

# PRIMARY PREVENTION PHYSIOTHERAPY

At Primary Prevention Physiotherapy, our individualized approach to each patient sets us apart in our treatment plans and ultimately, our results. Every aspect of your care at PPP is driven by your feedback and needs, creating a unique atmosphere where our practitioners focus on you.

THE  
Physical  
Therapy  
Partners  
of the

MOVEMENT  
IS  
MEDICINE



## PPP Specializes in:

- Post Surgical Care
- Low Back Pain
- Neck Pain
- Motor Vehicle and Worker's Compensation Injuries
- Balance/Dizziness
- Plantar Fasciitis
- Acute Pain
- Scoliosis

**No Prescription necessary!**  
PPP accepts most health insurances, and offers competitive rates.

I have been doing physical therapy with Dr. Amber and her staff prior to and after back surgery. I have never had such individualized, specialized, constant attention and focused care. Everyone working there seems to have a passion to work as a team to make every aspect of my health, strength, and mental well being their priority. I have never had any PT that can compare, nor seen the results I have there.

Thank you to all at PPP! - Judy M.

## Two Locations to Serve You:

### PPP - Flushing

209 S. Cherry Street, Flushing, MI 48433

### PPP - Fenton - Inside Back to Basics

1220 N. Leroy Street, Fenton, MI 48430

**To Schedule Consultations or Care at either location please contact us:**

P: 810.487.9733

E: [frontdesk@primarypreventionpt.com](mailto:frontdesk@primarypreventionpt.com)

## Physical Therapy at PPP:

- Our experienced practitioners believe that many common medical conditions have become over-medicalized. At PPP, we have a proven, results driven approach using Movement as Medicine to help you live your best life, pain free.
- We believe pain is your internal alarm system, telling you that behaviors need changing! With our individualized approach, our providers can help you interpret this alarm, and eventually shut it off without the need for medication, ensuring you don't miss the things that add abundance to your life!
- You can start your individualized care at PPP with or without a prescription! Our team can tell you how!
- You can choose where you receive Physical Therapy once given a prescription from your doctor! We work directly with your insurance company for any authorization needs.

MOVEMENT  
IS  
MEDICINE

POWER  
self  
STRENGTH  
motivation  
DISCIPLINE  
energy  
IS  
life  
ACTIVE  
fruit  
protein  
MOVEMENT  
MEDICINE  
GRATITUDE  
breathwork  
CONSISTENCY  
nutrition  
LIFE  
hydration  
performance  
ENDURANCE  
balance  
SUCCESS  
LOVE  
PREVENTION  
mindfulness  
positivity  
self -  
vegetables  
AWARENESS  
sleep

EAT *well*  
MOVE *daily*  
HYDRATE *often*  
SLEEP *lots*  
LOVE *your body*

repeat for **LIFE**



### PPP - Menu of Services

- Physical Therapy
- Running Gait Analysis
- Personal Training
- Individual Design Online Coaching
- Nutritional Consultations/Coaching
- Deep Tissue/Sports Massage Therapy
- Energy Work/Reiki
- Group Fitness Classes for all Ages and Skills!



## PRIMARY PREVENTION PHYSIOTHERAPY

209 S. Cherry St. • Flushing, MI 48433  
1220 N. Leroy, Fenton, MI 48430  
(located inside Back to Basics Wellness)  
p 810.487.9733 • f 810.867.4938

## THE OFFICE OF ...

Dr. Amber Schlemmer PT, DPT, CSCS - NPI: 1790233658  
Dr. Curtis Hook, PT, DPT - NPI - 1689341703  
Dr. Janell Klosterman, PT, DPT - NPI 1811437098  
Dr. Ryan Bean, PT, DPT, OMPT, OCS - NPI 1922067974  
Dr. Rachel Badr, PT, DPT - Pelvic Health - NPI 1578100046

PrimaryPreventionPT.com

PPP Group NPI

NPI: 1770006199

## PHYSICAL THERAPY PRESCRIPTION

(Please fax to office and give to patient)

Patients Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of Next Physician Appointment: \_\_\_\_\_

ORDER ☐ Evaluate and treat \_\_\_\_\_ times a week for \_\_\_\_\_ weeks  
☐ Continued Care \_\_\_\_\_ times a week for \_\_\_\_\_ weeks  
☐ Massage

MD, DO,  
NP, DPM,  
PA-C

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Referring Physician NPI: \_\_\_\_\_ Physician's Name: (PRINT) \_\_\_\_\_

### This is Your Prescription for Better Health! Movement is Medicine

☐ Nutritional Consult

☐ Physical Activity Consult

☐ Chronic Disease Management

#### PHYSICAL ACTIVITY GUIDELINES FOR ADULTS:

- 150-300 minutes/week of moderate-intensity activity or 75 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week



#### IMPORTANCE OF AEROBIC ACTIVITY?

- Moderate activity is at a pace where you can talk but cannot "sing." Examples: brisk walking, light biking, water exercise, and dancing.
- Vigorous activity is done at a pace where you can't say more than a few words without pausing for a breath. Examples: jogging, swimming, tennis, and fast bicycling.
- You can exercise for any length of time. For example, you might walk,
  - 30 minutes 5 days/week or
  - 20 minutes daily
  - 5 minutes here, 10 minutes there. Just work your way up to 150 total minutes/week.
- Gradually build up to a daily step count of 7,500-10,000 steps/day.

