

“HEAR FROM OUR CLIENTS WHO HAD
TRIED EVERYTHING...INCLUDING OTHER PT'S”



Client Success Stories



Are Your Patients Failing PT or is PT Failing Your Patients?

Patient Testimonials

Patients Who Avoided Surgery.....	1
Sciatica and Back Pain.....	2
Pelvic Floor Pain.....	6
Virtual Treatment.....	7
Knee Pain.....	8
Shoulder Pain.....	10
Hip Pain.....	12

Patients Who **AVOIDED SURGERY**

“The Surgery Is Canceled and I Have My Life Back”



Tracy Popish

5 stars

Over the years, I've seen some highly-rated Physical Therapists, gone through the routine, and eventually found my way to recovery.

So, I have a pretty decent history of interacting with this medical profession to make some comparisons...

I had a mishap a few months back that landed me in front of a surgeon to fix me up and **I was told PT wouldn't do much of anything for me**. But, I was motivated and I really wanted to heal fast and get back to my pre-injury level of activity. So, I did a little research to see if there might be a different approach.

Then....I found **The Doctors of Physical Therapy**.

Let me first sum up this whole story: **There.Is.No.Comparison**. They are an awesome team!

I've had the incredible good fortune of being treated by Dr. Jake who has been my constant advocate, given me his total focus, and really worked hard to help me get past some pretty limiting and complicated circumstances. But now, I am on the other side of that pretty difficult situation, and I feel liberated and able to re-engage with the activities I love, thank you so much Dr. Jake!

So, yep, **the surgery is canceled, and I have my life back**.

It's really simple. If you want to accelerate healing, and get back to the activities you love, or simply want to live your life with maximum functionality, please go see the team at the Doctors of Physical Therapy.

Thank you Dr. Jake! And thank you to the rest of the Doctors of Physical Therapy Team (Dr. Tom, Dr. Trenton, Lesa)!!

Patients Who Came in With **SCIATICA & BACK PAIN**

**“I lost my ability to stand and walk...
[DPT] gave me back my life.”**



Marian Cauwet

5 stars

When I lost my ability to stand and walk due to severe sciatic pain, I tried everything to fix my leg: back surgery, physical therapy, pain management, spinal injections, spinal electrostimulation, acupuncture, massage, dietary analysis.... Nothing helped at all.

Then I found Dr Padilla, and he gave me back my life! When you go through this, you learn how many things you can no longer do if you can't stand or walk.

Now I'm back to walking 3-4 miles a day; I can lift and hold my grandbabies; I can go to parties without having to sit in a corner; I can go shopping again.

What was different about Dr Padilla's approach is that he carefully analyzed the root cause of my problem. All the other doctors I had seen were focused on alleviating the symptoms.

Once Dr Padilla identified problem areas, he worked with me to test his hypotheses and then to fix the specific problems he identified through a combination of physical therapy and referrals to some very unique specialists, including one who could repair muscle tears without surgery and even one who could help me cope with the mental and emotional challenges that I am convinced contributed to the problem.

I can't speak highly enough of Dr Padilla and his practice. They are professional, caring, and supportive in every way.

I only wish I had seen him before all my other attempts. His method is virtually risk free, and I could have avoided a lot of doctor appointments and needless and expensive treatments, not to mention losing a couple of years to my other attempts.



Lolita Kristin Reynante

5 stars

I can't begin to express how thankful I am for The DPT crew!

I've suffered from lower back pain and sciatica since I was a teenager and has only gotten worse in my 30's. **The past 2 years have been filled with excruciating pain to the point where working as a nurse grew more difficult; I had to give up my love for running and crossfit; but, even worse, I wasn't able to do the simplest movements like walking without experiencing debilitating pain.**

I've made several visits to different Drs, but, each time no one could give me an answer as to WHY I was experiencing this pain-instead they offered me pain medication and suggested it was degenerative and that I couldn't really do much at this point. I trusted them and **accepted that my active lifestyle was over.**

Until one night, I was in extreme pain and was in search for any exercises to relieve my sciatica and that's when the Google Gods showed me The DPT.

My first visit to DPT was the best experience I have ever had. First, Lesa and Victoria were in the front and greeted me and just made me feel so comfortable and welcomed! I sometimes don't even want to leave my appointments anymore cause they're just a fun bunch to be around!

