

Dr. Nolan Lee: Sometimes people come in here and they just want to be out of pain. It might be neck pain or back pain. Just, I can't do my job. I just want to be able to work without pain.

A lot of patients get about a 10 week treatment plan for rehab. And it doesn't have to be that way, but 10 weeks is based on the amount of time that's needed to reprogram a person, right? So it's like breaking a habit and then learning a new habit. So a lot of what we do is based on correcting functional movement patterns because those are often the root causes of what's causing someone pain or dysfunction or making them injure themselves over and over again.

Adrean Novak: We start from the basics. We start with a crawl, like we say. We're mainly focused on getting them out of pain. So we're doing the immediate care that has to happen.

Dr. Nolan Lee: So this person squats in a certain way that's going to make them hurt their knee or their back or whatever their complaint might be, right? And we need to get them pain-free so they can do this activity that they're trying to do, right? So we take those 10 weeks. A lot of it's like in the beginning it's just fixing some of those injured areas, being some tissue work, manipulations, trigger point injections, whatever we're using. Most of those 10 weeks are about all right, let's identify and it makes you conscious of how you do certain things and then slowly build up. But we'll break down a movement piece by piece and train someone to move their hip correctly and move their ankle correctly and then build it up to all move together correctly. And then solidify that in their body, solidify that in their cerebellum to make that a pattern that is just what they normally do now.

Adrean Novak: And then after that we start assigning homework. We start increasing progressions. They're getting stronger, they're getting smarter. And at the end of the day, they're actually just learning how to combat their pain on a personal level. They're becoming body-wise as we call them. For instance, they won't fall into the same patterns they were doing before.

Dr. Nolan Lee: So that's why it takes a little bit of time to transition, and that's what we really find effective for long-term care because we want you to have a longterm solution, not just like, okay, well we can do that beginning stuff and just fix those tissue injuries or whatever, but we don't fix what's causing those things. You're just going to come back with the same thing, right? And that's why we get a big picture of the why, of what you're trying to get to, what you want to do. Because we use that why to make an assessment. If we do these certain things, will you long-term be able to go on and do these and get your goal accomplished and maintain that goal? We don't want to be one of those places where we just treat you forever, although some people come in for elective care, right? But graduation is the day that marks saying the goals that we determined in the beginning when we first met, you have achieved them and we're confident that you can continue on.