

ATTENTION BACK PAIN AND SCIATICA SUFFERERS

Back Pain and Sciatica Workshop Reveals How to Naturally Heal Back Pain and Sciatica For Good.

- ✓ Do you suffer with back pain or leg pain when you stand or walk?
- ✓ Do you have pain when you sit for long periods or drive?
- ✓ Do you experience pain, numbness or tingling into your butt, groin or down your leg?
- ✓ Does your back ever "go out" if you move the wrong way?
- ✓ Are you afraid your pain will get worse when you stand or walk?

If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial), the Lower Back and Sciatica Workshop may be a life changing event for you...

Back pain and sciatica can completely ruin your life....

- It can make you lean on the shopping cart when walking through the grocery store (how embarrassing...)
- It can take your focus away on enjoying your life... Like spending time with your children or grandchildren.
- It can mess up your work or force you to do a job you don't want to do...
- It can ruin your travel plans...
- And it can take away your ability to live life... Having to rely on others or wait for you to sit down for a minute.

And less movement and enjoyment of life can lead to depression, increased stress and a sedentary lifestyle (mostly sitting... Not moving much) which leads to bigger health problems and life problems.

"My Doctor suggested PT for left Sciatic Nerve pain. PT has helped showing me numerous stretching and exercises to improve mobility." -Iris M.

"I started off with neck & lower back pain from military service. Since coming to Summit, I have gained movement back all over... More than I have had in a long time." -Joe L.

"During a usual day at work, I began noticing increasing low back pain that worsened throughout the day to the point that walking was difficult and I could not sit without pain. When I felt no better the following day, I called Summit. I truly believe my quick decision to seek therapy provided quick outcomes & pain relief." -Sarah Criswell

At Summit Physical Therapy, our Sciatica and Lower Back Specialists have helped 100's of people from right here in Chattanooga and the rest of Hamilton County who have suffered needlessly with lower back pain and sciatica. It's our specialty.

So by request, we will be hosting a Sciatica and Lower Back Pain Workshop at our Ooltewah location on March 26th, 2016 at 10am.

If you're confused about what to do and looking for answers, here's some of what you'll learn:

1. The single, biggest, #1 mistake back pain and sciatica sufferers make which actually stops them from healing.
2. The most common causes of lower back pain and sciatica.
3. A sure-fire way to pick the right treatment for the cause of your pain (and save you a ton of time and money).



1790 Hamill Rd
Hixson, TN 37343

SPECIALIZING IN :

Low Back Pain & Sciatica · Neck Pain · Headache & TMJ Dysfunction · Hip, Shoulder, Elbow and Knee Pain · Bursitis & Tendonitis · Plantar Fasciitis · Dizziness & Vertigo · Concussions · Balance Training & Fall Prevention · Sports Rehab, Performance & Injury Prevention · Running, Swimming & Biking Injuries · Golf Analysis

summit-therapy.com · phone: 423.842.9322 · fax: 1.866.591.0619

SportsBarn Downtown:
304 Broad St Chattanooga, Tn 37405
SportsBarn Hixson:
1790 Hamill Rd Hixson, Tn 37343

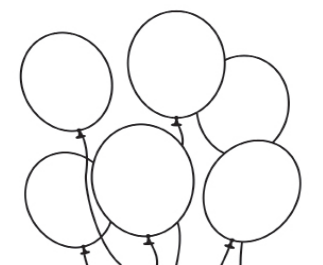
Cambridge Square in Ooltewah:
9380 Bradmore Ln Ste 100 Ooltewah, Tn 37363
Red Bank at Erlanger North:
632 Morrison Springs Rd Ste 302 Chattanooga, Tn 37415

Our therapists are also certified in the following treatment options:

- ❖ Normatec Recovery ❖ Class 4 Light Force Laser ❖ Astym Certified ❖ OptoJump
- ❖ TPI Certified Golf Analysis and Kinetic Vest Screening

March Staff Birthdays:

Ashley Campbell
March 27th



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- Special Events •Contests •Health Tips
- Patient PT Success •And more!



MARCH 2016

INSIDE THIS ISSUE:

- SUCCESSFUL BUSINESS
- SUCCESS STORIES
- SUMMIT WORKSHOP
- BUSINESS EXPO
- HEALTH MENTORS
- STAFF BIRTHDAYS

Our mission is to serve you with such a great experience that you:

1. Thank the person who sent you here.
- AND
2. Refer people who you care about to us.

Misspelled word contest

Find the 3 misspelled words in this newsletter, call 423-842-9322 and select extension 7 for a chance to win a

\$10 gift card

contest for present and past patients only.

MONTHLY

SUMMIT | PHYSICAL THERAPY

A Recap of Summit's Success

As you remember, this time last year, Summit Physical Therapy won the Small Business of the Year Award! This great honor is presented annually by the Chamber of Commerce to local businesses recognizing their entrepreneurial success in the community. The award ceremony takes place in the midst of a huge event called Expo Chattanooga. The Expo is open to the public to check out hundreds of businesses that have set up booths to promote products and demonstrate services as well as celebrate with their community.