But, **my consultation with Dr. Tom was LIFE CHANGING.** After 18 years of accepting that my pain was "degenerative" and not really knowing what was causing my pain- Dr. Tom was finally able to give me an answer! **I literally cried on my drive home because he gave me hope that I didn't have to live my life in constant debilitating pain.**

When I came back for my first appointment with Dr. Tom and Dr. Trent I already felt a big difference walking out of the office. **Since then, I haven't experienced the amount of pain I used to suffer before.**

If you're wondering whether or not DPT is right for you- STOP. Just make the appointment because you will not regret it. The work that Dr. Tom and Dr. Trent do are amazing! It's not like your typical physical therapy place where you're left alone performing exercises on your own. Each appointment is one on one. They stay with you and make sure you're doing each stretch/exercise correctly and activating the appropriate muscles.

Shout out to Dr. Trent for helping me get back into running and crossfit safely and pain free! Thank you for teaching me along the way! It's been an awesome experience and I can't wait to continue the journey!

Bottom line: if you don't want to suffer from pain and want to be active again come to DPT!

Thank you again to Dr. Tom, Dr. Trent, Lesa, and Victoria!



Jessica Ojalehto

5 stars

I could not say enough about The Doctors of Physical Therapy. I had been referred to them by my doctor and chiropractor for a bad back, and had not yet made the leap.

After trying multiple different chiropractors, prolotherapy, cortisone shots, and other physical therapists, I had given up hope and was thinking maybe I just needed to have surgery.

Finally, after experiencing my back going out, yet once again, I decided to reach out and give The Doctors of Physical Therapy a try.

I spoke with Lesa at the front desk who is absolutely one of the most kind, genuine people I have met. She spoke with me for quite some time over the phone and walked me through what would happen during my first appointment. I was on the schedule within the week with Dr. Tom for my discovery visit.

There Dr. Tom was able to go through my diagnosis with me, and really break down what was happening with my back. He is very knowledgeable and was very thorough with me, making sure I was comfortable and understood what was going on.

I also had some ongoing shoulder pain from a past shoulder surgery that I have been having trouble with, and they were also able to address this as well. He coordinated a treatment plan with me that I was very happy with.

From then on, I have continued working with Dr. Trent. He is very thorough in his approach, as well as very kind and knowledgeable. He makes sure I have a good understanding of my workouts and correct postures before I leave my appointment.

My goal when I started my treatment was to be able to exercise without it causing back pain, and just having less pain and more mobility in my shoulder. I now have many stretches and workouts to do when I start to feel anything tighten up. **After my first appointment, I felt about 80% improvement.**

They are incredible. The entire staff is always so warm and welcoming, attentive and punctual. I sincerely enjoy showing up for my appointments.

Making this investment into my physical health has been a decision I will not regret. If you are experiencing any pain or discomfort, I highly suggest not wasting time, and go see them right away. **The results speak for themselves.**



Shelley Flippo

5 stars

I feel so thankful to have been recommended to DPT by a friend a few months ago! Dr. Tom has helped me so much! **I have had trouble with my lower back for years, since college and now I'm in my 40s.** I would have spells off and on over the years where my back would go out and I would be down for a week or two. I have always been active, and I enjoy exercising and playing sports especially with my family, so it was a continual frustration to be out of commission during those times. Not only that, but **regular household tasks like mopping, vacuuming, putting sheets on the bed, etc., became things that would randomly set off my back and put me in bed for several days.**

Chiropractic would help temporarily but it never seemed to last. The last few years the spells came more frequently and lasted longer, until this past March when my back went out and I was down for 2 months, spending much of the time in bed. After trying massage, chiropractic treatments, X-rays that showed nothing specific, I was ready to get an MRI and see a surgeon. That's when my path crossed DPT's.

I was skeptical of physical therapy because of what I'd heard from others' experiences, but I was ready to try anything. From my first visit to DPT, I felt hopeful for the first time in years that I could be active again and get over my chronic back trouble. They found that one of my hips was rotated out of position and probably had been for long enough that certain muscles in my back had stopped working completely and others were working incorrectly to compensate.

I was assured I didn't need an MRI or surgery, but simply correction of that misalignment, re-teaching the muscles how to work and work correctly, and then strengthening them. It sounded so simple and made so much sense, and **what a relief to learn that I didn't have a lifelong condition that I just had to live with or attempt to fix with surgery as I had been told before!** I have been so impressed by the one-on-one sessions with the doctors at DPT...no handing off of the patient to interns, aids or assistants...you're with the doctor the whole time!