#### EVERYONE NEEDS STRENGTH

- You don't have to go to a gym. You can use elastic bands, do body weight exercises (kitchen counter push-ups, chair sit-to-stands), or lift dumbbells. Heavy work around your home also builds strength.
- Strengthen your legs, back, chest, and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.
- **Unsure how to start? Let our professional strength coaches guide you! Set-up your FREE consultation today! 810.487.9733**
- **HSA & FSA's accepted for personal training and massage!**



#### ☐ Aerobic Activity (circle)

Frequency (days/week): 1 2 3 4 5 6 7

Intensity: Light Moderate Vigorous  
(casual walk) (brisk walk) (like jogging)

Time (minutes/day): 10 20 30 40 50 60 or more

Type: Walk Run Bike Swim/Water Exercise

Other \_\_\_\_\_

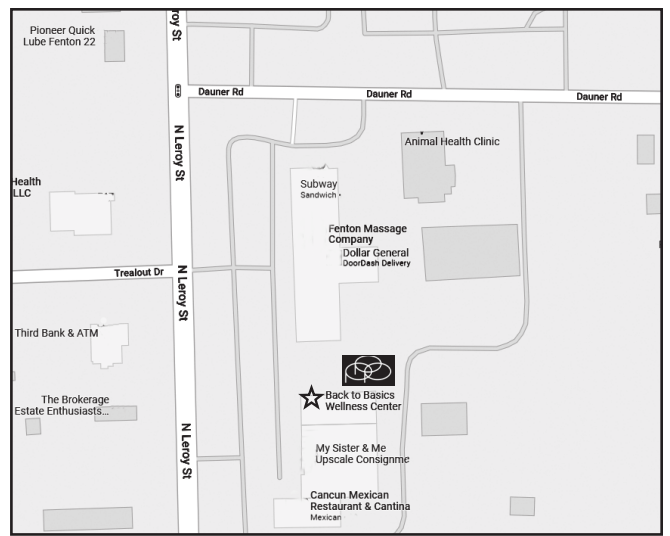
Steps/day: 2,500 5,000 7,500 10,000 or more

Other \_\_\_\_\_

#### ☐ Muscle Strength Training (circle)

Frequency (days/week): 1 2 3 4 5 6 7

**One Day or Day One... The Choice is Yours**



### Our Clinicians Specialize in:

Motor Vehicle and Worker's Compensation Injuries • Post Surgical Care • High Level Athletes  
Neurological Disorders/TBI • Post-Concussion Syndrome • Balance/Dizziness/Vertigo  
Low Back Pain/Sciatica • Neck Pain • Acute Pain • Scoliosis • Plantar Fasciitis

### Primary Prevention is now accepting most major medical insurances!

All Workers' Compensation • Auto Insurance • Medicare • Align  
Blue Cross Blue Shield of Michigan • Blue Care Network • United Health Care  
MedRisk • NexusACO NR & R • Prime Health Services • Rockport • Stratose • Tech Health  
UHC-Charter, Compass, Navigate, PREMA-Detroit • UHOne • United Healthcare Dual Complete MI  
UnitedHealthcare Medicare Solutions • Universal Smart Comp • HAP • Blue Cross Complete  
Tri Care East & West • McLaren Medicaid • McLaren • Aetna • Medicare Plus Blue  
Medicare Supplementary (AARP, TransAmerica) • Theramatrix

**We also offer competitive private pay prices and solutions for those who are in pain or injured, but are underinsured or uninsured.**

Comments / Additional Concerns: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☐ Please check if more referral scripts are needed.

*Thank you!*

★★★★★ *This is the most satisfying physical therapy I have experienced to date. They work with you to deliver what you need to improve your situation. It is one on one direction, no outside interference. My situation has improved 100%, I have issues with my right knee. I can now raise up from a sitting position comfortably instead of experiencing great discomfort. They have also helped me to improve my balance. If you are looking for a highly professional and caring physical therapy experience this is the place to do it! I highly recommend them, they are more like a 10+! - Dean C.*

★★★★★ *I have been doing physical therapy with Dr. Amber and her staff prior to and after back surgery. I have never had such individualized, specialized, constant attention and focused care. Everyone working there seems to have a passion to work as a team to make every aspect of my health, strength, and mental well being their priority. I have never had any PT that can compare, nor seen the results I have there. Thank you to all at PPP! - Judy M.*