

Dear Patients and Friends:

We are celebrating the start of the New Year with the launch of Back 2 Motion Physical Therapy-- your Physical Therapy Solution!

Many of our patients have been curious why we opened up a new Physical Therapy center instead of simply expanding our current business. In 2004, we decided to open up One on One Physical Therapy as a private practice so we could make the rules: We wanted to see each patient for an uninterrupted hour, every session. It was our way of controlling quality of care and guaranteeing one on one time for patients, instead of letting an insurance company dictate those parameters.

As we've grown over the last six years, we found our hands were tied: We had developed a successful, effective model of treatment, but we weren't able to help every person who walked through our door. Many prospective patients were limited to in-network care in order to afford the treatment they needed, so we would have to refer them to other Physical Therapy centers.

Launching Back 2 Motion Physical Therapy enabled us to expand our business *and* broaden our access to the community. Think of Back 2 Motion as a hybrid--- it's private practice quality under the umbrella of in-network coverage.

**Bottom line: We are providing a more affordable alternative without ever sacrificing quality of care.**

Here are some more specific answers to questions you may have:

**Will Karen and Blair be treating patients at Back 2 Motion Physical Therapy?**

*No. We will only be treating One on One Physical Therapy patients while we oversee both companies. We hand picked the most qualified and talented Physical Therapists in the industry to staff Back 2 Motion Physical Therapy. In this newsletter, you will read about **Melissa Baudo, PT, DPT, MTC**, Back 2 Motion's lead Physical Therapist. Another welcome addition to the Back 2 Motion staff is **Meredith Ireland, DPT**, recently selected from Mercer University's Resident Program.*

**If I've been treated at One on One Physical Therapy, can I transition to Back 2 Motion?**

*Yes. However, you would have to cover you in-network deductible in many cases.*

**Are the Physical Therapy services the same at both One on One and Back 2 Motion?**

*No. Certain specialized treatments are only available at One on One Physical Therapy, including women's health, chronic pain, and dance medicine, while Vestibular Rehabilitation is a specialty at Back 2 Motion Physical Therapy. Sports Medicine experts are available at either company.*

We are also expanding our Therapeutic Yoga curriculum. Marlysa Sullivan will be leading our weekly classes. She is a physical therapist and yoga teacher in the Pranakriya Yoga tradition. Combining her knowledge of the body and physical therapy with yoga principles and practice has enabled her to develop a unique approach to working with the body and mind in healing from injury.

If you have any questions or concerns, please call or stop by the One on One Physical Therapy or Back 2 Motion Physical Therapy offices. We look forward to continuing our journey toward total body wellness with you...

In Good Health,

Karen Davis Warren and Blair Green  
*Partners, One on One Physical Therapy and Back 2 Motion Physical Therapy*

**Meet Melissa Baudo,  
PT, DPT, MTC  
Leading Back 2 Motion  
Physical Therapy**



*“I look forward to bringing the knowledge and skills that I have gained over the last four years while working on the WTA Tour to a new group of rising athletes, aspiring therapists, and new patients at Back 2 Motion Physical Therapy.”*

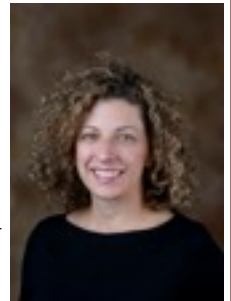
Melissa Baudo joins Back 2 Motion Physical Therapy after a global journey as a full-time Sports Physiotherapist for the Women's Tennis Association (WTA), working with some of the most elite women athletes in the world. Melissa's four year journey on tour spanned 4 continents, 30 countries, working over 17 tournaments per year, including the Grand Slams. She has also spent several years traveling for the Australian Open, the French Open and the US Open, working alongside some of the most sought after physiotherapists and osteopaths in the industry.

Melissa received both her Masters degree and her Doctorate from Emory University; she received her Bachelor of Science in Exercise Physiology from The Ohio State University, where she played for the OSU Women's Club Soccer team.

Melissa is an orthopedic and sports medicine specialist and is certified in Manual Therapy from the University of St. Augustine. Her treatment approach is comprehensive, treating the whole person as well as the injured area. Her treatment consists of skills and techniques she acquired around the world including osteopathic manipulation, visceral manipulation, craniosacral therapy, Intramuscular Manual Therapy (IMT - Trigger Point Dry Needling), Mulligan mobilization, and a variety of taping techniques for all conditions.

