Conditions We Treat | Acute & Chronic

- Neck Pain
- Mid Back Pain
- Triceps Tendonitis
- Low Back Pain
- Disc Injury
- SI Joint Sprain
- Hip Pain
- Hamstring Pull/Strain
- Sciatic-like Pain
- Calf Pull/Strain
- Achilles Tendonitis
- Sever’s Disease
- Heel Pain/Spurs

- Headaches
- Rotator Cuff Pain
- Bicep Tendonitis
- Elbow Pain
- Hip Flexor Strain
- Groin Pull
- Carpal Tunnel
- Quad Pull
- Knee Pain
- Patellar Tendonitis
- Shin Splints
- Ankle Sprain
- Plantar Fasciitis
TAC Outcome Reporting | Collected at Each Visit & Discharge

October 1, 2018 – August 31, 2019

761 cases

3.1 visit average per condition

25 recommended surgeries prevented

87.3% conditions fully resolved

95% said Airrosti helped reduce or eliminate need for medications

94% said Airrosti prevented need for further medical care

99.3% said they would refer friends & family to Airrosti
Why Does Lower Body Pain Occur?

- Prolonged time in the same position
  - Standing or sitting
- Poor posture
- Imbalances
- Muscle inhibition
- Limited range of motion
- Fatigue
  - Runners/weekend warriors
  - Repetitive movements
MSK pain/injuries are typically linked to a lack both mobility and stability within your joints, muscles, and connective tissue.

- Understanding that all soft tissue is interconnected
  - ie. Plantar fascia ties up to low back through connective tissue

Pain is a symptom of dysfunction and the last thing to set in.

- Similar to the “check engine light” on a car
Chief Complaints

- **Foot Pain**
  - Plantar Fasciitis / Achilles Tendonitis / Ankle

- **Knee Pain**
  - Meniscus / Patellar Tendonitis / IT Band

- **Sciatic-like Symptoms**

- **Hip Pain**

- **Low Back Pain**
## Symptoms
- Difficulty sleeping
- Aching
- Stiffness
- Shooting pain

## Causes
- Weight
- Hip flexor
- Posture
- Lifting
- Disc issues

## Key Players
- Dysfunction or weakness in posterior chain
  - Core weakness
5 | Hip / Sciatic-like Pain

- **Symptoms**
  - Shooting pain
  - Numbness / tingling
  - Uncomfortable with prolonged sitting

- **Causes**
  - Sedentary to active
  - Uneven sitting
    - Wallet example

- **Key Players**
  - Hip flexors
  - Weak glutes
  - Piriformis syndrome

- **True Sciatica**
  - Refer to an Ortho
6 | Knee Pain

Symptoms

• Swelling
• Instability feeling
• Lack of mobility
• Pain in or around knee
  - Sharp or shooting
  - Aching

Causes

• Middle child
  - Dysfunction of hip or foot can cause knee pain

Key Players

• Meniscus tear
• Patellar tendonitis
• IT band syndrome

Acute Injuries

• ACL/MCL tear
### Symptoms
- Pain in ball of foot and arch
- Worse in the morning

### Causes
- Long term stress on the foot
  - Flat feet
  - High arch
  - Heels to running shoe example

### Key Players
- Tight calves
  - Soleus
- Shortened achilles
- Tearing or stretching of soft tissue on foot
- Achilles tendinitis, heel pain, and ankle sprains are other common conditions
How to Impact Low Body Pain
Exercises | Hip Flexor Stretch

Areas Benefitted:
Low back
Hip
Knee

- Start by extending your leg behind backwards and planting your foot
- Turn the toes of your back foot inward
- Slowly lunge forward to feel the stretch in your thigh/hip
- To intensify, reach for the ceiling using your arm from the same side as your back foot
- Hold for 30 seconds
- Repeat with opposite leg
Exercises | Calf Stretch

**Areas Benefitted:**
- Foot
- Knee

- Begin by facing the wall at “arms distance” away
- Stand with leg to be stretched extended behind your body
- With your back leg extended, press your heel to the floor and “lock-out” your knee
- To deepen, bend front knee so your hips shift closer to the wall
- To stretch the lower portion of the calf, bend your back knee and drive heel into floor
- Hold for 30 seconds
- Repeat with opposite leg
**Areas Benefitted:**

- Hip
- Knee
- Low back
- Sciatic-like pain SI joint

**Executive Stretch**

- Sit on chair or bench with your ankles positioned below your knees
- Cross one of your legs over the thigh of the opposite leg
- Slowly lean forward, lowering your torso toward thighs
- Hold for 30 seconds
- Repeat with opposite leg
Areas Benefitted:
Low back
Hip
Sciatic-like pain

Exercises | Glute Activation

- Stand parallel to the wall and place one hand upon it.
- Angle 1- Kick the leg furthest from the wall backwards, while rotating the foot outward.
- Angle 2- Kick the leg furthest from the wall out to your side, while rotating foot downward.
- Complete 10 repetitions.
- Repeat with opposite leg.
Exercises | Core

- Begin by placing your back against the wall
- Make sure your feet are approximately one foot away from the wall
- Press your hips and back into the wall
- Draw your ribs down to your “belt buckle” & your “belt buckle” up to your ribs
- This creates a bracing motion similar to that of a plank
- Hold for 60 seconds

**Areas Benefitted:**
Low back
Hip
Sciatic-like pain
Benefit & Scheduling

Employees, Spouses & Dependents enrolled in health plan with Texas Association of Counties

Airrosti copay is same level as PCP and no deductible

*No referral required*

Locations located across state of Texas

Call 800-404-6050 or ask me about our e-referral system to schedule appointment