The staff is so friendly and caring, and have been wonderful, patient listeners to all my concerns and questions. **After less than three months, I'm amazed at how much stronger I feel, and at how much I'm able to do now without pain.**

I'm so happy to be able to get back to exercising and playing basketball with my boys without having to worry about being down for several days from overdoing it. It has been wonderful to learn that my back issues were not just something I had to live with as a result of getting older!

I want to shout from the rooftops that if you have back trouble, you don't just have to live with it, and don't assume you need surgery...you just need DPT!! :-)

Patients Who Came in With **PELVIC FLOOR PAIN**

“I felt like my life was over... In just three months of therapy, I am pain free.”



Lidia McDermott

A few days ago I took my workout routine to the next level... It's been over two years since the last time I was able to run. My body was not strong enough to run and was constantly in so much pain.

A little bit of my story... Everything started after having my third baby two years ago. I was struggling with pain, emotionally and physically. **I was not able to drive, play with my kids, or even be intimate with my husband. It was very painful! I felt like my life was over.** I was not showing up for my kids and husband the way I wanted to. I was in pain 24/7 in my pelvic floor and tailbone.

After seeing many doctors, getting an MRI, and X-rays to figure out what was causing the pain, **no doctor could figure it out. At one point, I thought it was just me going crazy.**

Finally, one day I decided to Google pelvic floor therapy and DPT was one of the options. I am so happy I decided to give this a try. I highly recommend it if you have **pelvic floor or tailbone pain.**

I'm so happy and thankful for the treatment Dr. Tom and his team provided. Physical therapy is the way to go. **In just three months of therapy, I am pain free in my pelvic floor and tailbone area.** So happy to share my successful story and hope this helps all those women out there.

Patients Who Came in For **VIRTUAL TREATMENT**

“I would work with them virtually over anyone else locally any day!”



Megan Pasquina

5 stars

I can't tell you how glad I am that I started working with Doctors Tom and Jessie at DPT. I actually live in Boston, and have only had a few sessions with them in person (when I was visiting my mom in Scottsdale). I was honestly **skeptical about trying virtual PT but have been so pleased with my sessions and progress.**

I have been in and out of PT for the past 10+ years, and have been stuck in a pattern of two steps forward then one (or three) steps backwards and have been frustrated that I was never able to make real forward progress. I met with Tom and Jessie in March at my mom's suggestion, who has been a patient of theirs for a while and **I have never worked with a team who has taken such a holistic view of my body and its issues.**

They took an incredibly comprehensive approach to evaluating my body and explained what was happening very clearly. After 2 sessions I went back to Boston and have been meeting with [DPT] virtually since then. I continue to be so impressed with their ability to assess my progress and evaluate my body's alignment, strength and mobility virtually. They develop very thoughtful programs for me that work with my schedule, and I feel like I'm steadily making progress.

When I started seeing them I had bad back pain and fairly constant knee pain. Since then, my back pain has almost gone away and my knee pain has decreased dramatically. I also hurt my shoulder a few months ago and Jessie responded immediately, was able to diagnose me over Zoom, developed an effective program and monitored my progress well.

I wish they were in Boston but **I would work with them virtually over anyone else locally any day!**



Patients Who Came In With **KNEE PAIN**

“I had to learn how to walk again... Today I not only walk, but run, hike, and play golf.”

K Mercaldo

5 stars

My husband had **debilitating knee pain that a surgeon said required a double knee replacement**. While looking for an alternative, since he's only 50, we found DPT online describing the exact pain and situation as his.

After a consultation with Dr. Jessie, we were convinced they could help him and agreed to a customized wellness plan. **In three sessions, my husband was able to straighten his knee, something his previous PT said would be impossible**. His physical therapist not only addressed his knee pain but also his hip mobility and suggested their unofficial opinion for the cause of his lumbar pain.

After consulting with a spine doctor, Dr. Jessie was correct and he will be having surgery to relieve his 6 year back pain allowing him to finally stop taking pain killers! I cannot commend DPT enough for their skill, dedication, professionalism and caring. Lesa is a joy, the sweetest and most helpful individual you'll ever meet. Jessie is incredibly intelligent, skilled and dedicated to her practice; she doesn't do anything halfway and the results are so instantaneous that we still cannot believe the transformation in my husband's knees and pain.