**continued on next page...**

**Meet Mary Beth Verlander, PT, MPT  
A One on One Expert**



*“I enjoy working at One on One because I can do what I love in a terrific work environment. I spend meaningful time with my patients to effect significant change, and I am surrounded by a great group of physical therapy clinicians who share my philosophy of Physical Therapy.”*

Mary Beth Verlander brings over fifteen years of experience in the medical field to One on One Physical Therapy. Mary Beth initially started her career in nursing. After graduating cum laude from Georgetown University with a Bachelor's in Nursing, Mary Beth worked as a nurse in the Neuroscience Specialty Unit at Georgetown University Hospital.

She moved to Atlanta to pursue her physical therapy degree at Emory University and continued to work as a Nurse in the Neurology and Neurosurgery at Emory University Hospital. Upon graduation from Emory University with a Master's in Physical Therapy, Mary Beth worked for Physiotherapy Associates and soon afterwards became the Director of Physiotherapy Associates' Howell Industrial Clinic in midtown Atlanta. Mary Beth then moved to New York City and worked in a private practice on Wall Street, treating patients with various musculoskeletal injuries, work-related injuries due to computer use, and students from the Manhattan School of Music. In 1998, Mary Beth started an eponymous physical therapy practice in Midtown Manhattan to provide comprehensive and individualized physical therapy in one-hour sessions, a unique concept at that time.

During her time in New York, Mary Beth met with numerous high ranking elected New York State officials to help pass key physical therapy legislation.

**continued on next page...**

**Melissa Baudo, PT, DPT, MTC, cont.**

Melissa's goal for any athlete is a quick and effective return to sport and for the active person to get Back 2 Motion.

Prior to joining the WTA Tour as a lead Physical Therapist, Melissa covered various professional and amateur sporting events, including the AVP Beach Volleyball tournament in Atlanta, Georgia and the Emerald Coast Beach Volleyball Tournaments in Fort Walton Beach, Florida.

Melissa is a member of the American Physical Therapy Association, Orthopedic and Sports Sections, and a member of the National Strength and Conditioning Association.

Melissa is a published author and has made contributions to numerous professional tennis publications. Melissa is a Polestar trained Pilates Instructor.

At the last major tournament of the 2010 tennis season, Melissa's fiance, Brian, surprised her at the US Open by proposing to her on center court in Arthur Ashe Stadium. They plan to wed in the summer of 2011. Melissa enjoys traveling, experiencing different cultures, spending time at the beach, training for triathlons, reading, and spending time with her family.

**Mary Beth Verlander, cont.**

Mary Beth has continued her education and training throughout her career. She completed extensive training in Osteopathic Manual Medicine from Michigan State University and Manual Physical Therapy from the Institute of Physical Therapy and the Institute of Physical Art and numerous physical therapy continuing education seminars. She is certified in Pilates Mat Exercise and is a member of the American Physical Therapy Association, the Orthopedic Section. Mary Beth is also trained in Intramuscular Manual Therapy.

Mary Beth has first-hand experience as a physical therapy patient; she has suffered numerous musculoskeletal injuries that have shaped her physical therapy philosophy. Mary Beth has found that too often in medicine, the injury is treated, but not the entire individual. Mary Beth feels that One on One Physical Therapy offers the right environment to provide personalized, comprehensive physical therapy with a carefully choreographed treatment plan between therapist and patient.

In her free time, Mary Beth enjoys spending time with her family traveling, playing tennis and cooking.

**Meredith Ireland, PT, DPT**

*"I specialize in Vestibular Rehabilitation and Sports Therapy. I'm so excited to begin working with the incredible staff of Back 2 Motion and start building relationships with their valued patients."*



Meredith Ireland joins the staff of Back 2 Motion as an Orthopaedic Resident through Mercer University. She earned her Doctor of Physical Therapy from Emory University and her Bachelor of Science **continued on next page...**



### **Meredith Ireland, cont.**

degree in Biology with a minor in Chemistry from the University of North Carolina at Chapel Hill.

Along with her emphasis on Orthopaedics and Sports Medicine, Meredith is certified in Vestibular Rehabilitation. This area of physical therapy focuses on the rehabilitation of vertigo, dizziness, and balance-related disorders. Most recently, she worked as a Physical Therapist for Atlanta Rehabilitation and Performance Center.

An avid sports fan with a professional focus in Sports Physical Therapy, Meredith served as a Medical Team member for the Emerald Coast Beach Volleyball Week in Fort Walton Beach, Florida.

Meredith values continuing education. In 2010 she completed certifications for Vestibular Rehabilitation, Selective Functional Movement Assessment (SFMA) and Functional Movement Assessment (FMA) and attended the Principles of Manual Medicine course at Michigan State University College of Osteopathic Medicine. She is an active member of the American Physical Therapy Association in both the Orthopaedic and Sports Sections.

Meredith enjoys playing tennis, cheering on her North Carolina Tarheels, spending time with her friends and family, and spoiling her cat Punkin and her dog Griffin.



