



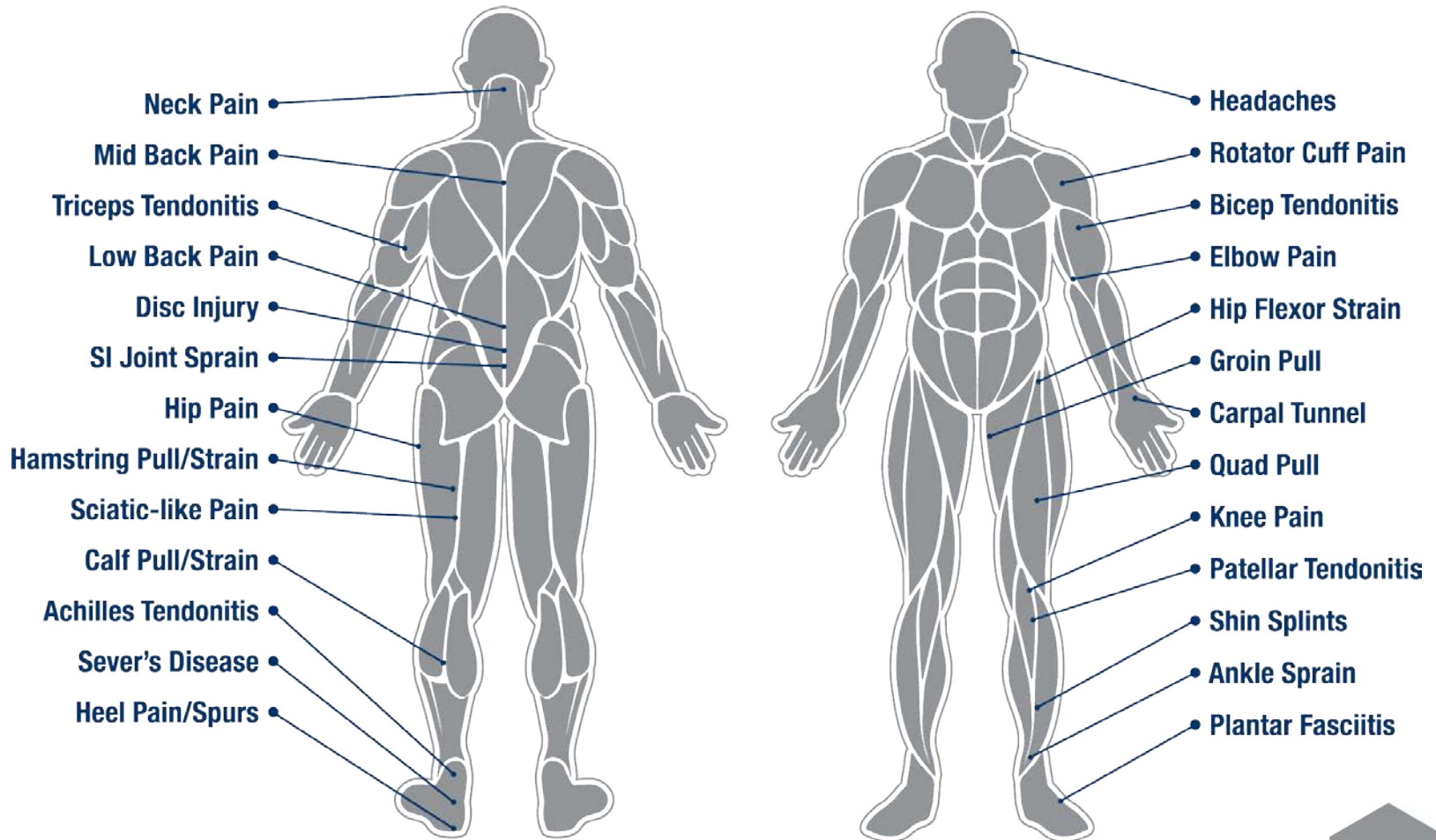
Health on the Move

Feeling No Pain





Conditions We Treat | Acute & Chronic





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





1 | 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





2 | The Low Body Low Down

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





3 | Chief Complaints

- **Foot Pain**
 - Plantar Fasciitis / Achilles Tendonitis / Ankle
- **Knee Pain**
 - Meniscus / Patellar Tendonitis / IT Band
- **Sciatic-like Symptoms**
- **Hip Pain**
- **Low Back Pain**





4 | Low Back Pain

■ Symptoms

- Difficulty sleeping
- Aching
- Stiffness
- Shooting pain

■ Key Players

- Dysfunction or weakness in posterior chain
 - Core weakness

■ Causes

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





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





7 | Foot Pain

■ 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 tendonitis, heel pain, and ankle sprains are other common conditions

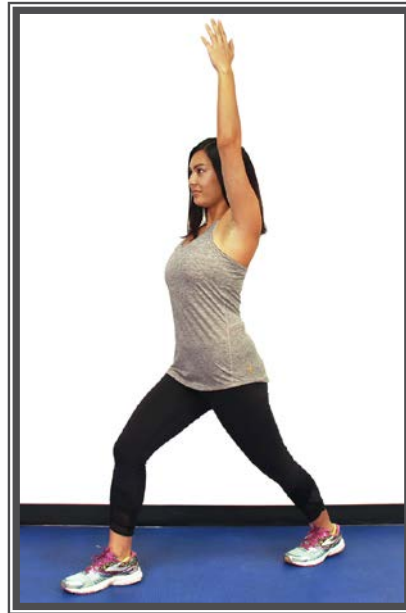


How to Impact Low Body Pain





Exercises | Hip Flexor Stretch



- 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

Areas Benefitted:

Low back

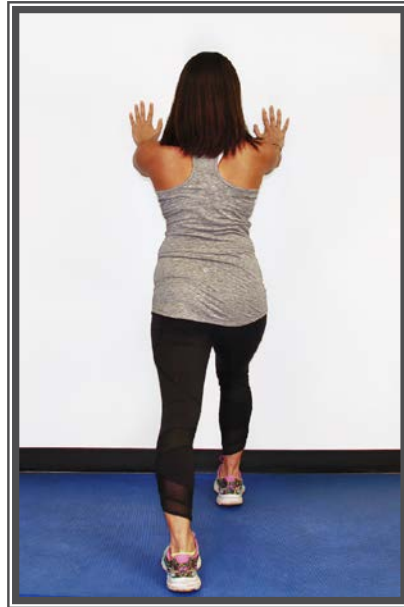
Hip

Knee





Exercises | Calf Stretch



- 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:

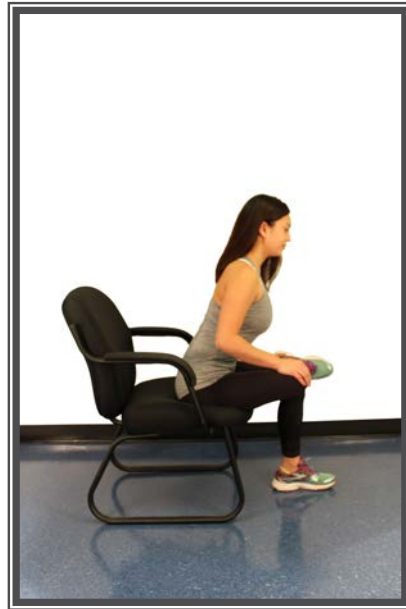
Foot

Knee





Exercises | 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:

Hip

Knee

Low back

Sciatic-like pain SI joint





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

Areas Benefitted:

Low back

Hip

Sciatic-like pain





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

