



Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect. [Learn more>](#)

A MESSAGE FROM OUR CEO



Community & Adaptability: Reflecting on 2021

By: Lynn Erickson - Chief Executive Officer, ATS

2021 has been a year of continued adaptability, and while uncertainty continues to linger from 2020 and the pandemic, our team has remained resilient and driven to provide our patients with the best therapy services.

It is no secret that the pandemic created great pockets of isolation and that, at times, we are the primary source of human interaction for our patients. However, we do not take this responsibility lightly, as our team believes in a holistic approach to care that includes our therapy services and conversation and friendship.

This year, we are reminded again of the critical role that therapy plays as a member of the interdisciplinary team. We are taking our job a step further by going beyond the therapy space to create connections and bring smiles and joy. The adversity we had been facing because of the pandemic has turned into hope and resilience, both for our patients and team members.

We are hopeful to see that our patients keep getting better. It's inspiring to see them participate in their sessions with our team members and witness how their work pays off. This is just one example of how, together, we have been lifting each other up, cheering each other on and working for a better future and quality of life.

Looking ahead to 2022, I am hopeful and excited for the expansion of our Respiratory Therapy services through our Exhale Program and the expansion of our specialties to include oncology.

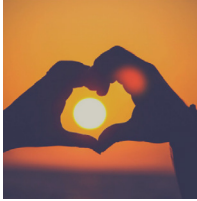
Showcasing strong, supporting leadership will remain one of our main tasks as we welcome the new year. This includes keeping open and available lines of communication, providing direct support to our team and developing creative ways to diversify our service offerings to better serve the patient population.

I am very grateful for the dedication and tenacity of our team. Their commitment and love for their craft nurture our strength to continue and keep doing the right thing. As a team, we will continue to root for our patients, both in the therapy space and as members of their support system. We will continue to find innovative ways to collaborate with each other in order to provide our patients with personalized care options.

Thank you for your support and continued partnership. Wishing you a joyous and healthy holiday season and a prosperous new year.

-Lynn





Reflections from the ATS Team

“At Advanced Therapy Solutions, we are family.”

CLINICAL SPOTLIGHT: PT DURING HOLIDAY SEASON

Remaining Active During the Holidays

Usually a time of celebration and togetherness, the holiday season may still be a little blue in 2021. For the patient population, many will be isolated which may lead to episodes of depression, feelings of loneliness and even missed therapy sessions. Luckily, Physical Therapists and Occupational Therapists can help address the issue of social isolation and support a holistic approach to treating adults experiencing depression or anxiety.



It's All About J.O.Y.

Physical Therapists and Occupational Therapists can assess an individual's abilities and work together with the members of the interdisciplinary team (IDT) to create a customized plan of recovery for each patient. Even in the holiday season, it is important to follow your plan of care to ensure the best results. Consider the following:



Just because it's the holiday season, it does not mean physical recovery is off the table. Physical activity can help improve a patient's physical, mental and social health. It can also help improve chronic conditions like heart disease, diabetes, obesity and depression. ([Source](#))



Outside of providing physical recovery, physical therapy also helps with pain management and movement. It is a great way for each individual to take charge, support their own care and work towards having a better quality of life.



Yearly, 1 in every 4 older adults suffers a fall. Physical therapy, even in the holidays, will help patients stay on track with an individualized plan that may include balance training, movement training, strength training and much more. ([Source](#))

ATS Physical Therapists and Occupational Therapists are integral members of the Interdisciplinary Team to support both physical and psychosocial well-being. By helping you remain consistent with your therapy protocol, they are also helping your goals, physical endurance and mental health.

[Contact us](#) to discuss how our team can support your patients throughout the holiday season and beyond.

Leadership Recommendations

- A person-centered approach to patient assessment and care planning should be developed by the Interdisciplinary Team (IDT) to ensure care is personalized for each individual. Ensure the plan incorporates skilled PT/OT/ST interventions and recommendations in conjunction with other therapeutic modalities to treat depression or anxiety disorders.
- Communication within the entire care team to address both short- and long-term goals is vital.
- Encourage patients and families to participate in their plan of care that is customized to their specific needs and goals. Provide patient/family resources to stay connected with their loved ones, especially during the holidays (e.g., scheduled phone calls or online visits, notes of encouragement, photos of family members, etc.).

Informative Articles and Resources:

- [Fun Ways for Older Adults to Stay Physically Active – NIH](#)
 - [Physical Therapy Guide to Falls – APTA](#)
 - [Exercise Therapy Improves both Mental and Physical Health in Patients with Major Depression – Disability and Rehabilitation](#)
 - [“Crawling Out of the Cocoon”: Patients’ Experiences of a Physical Therapy Exercise Intervention in the Treatment of Major Depression – Physical Therapy & Rehabilitation Journal](#)
 - [Effect of Structured Physical Activity on Prevention of Major Mobility Disability in Older Adults – JAMA](#)
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LEGISLATIVE UPDATES



Make Your Voice Heard: Support Therapy Professionals

Earlier in December, the Centers for Medicare and Medicaid Services (CMS) published the **final 2022 Physician Fee Schedule Rule**. Download the [press release](#) from CMS.

Highly impacting therapy services, the payment for outpatient therapy services furnished by physical therapist assistants will be reimbursed at 85% of the Medicare Physician Fee Schedule.

This payment cut will negatively impact providers, ATS and the patients we serve.

Take Action

PTAs play a crucial role in the PT/PTA team and help bridge the gap in access to care. Take a moment to share your concerns regarding the recent changes in the fee schedule before 12/31/2021.

[Ask Congress To Fight the Cuts](#)

[#FightTheCut](#)



Holiday Wishes from Our Team

We are grateful for your continued partnership and trust. Our team at Advanced Therapy Solutions wishes you a healthy holiday season and a wonderful 2022. Happy New Year!

At Advanced Therapy Solutions, we are focused on maximizing our patients’ physical comfort and functionality. Learn more about our services [here](#).



[Learn more about our services](#) | info@ats-therapy.com

Let’s Connect! Follow ATS on LinkedIn:

