

Happy New Year

2007 opens with the promise of even more changes in the healthcare field. If there is one constant in our profession, it is the change which occurs almost daily. OPTM has remained current with the physical therapy changes with a staff of 4 people who devote full time attention to changes occurring with Medicare, Workers' Compensation, private insurers and evidence based practice. Prepared with this knowledge, we move forward with the confidence that we can and will continue to meet the needs and desires of our referral sources and patients.

In 2006, our referral base blossomed to 280 doctors. We had over 21,000 visits between our Los Gatos and Saratoga offices. Perhaps, what gives us the most pride is that our average number of visits to discharge dropped to 10.5 visits, almost 8%! People come to us to get better and to learn how to take care of themselves, and we deliver the goods.

2006 was an exciting year at both our Los Gatos and Saratoga offices. 4 new therapists joined our team bringing our staff to 11 therapists. Many have advanced specialty training in manual therapy and 2 are Fellows in the American Academy of Orthopedic Manual Therapy and an additional 3 have attended 1 year courses in manual therapy, 2 are Certified Athletic Trainers, 3 are Certified Strength and Conditioning Specialists, 1 is certified in Pilates, 1 will be certified in Ergonomics in 2007 and, most impressive, 8 are board certified in Orthopedic Physical Therapy. 5 of our therapists hold a doctorate degree.

Our own continuing education program expanded to include presentations about Osteo-arthritis, specificity of movement and training of the spino-brachial and spino-support systems, emergency medical response, advanced gait analysis and the application of dynamic control of the lower extremity and injury prevention and rehabilitation of the hip, knee and ankle. Our current scientifically based philosophy, in collaboration with the referring physician, provides the patients with the best therapy available.

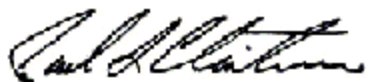
OPTM continues to work in the community covering high school athletic events, The San Jose Grand Prix, and many of us belong to volunteer organizations providing assistance to community causes.

Some of the challenges of 2007 will be working with the Medicare cap on therapy services continuing at \$1,740 and a murky extension process. The cap, in spirit, is intended to assist those with different diagnoses occurring at different times of the year and does not apply to all cases. Many of the insurance companies are limiting therapy resources and on the horizon is the anticipated "pay for performance." The population is aging, expanding and in greater need of physical therapy than in any time in history. Indeed the shrinking resources and increasing demand will be a challenge.

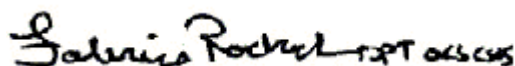
OPTM has been working for the last 17 years to refine all aspects of performance. Our staff provides pre-authorization and insurance benefits information to all of our customers. We are positioned to continue to have only physical therapy specialists provide care with proven efficacy, which returns people to independence and comfort in relatively brief time frame. Our goal is to provide exceptional customer service. Appointments will be available within 48 hours of the initial inquiry. Clear, concise communications will be delivered to the referring physicians for use in the total management of the patient and we are always available by email, just visit our website!

May 2007 bring you perspective and joy. Each day is an opportunity to be thankful that we have the ability to help others.

All of the best,



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