### **Marlysa Sullivan, PT, MPT, RYT** *Yoga Classes Available for Physical Therapy Patients*

Marlysa Sullivan holds a Masters of Physical Therapy degree from Georgia State University with a focus in complementary and alternative therapy, as well as orthopaedics. Since graduating, she has worked in various orthopedic settings and has focused her continuing education on manual therapy, including craniosacral therapy.

Marlysa's work and experience in treating patients led her to an interest in the mind-body connection and the practice of yoga. She received her 200 hour yoga teaching certificate in 2004 and later completed her 500 hour yoga certification at the Pranakriya School of Yoga Healing Arts with Yoganand Michael Carroll.

Marlysa went on to develop a Yoga Therapy curriculum for the Pranakriya School of Yoga Healing Arts, which is now being taught across the country. She works with the International Association of Yoga Therapy in developing standards for yoga therapy. Marlysa is also adjunct faculty at Georgia State University where she teaches Yoga to Physical Therapy students. She currently teaches Anatomy, Meditation and Therapeutic Yoga.

Working with One on One Physical Therapy and Back 2 Motion Physical Therapy allows Marlysa to be part of a community of Physical Therapists focused on the complete well-being and healing of the patient. Her one-on-one time with patients enables her to incorporate Yoga Therapy into her physical therapy plan of care.

\*photo on left is Marlysa Sullivan

## Yoga in Rehabilitation by Marlysa Sullivan

Yoga and its healing methods have been practiced for centuries, but we're starting to see more healthcare providers integrating the ancient art into treatment programs to tackle modern illnesses. Yoga offers a multi-dimensional approach to healing, and when done correctly, can improve function and create balance among the body's major systems. Yoga has been effective in treating patients suffering from arthritis, low back pain, carpal tunnel syndrome, depression and anxiety.

Our therapeutic yoga classes combine a series of positions that target musculoskeletal problems and chronic pain. We focus on decreasing pain by realigning the body with healing postures and breath work. Regular yoga practice can dramatically improve stability, range of movement and increase overall strength and endurance.

Yoga also has a positive effect on the nervous system. Many pain syndromes are accompanied by an overactive "stress" response and the resulting effects on nervous, endocrine, immune and cardiovascular systems. When the body reacts to different types of stress, from deadlines to imminent danger, the sympathetic nervous system triggers a fight-or-flight response: Heart rate and blood pressure increase, digestion is reduced and adrenaline production is stimulated. Yoga activates the parasympathetic nervous system directly, counteracting stress and bringing the rest of the body's systems into balance.

Chronic stress can lead to a variety of physical and emotional problems. Yoga's series of postures, controlled breathing exercises and meditation can alleviate stress, anxiety and even depression. mindfulness to create this balance. We offer a series on Thursday evening at 5:30pm and on going classes Friday at 12:15pm.

## 6 Week Resolution Challenge Are You Ready To:

- Finally get off the diet roller coaster and begin a truly healthy life?
- Lose the weight for good?
- Find an exercise plan that you enjoy and gets results?
- Figure out what foods you NEED to be eating?

This nutrition coaching and personal training program will guide you through lasting changes that you can incorporate into your daily life. Save money and save time by doing something that works!

Included with this program you will receive:

A complete assessment of your current nutrition status including:

- Body fat % and BMI
- Identification of key areas that need improvement
- Complete report of your current supplement intake including potential nutrient-drug interactions, proper dose, brand recommendations and specific instructions for optimal use
- Six 30-minute in person nutrition coaching sessions
- Twelve 30-minute personal training sessions (2 sessions per week)
- Personalized Fitness Routine to complete on your own.
- Unlimited email access for the questions you have along the way.
- If you decide to continue the program at the end of 6 weeks. You will be given a 25% discount on your next personal training package.

Program begins on January 10th @ Equipoise

This program typically costs \$900 for 6 weeks. For a limited time it can be yours for only \$499.

Please contact **Amber Ramga** to sign up:  
(404) 819-2005

[amber@accelerationfitness.com](mailto:amber@accelerationfitness.com)



## **Save 25%** **SNOW SPECIAL!**

**We've extended our Pilates Package Special!**

5% off 5 pack, 10% off 10 pack, 20% off 20 pack

\*Good for private sessions only, no mat classes.

**Offer Expires: January 31, 2011**

## **One on One Physical Therapy and Back 2 Motion Physical Therapy**

Both of our offices are located:

**3300 Northeast Expressway  
Building 8, Suite C (One on One) and Suite E (Back 2 Motion)  
Atlanta, GA 30341**

**One on One Physical Therapy:**

**(770) 500-3848 office**

**(678) 868-1114 fax**

**Back 2 Motion Physical Therapy:**

**(678) 990-7404 office**

**(678) 999-2805 fax**