



# PERFORMANCE

## INTEGRATED HEALTH

Dr. Ryan Flatt and Dr. Garret Kusch are the Principals at Performance Integrated Health as well as the resident Chiropractors. We recently asked them to share their take on the Integrated Health aspect of the clinic.

***Q: Can you explain the integrated aspect of Performance Integrated Health? What does it mean for your patients?***

At Performance Integrated Health we have assembled a team of highly qualified practitioners and therapists from different disciplines that each play a vital role in patient's health and wellness care. We are able to share information and opinions immediately and encourage and promote discussion of cases between one another so that we are constantly growing in our own abilities and expanding the knowledge of others. What this means to patients is that they not only receive the most comprehensive care but that their recovery is as quick as possible as the normal delay, time to compile information and redundancy of procedures that occurs when moving between facilities for care is avoided. Our focus is on the patient and to minimize their delay to their full and complete recovery.

***Q: It's quite unique to have Physiotherapy and Chiropractic under one roof. Can you please explain how it works and why it works so well?***

One of the strengths of a good practitioner is not only to know what you're good at but also to know what you aren't. Not every condition responds favorably to one type of care and together chiropractic and physiotherapy are highly effective in combination when caring for patients. Simply put both address the musculoskeletal and neurologic systems but each may stress one more than the other so that together they address the body and condition thoroughly. Primarily, chiropractic influences the musculoskeletal system through the neurologic system and utilizes the adjustment to accomplish that. Physiotherapy utilizes modalities such as ultrasound, IMS and rehabilitative exercises to influence the same systems. For example, adjust the joints through chiropractic to re-establish normal joint arthrokinematics (movements) and utilize physiotherapy to engrain the patterns that maintain these arthrokinematics. Awesome!!!

***Q: How do patients know which practitioner they should see or which treatment is the best for them?***

I usually tell my patients or people that ask me this question to go to someone they trust. Whether you see your chiropractor, physiotherapist, massage therapist or whomever, just go to someone you trust. If they are caring and focused on what's best for you which is what a good practitioner does they will point you towards what you need for your care. That's one of the strengths of Performance. You are able to move between practitioners easily, almost immediately and your information can be shared in real time. This limits redundancy and speeds one towards their full recovery.