

Treatment That Lasts A Lifetime

Is Physical Therapy for Me?

Do you hurt just doing the simple activities in your daily life? Has treatment helped, but never for long? Have you compromised your recovery thinking, "this must be as good as it gets"?

If you hope for more, Mike Caruso, at Occupational Rehabilitation (ORA) has a solution. Actually, it's not just his solution, but also a recommendation from the American College of Physicians and the American Pain Society- "Physical Therapy is a safe and effective alternative to drugs for patients with back pain" (2007).

All Physical Therapy is Not the Same. Experience matters!

Mike's specialty is successfully treating patients who have not responded to other forms of treatment for painful movement problems. According to FOTO Inc. research, ORA has one of the highest concentrations of multiple complex patients in the United States.

While most therapists expect chronic conditions not to improve, Mike is more than willing to pick up where the others have left off. Confirming what doesn't work, Mike's patients have pushed him to find "out of the box" solutions. Most find a fresh approach that is surprisingly effective.

A Different Approach Requires Different Training

Mike pursues advanced clinical training with international experts. He is one of only a handful of physical therapists working in Maryland who have earned the designation of Fellow by the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT).

Services

Our expert, experienced treatment can help for a variety of problems including:

- Pinched nerves
- Low back pain
- Whiplash injuries
- Postural pain
- Radiating pain
- TMJ dysfunction
- Knee pain
- Migraine & Cluster-type headaches
- Shoulder impingement
- Post surgery rehabilitation
- Disc problems
- Muscle spasms
- Sciatica
- Stiffness
- Myofascial pain
- Tennis Elbow
- Ankle sprain

While we can't guarantee that you'll be symptom-free, we believe that we can improve the overall quality of your recovery.

Get started on the treatment that lasts a lifetime at Occupation Rehabilitation Associates, Inc.

MythBusters

Myth #1: A slipped disk needs surgery.

Busted: Busted: In 90% of cases the pain goes away on its own (Bogduk MJA 2004, Consumer Reports 2007)

Myth #2: Back pain often leads to permanent impairment and is usually disabling.

Busted: There is usually no evidence of progression to significant permanent damage or impairment (*Ihlebeak and Erickson 2006*)

Myth #3: I tried physical therapy and it didn't help, so.....'I need surgery' or 'I won't get better'.

Busted: All physical therapy is not the same. We have seen patients with symptoms over 5 years improve or resolve, despite years of previous health care treatment.

Myth #4: Back pain signifies biological damage or disease.

Busted: This is often not the case. There is usually no supporting evidence. (*Degeneration is a normal aging process, not a disease; Bogduk 2004*)

We participate in Workers Compensation, Care First and AETNA insurance programs. Private pay patients have found value in our expert short-term treatment.

About Mike Caruso

Mike has successfully treated physical therapy patients for over 20 years in Maryland. He is an authority in industrial physical therapy and the physical therapy management of chronic pain conditions related to the musculoskeletal system. Mike is the **owner of an independent private practice** dedicated to providing the highest quality of care for his patients. He has a



special interest in problems involving the spine, although his practice includes patients with many types of work-related and sports injuries. Some of his accomplishments include:

Education/Certification

- Old Dominion University in Virginia
- Fellow, American Academy of Orthopaedic Manual Physical Therapists
www.aaompt.org

Awards

- Kendall Award for Outstanding Achievement in Physical Therapy, 1998
www.aptamd.org
- Rehabilitation Corporation Northern Division 1995 Clinician of the Year
- Governor's Citation for work as a member of the Technical Work Group on acute lower back pain



For more information or to schedule a visit, please see our website or give us a call.

8492 Baltimore National Pike, Suite 207 • Ellicott City, MD 21043 • 410-418-4060 • www.occ-rehab.com
Michael Caruso PT pa is an independently owned, private practice trading as **Occupational Rehabilitation Associates**.