 405-478-5333 to reserve your spot for any of the workshops today! Hurry space is limited!

DIRECT ACCESS & INSURANCE INFORMATION

Save Time, Save Money, Improve Your Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a physician referral is not needed. In the state of Oklahoma, you have direct access to physical therapy for 30 days without a doctor's order. You have the power to choose. You can schedule a Wellness Eval/Treatment if you are still hurting and not getting the help you need. The P.T.s at Courcier Clinic have extensive specialty training in sequenced manual therapy, functional dry needling, diagnostics using EMG and MSKUS to provide a higher level of care that is not found at all P.T. clinics. If you have failed at other traditional P.T. clinics and you have chronic pain, there is hope for help at our clinic.

Save money & time and get the BEST results through PT First.

Can You Afford Surgery?

WHY PHYSICAL THERAPY (P.T.) FIRST IS IMPORTANT!

Many people believe surgery will correct all their problems for an injury. Sometimes surgery is needed first, but what do you have to lose by trying P.T. first? Studies show that people who participate in P.T. before a surgery have a faster recovery and are stronger going into their surgery. Sometimes a person's pain is decreased/resolved to the point that a person may not need surgery. Surgery is expensive and requires extra time off work. Let me share some surgical costs, as reported on MD save.com:

- **Surgical costs vary by procedure, for example - listed are average costs, as follows:**
- **Shoulder slap repair \$16,324.; Carpal tunnel release \$3,563.;**
- **Knee scope with meniscal repair \$15,990.; Hip replacement \$27,879.;**
- **Back surgery laminectomy or disectomy \$18,275.;**
- **P.T. Eval \$126.>249.; Manual Therapy each 15 min \$45.; Dry needling \$43.>62**

These costs do not include the Dr. visits/facility fees/anesthesiologist fees/or the money lost due to time off from work/or the money owed for your portion of the insurance deductible.

Most people depend on insurance to cover the majority of these costs, but insurance policies have changed drastically over the past 10 years and many people are underinsured or providers are not in their insurance network; therefore, more costs are being passed on to the patient.

After surgery, many people still need P.T. to increase joint active range of motion, muscle strength, improve balance/walking, decrease overall pain from surgical changes.

If you are uncertain if you will benefit from P.T., ask yourself - what do you need to improve your quality of life? What does your current insurance cover? What are your risks? Discuss the benefits.

Courcier Clinic offers cash rates for non-insured/wellness visits:

- **\$145 P.T. Eval/Rx; \$115. Full Rx x11= 12visits=\$1410.**
- **Oklahoma has Direct Access, meaning you can come directly to P.T. without a Dr. order, but if you are filing insurance, some insurance companies do require a Dr. order to pay, ie-Medicare.**

Visit www.CourcierClinic.com for full details of what and how P.T. can help!

-Melinda Courcier

CALL 405.478.5333 TO SCHEDULE YOUR APPOINTMENT WITH COURCIER CLINIC TODAY!

Love Us?
Leave us a review!



Scan the QR Code with your smartphone's camera to visit our Google Reviews page and tell the world about your experience!



Healthy Recipe

Sweet and Spicy Stir Fry with Chicken and Broccoli

INGREDIENTS

- 3 cups broccoli florets
- 1 tablespoon olive oil
- 2 skinless, boneless chicken breast halves - cut into 1 inch strips
- ¼ cup sliced green onions
- 4 cloves garlic, thinly sliced
- 1 tablespoon hoisin sauce
- 1 tablespoon chile paste
- 1 tablespoon low sodium soy sauce
- ½ teaspoon ground ginger
- ¼ teaspoon crushed red pepper
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup chicken stock

DIRECTIONS

Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 5 minutes. Heat the oil in a skillet over medium heat, and saute the chicken, green onions, and garlic until the chicken is no longer pink and juices run clear. Stir the hoisin sauce, chile paste, and soy sauce into the skillet; season with ginger, red pepper, salt, and black pepper. Stir in the chicken stock and simmer about 2 minutes. Mix in the steamed broccoli until coated with the sauce mixture. Serve over rice or riced cauliflower

<https://www.allrecipes.com/recipe/70583/sweet-and-spicy-stir-fry-with-chicken-and-broccoli/>

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