

Wishing You A Happy Holiday Season



Dear Friends & Family of OSR Physical Therapy,

I wanted to take a few moments to reflect on the past year and send a note of gratitude and appreciation in this season of Thanksgiving.

We were honored to celebrate our 21-Year Anniversary a few weeks ago, and with that comes the realization that we have helped tens of thousands of patients over the years get back on their feet, relieve pain, regain independence, or get back to their sport or activity. We love what we do, and our satisfaction in our work comes with knowing we made a difference in someone's life through physical therapy.

We could not have done it without the support of you, our patients, friends, and family and we are so thankful for you and for choosing OSR as your physical therapy provider of choice. We are truly a small business, family-owned and operated, and we continue to strive to deliver our care in the way that it was meant to be delivered, with compassion and personalized for each and every patient that we see.

In an ever-evolving world of healthcare, where we see more restrictions and rising costs passed on to patients, we have held firm in the belief that every patient's life matters and no one is just a number.

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My wife Kori and I met in PT school and have always wanted to provide PT in the best way possible, which is why we continue to focus on a patient-centered model of care and do our best to make sure every patient reaches their goals.

A HUGE shout-out and thank-you also goes to our amazing staff throughout the company. We have the best people in the business working side by side with us to make sure the customer service experience is top-notch, with the best care to match as well.

Personally, our family is vibrant and busy, with our girls Emma, 17, Sophie, 15, and Maci, 10, all involved in sports, music, and doing well academically as well. Our little boy AJ turned two this past August and is the light of the household, always keeping us on our toes! Kori and I live our lives for our children and enjoy seeing them grow up, although we wish we could slow the clock down, as they are growing up so fast!

With that, all of us here at OSR Physical Therapy want to wish you a Happy Thanksgiving, Merry Christmas and Happy Holidays, and a Happy New Year to you and your family! We hope that you are blessed beyond measure in the year ahead and we are thankful to have been a part of your life this past year or the years past.

Sincerely,



Aaron Williams, DPT, CEO
OSR Physical Therapy



It's Almost 2024!

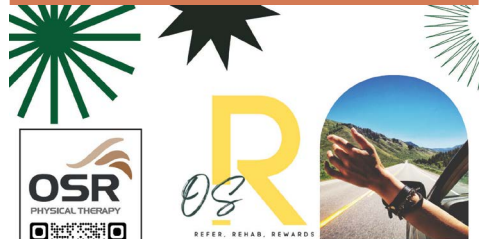
HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.

Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

We Are Hiring

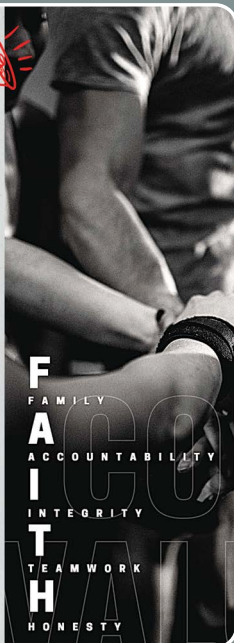


Physical Therapists

Physical Therapy Assistants

Athletic Trainer

careers@osrphysicaltherapy.com



Chocolate Hazelnut Biscotti

Ingredients:

- 1 1/3 c all-purpose flour
- 1/2 tsp baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup sugar
- 1/2 cup chocolate hazelnut spread
- 1/2 cup brown sugar

- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts



Here's how to make it: Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.

Success Spotlight



THE "FAMILY" OF STAFF AT THIS LOCATION HAS SURPASSED ANY EXPECTATIONS I HAD...

-TASHA

"The entire crew has been completely amazing. My recovery has been quicker than expected. The "family" of staff at this location has surpassed any expectations I had walking into PT the first day. I was so worried about my shoulder and the pain, and they all helped me throughout these long 20 weeks of recovery. I appreciate you all!" — Tasha

Let's Get Social!



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US

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Call us at 1.480.360.3921!