Looking back to this moment of recognition, Company Founders and Owners, Dan Dotson and Kevin Kostka, were asked to share their reactions and emotions from this day.



"I felt a lot of pride in that moment for what everyone within the organization was able to accomplish in order to be recognized for the small business of the year award. The small business award was not a goal of ours. Honestly, we didn't even know that it was an award until we were nominated and recognized as a finalist. Then on that day... to actually win the award was pretty amazing. Everyone's hard work had come to the forefront, and the organization was being recognized for something that we are passionate about and that we have a purpose to do. That is a great feeling to win an award for doing something that we love doing... helping people" -Kevin

"Leading up to the ceremony, there was a lot of anticipation and some nervousness, but the energy around our booth during the expo was so positive... we had a good feeling. When they announced our name as the winner, a rush of emotions fell over me. I felt honored to be recognized by the business community as the winner, proud to be a part of an organization that works to achieve the same purpose and fortunate to have developed relationships and partnerships that have facilitated our growth along the way. As a company who started with 2 people, you realize how far you have made it and all of the people who have joined your team along the way to make it happen. I thought about my family and how they supported and trusted me years ago as I quit my job to start this business... that hit home for me." -Dan

SUCCESS STORIES

Expo Chattanooga

PAIN-FREE LIVING



I started off not being able to stand for more than 10 minutes and having pain throughout my whole day. Summit Physical Therapy has helped me become independent and to manage my pain. I am now able to sleep and am able to go back into the things I love to do.

-Victoria Johnson
Happy Ooltewah Patient

I had rotator cuff and bicep surgery. Before I came in to Summit I was unable to do anything with my right arm. As a garbage man, I was unable to pull myself into my truck which put me out of a job. Now I am able to do everything with my right arm and hand.

-James Suttles
Happy Downtown Patient



Continued from page 1

Now being the leaders of an award-winning business, the organization decided to continue with their growth strategy and expand into the Ooltewah and Red Bank communities. The Red Bank clinic hit home for both of the owners as they are both Red Bank High School Alumni. They are both proud to be able to help serve the Red Bank community. The local area Chamber chapters led the ribbon cutting ceremonies in November of 2015 during Summit's open house events.

2015 was such an obvious success for Summit! Kevin and Dan both agree that the goal for 2016 is to continue to help more people in the greater Chattanooga area. With two new outpatient clinics, this will allow Summit to help and heal that many more people in our community!

Join us Wednesday March 23rd for Expo Chattanooga 2016!

Why is it important to us that you, our past and present patients, join us on this day?

We consider you a part of our family, and you are one of the biggest reasons we are able to do what we do best. We couldn't do it without you. Join us for this event and share in celebration of Summit's success and local business success! We will be recognized as the former Small Business Award Winner as well as congratulate other local businesses on their wins. This is a great opportunity to meet new people, learn about products and services in Chattanooga, and as always, our experts will be there to answer any of your PT questions.

Where? The Chattanooga Convention Center
When? March 23rd, 2016 from 10am-4pm
Cost? **FREE** to the Chattanooga Community!



I had trouble with most movements. While I was here, we worked on stretching and balance on my right foot. There was never a dull moment when I was in therapy. Now I can play all of my sports that I couldn't before.

-Hailey Gribben
Happy Red Bank Patient

Due to an unknown caused back injury, I was in incredible pain with numbness down my right leg making it impossible to workout or even more important to me, I was unable to run anymore. I was used to running 6-10 miles a week. After a steroid injection in my back, I was referred to Summit PT. From the first appointment on I was impressed with the level of expertise and care of Sam & Jason. The sessions have not always been easy or comfortable, but they have taught me how to improve my workouts & running style to hopefully avoid any future injury. Highly recommended!

-David Champion
Happy Hixson Patient

4. How a problem in your back can cause pain, numbness or tingling in your leg.
5. What a successful treatment and permanent relief looks like without the side effects of medications, injections or surgery.

How do I register for the Lower Back Pain and Sciatica Workshop?

Call 423-842-9322, Option 3, then Option 4 or email summitpt@gmail.com.

We are limiting this event to the first 20 people to register... This will be going out on our social media sites as well as in a postcard to the general public. So if you would like to attend, be sure to call us today!

When: March 26th, 2016 from 10-11am

Where: 9380 Bradmore Lane Suite 100 Ooltewah, TN 37363

Cost: FREE

Call 423-842-9322 (option 3, then option 4) to register your spot for the lower back pain and sciatica workshop.

Promo Code: MarWork



PS- All attendees will also receive a copy of "The Top 10 Most Burning Questions for Sciatica"

PPS- Don't forget, space is limited. Be one of the first 20 to register.

Dedicated to your health,
Dan Dotson, Kevin Kostka and the Summit PT Team



Happy St. Patrick's Day!

Refer a friend, get a gift!

February's Health Mentor Spotlight

Janie Shipley referred Pat Coggin to us for therapy! Thank you for the referral, Janie, and enjoy your gift card!