DPT has literally changed our lives for the better and we refer them to everyone we know, including my 91-year-old grandmother who is also seeing the Doctors of Physical Therapy rather than getting a knee replacement!



Doug McGregor

5 stars

I had a big scare roughly two years ago regarding a large tumor in my upper left leg. Fortunately we found out that it was benign. However the tumor was the size of a softball and was attached to several key muscle groups in my leg.

The surgery required removing my inner Adductor longus muscle. In addition the surgeon had to figure out how to fill the vacant area inside my leg that was left by the removed Tumor. If you leave a large hole in your body fluid will fill the area and infection will result.

The plastic surgeon ended up detaching my largest Quad muscle and rolled it up and over into the void where they stapled it to my thigh bone.

As a result of the restructuring of my leg, **I basically had to learn how to walk again** and have my body incorporate other muscles to take over for the ones missing or moved. **I came home in a wheelchair** which then moved to a walker. To say the least I had a huge journey ahead of me.

I discovered Tom Padilla (Doctors of Physical Therapy) from our Naturopath, Dr. Matt Hernandez. He told me Tom & group were the best, especially with athletes and my severe situation/reconstruction.

To make a long story short.. **DPT saved my athletic life.** I thought I would never be able to walk properly, run, hike, play golf, etc. again the way I did prior. Tom put me on a regiment of exercises, therapy and encouragement that was incredible.

To give you an idea of **my recovery success, my surgeon had me come in every three weeks to show Interns at the Mayo Clinic what a miraculous recovery looks** like with the type of reconstructive surgery I had.

I can't thank Tom and his team enough for all they did, the encouragement, and most importantly the miraculous recovery (as stated by my surgeon) that I had.

Today I not only walk but run, hike, play golf, etc. Thank you Tom and DPT!

Patients Who Came in With **SHOULDER PAIN**

**“I was ready to give up swimming...
[Now] my stroke gets better every day. ”**

Joanne Osberg

5 stars

I started with The Doctors of Physical Therapy almost exactly a year ago and I can not say enough good things about my experience with them. I came in suffering from frozen shoulder. I had tried various other PT and medical injections to treat my shoulder for several months before with no prolonged progress.

I realized that I needed something better.

I love that I received one-on-one physical therapy the entire hour of my treatment. Unlike at DPT, **at other clinics I'd been moved to working on my exercises on my own**, and this was clearly not working for me. All of the staff at The Doctors of Physical Therapy are amazing and truly care about your progress and well being. The Doctors of Physical Therapy worked with me on my challenging schedule in order to get me the sessions I needed within my availability.

Prior to me starting with The Doctors of Physical Therapy **I could barely lift my left arm to waist height due to my frozen shoulder. I have now been able to resume all desired physical activity and am continuing to see progress.**

What I truly loved about the treatment I have been receiving at the Doctors of Physical Therapy is that **they treat the whole body and listen to me** and about everything going on as a result of the frozen shoulder as opposed to only focusing on that one symptom. I could not recommend The Doctors of Physical Therapy more to anyone that needs physical therapy, especially to those that have not seen results from other physical therapy treatments.

Jennifer Nore

5 stars

After years of bad stroke technique swimming, I could barely lift my right shoulder to swim. Private coaching, physical therapy, chiropractic, acupuncture, and massage helped -- especially the coaching -- but did not resolve the problem. A March 2020 right thumb surgery didn't help. **I was ready to give up swimming.**

As I was leaving the pool one morning in June, I struck up a conversation with one of my pool mates who told me that she had been working with The Doctors of Physical Therapy for a similar problem. I immediately scheduled a consultation.

After a thorough examination, the PT told me essentially that my shoulder was the victim of issues with my abs/hips. We began work that day.

I have had excellent physical therapy in the past, but the focus was always to try to resolve the immediate issue i.e. shoulder hurts, let's make it not hurt. **DPT on the other hand, diagnoses the cause of the problem** and digs in to help you correct it.

I am now doing strength training with my PT, and **I'm doing things I never would have imagined possible.** (You want me to do what???) I feel strong and connected. I can dance without my right hip collapsing (an added bonus). **My stroke gets better every day.**

DPT's entire staff, the doctors and Lesa, are upbeat and encouraging. The doctors' skills are unsurpassed. I am grateful to have found them.



SueAnn Spahr

5 stars

One beautiful Sunday morning, while walking with my new pup “Monty”, we came across a family of quail crossing the sidewalk in front of us. That’s all it took! The next thing I knew Monty took off, and I landed face down on the sidewalk in front of me. When I gained my composure, I was able to locate Monty and ventured home. The next few days were unbearable. **The pain in my right shoulder was off the charts.** Nights were the worst.

I had a classic rotator cuff injury, and after a few weeks in denial I was forced to schedule an appointment with an orthopedic surgeon. After requesting an MRI and a follow up consultation **my doctor recommended surgery** to repair the tear. I was determined to avoid surgery.

Terrified at going under the knife, I asked for my options. The next week I began seeing a physical therapist recommended by my surgeon, which I decided to pair with acupuncture to repair nerve damage.

After three months of physical therapy at a different clinic and acupuncture I was feeling better, but the shoulder wasn’t completely free of pain. My shoulder / arm flexibility were still limited.

I wasn’t really sure what I was looking for until I found DPT while researching Physical Therapists specializing in shoulder injuries. Their testimonials were everything I was looking for. I found the specialization I was looking for.

DPT takes a very individualized approach to physical therapy. **Each therapy plan is specifically designed for the patient’s injuries, strengths, weaknesses and long-term goals.** My physical therapist shared anatomical diagrams of my injury based on my MRI and we discussed an in-depth course of action.

During each visit measurements were taken to document flexibility and injury improvement. They spent time extensively working my muscles at each visit. As I progressed, my pain decreased, and flexibility improved. My exercise regimen changed weekly to meet my recovery needs.

The DPT office is exceptional. Patients are treated like family and the environment is easy and welcoming. They offer videos, tutorials and are free to answer questions any time. So, don’t wait any longer, with each day that passes you’re missing the opportunity to meet and work with a wonderful and extremely professional and caring PT group.

Patients Who Came in With **HIP PAIN**

**“I could not walk for more than a 1/4 mile...
I can now walk 3 1/2 miles.”**



Don Carroll

5 stars

I initially went to DPT after not making progress with a hip issue at a physical therapy location recommended by my primary care physician. I had already scheduled a consultation with a hip surgeon for a hip replacement. My wife was going to DPT and suggested I try it before seeing the surgeon. **At the time, I could not walk for more than a 1/4 mile before my hip and one knee began hurting.**

When I went to DPT, the cause of my hip pain was explained to me and I was given exercises to do to help alleviate the pain. The exercises worked quickly, and with each subsequent visit the exercise routine was adjusted to help me improve.

When the hip issue was under control, we started working on other joint issues, and I have continued to improve. **I can now walk 3 1/2 miles with no problems and I am building up to go further.**

So, the moral of the story is don't be too anxious to get a surgical consultation because it's very likely that all you need is some good PT.

About DR. TOM PADILLA THE DOCTORS OF PHYSICAL THERAPY

“We Help Active Adults 30+ Become Pain Free & Confidently Get Back To Independent, Active Lifestyles Without Using Painkillers Or Surgery.”



Dr. Tom Padilla PT, DPT, CSCS

Dr. Tom Padilla is the Founder and CEO of The Doctors of Physical Therapy. His company helps adults return to active lifestyles without the use of painkillers or surgery. Although the company is located in Arizona, they help clients across the country achieve recoveries their doctors said weren't possible. Dr. Tom attended the nation's top physical therapy school, The University of Southern California, where he received The Order of the Golden Cane, The Order of Arete, and Outstanding Service to the Community awards for his work for the special olympics. In addition to running his private practice in Scottsdale, he's shared his love for running in his book, **A Runner's Guide To Avoiding Common Running Injuries** and hosts the popular podcast, **Uncut: Avoid Surgery & Live Well**.

The doctors at The Doctors of Physical Therapy are committed to doing physical therapy differently. Our mission is to help active adults 30+ become pain free & confidently get back to independent, active lifestyles **without** using painkillers or surgery. We focus on getting to the root cause of an issue rather than treating the symptoms. We test and retest our patients at every visit to monitor progress. We collaborate with other talented wellness providers in the area to offer our clients a complete health and wellness team. We don't use techs or aides and instead opt to work directly with our patients every step of the way. All of these things make a difference in our patients' results and quality of care.

ARE YOUR PATIENTS FAILING PT...
OR IS PT FAILING YOUR PATIENTS?



THE DOCTORS OF
PHYSICAL THERAPY

Live Life Today!