

IMAGINE YOU HAVE THE POWER TO CONTROL YOUR PAIN, STIFFNESS AND ABILITY TO DO YOUR WORK OR DAILY ACTIVITIES.

You will not have to spend months in therapy. You will not need to buy or use expensive equipment. You will not have to rely on needles, injections or surgery.

You will use your own skills and resources when you gain knowledge and guidance from a Certified JointStrong Provider. These providers use the McKenzie Method of Mechanical Diagnosis and Therapy (MDT)[®]!

Q: What is the McKenzie Method of Mechanical Diagnosis and Therapy (MDT)?

A: It's a reliable assessment process intended for all musculoskeletal problems, including pain in the back, neck and extremities (shoulder, knee, ankle), as well as issues associated with sciatica, sacroiliac joint pain, arthritis, degenerative disc disease, muscle spasms and intermittent numbness in hands or feet.

Q: How is the McKenzie Method different from other physical therapy treatments?

A: Developed by world-renowned expert physiotherapist Robin McKenzie in the 1950s, these well-researched treatment principles promote the body's potential to repair itself and do not involve the use of medication, heat, cold, ultrasound, needles, or surgery. McKenzie allows patients to learn the principles and empowers them to be in control of their own symptom management, which can reduce dependency on medical intervention.

Q: What are the benefits I should see from this treatment?

A: If utilized correctly, your provider will accurately understand your symptoms, determine the most appropriate and effective treatment plan, and thus help you eliminate your symptoms and restore yourself to full function. It will also empower you to self-treat and prevent recurrences. And if you aren't getting better, help to inform you if other medical advice or testing is needed.

Q: How does MDT work?

A: MDT is comprised of four primary steps: assessment, classification, treatment and prevention

Most musculoskeletal pain is "mechanical" in origin, which means it is not due to a disease like cancer or an infection but a result of abnormal or unusual forces or mechanics occurring in the tissue. Further, it means that a position, movement or activity caused the pain to start.

If a mechanical force caused the problem then it is logical that a mechanical force may be part of the solution. The MDT system is designed to identify the mechanical problem and develop a plan to correct or improve the mechanics and thus decrease or eliminate the pain and functional problems.

Q: Who is eligible for this program?

A: All MIIA/BCBSMA subscribers and their dependents on Chelmsford, Woburn, or Reading's health plan. Early retirees on an active plan are also eligible.

Q: Will I need my BCBSMA ID when scheduling an appointment?

A: No. Simply call 855.293.0340 and identify yourself as a Chelmsford, Woburn, or Reading municipal employee. They will help you find the appropriate treatment/care for your issue. They can also answer any questions you may have.

FINALLY AN ANSWER FOR BACK, NECK AND JOINT PAIN.

- JointStrong clinicians are specially trained in assessing and treating musculoskeletal conditions.
- They deliver quality outcomes that may lead to a faster recovery and help prevent the problem from coming back.
- No referrals needed. No co-pays.
- Physical Therapy clinic locations in Woburn and Melrose.
- Why wait? Call 855-293-0340 for an appointment.

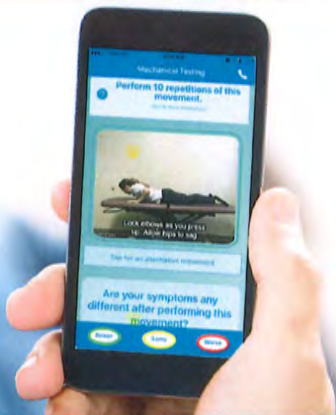


✓ **NO REFERRALS. NO CO-PAYS. NO COMMITMENT. AVAILABLE TO ALL TOWN OF CHELMSFORD EMPLOYEES AND THEIR DEPENDENTS ON THE MIIA BLUE CROSS/BLUE SHIELD OF MA HEALTH PLAN.**

THREE OPTIONS FOR BACK, NECK AND JOINT PAIN.

Physical Therapy Clinic locations in Woburn and Melrose

- Receive evaluation and treatment for your joint pain
- Within two visits your clinician will recommend self-care or additional therapy
- Call 855-293-0340 to schedule an initial visit

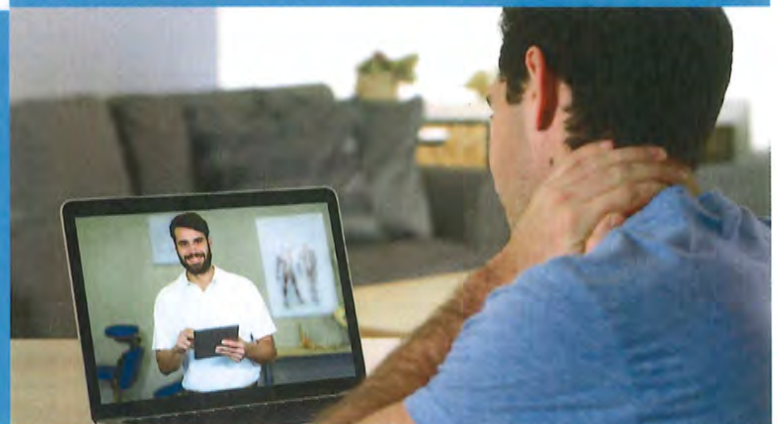


Mobile App and Health Coaching

- Download the JointStrong mobile app for a free assessment and self-care plan
- Utilize the JointStrong Health Coach through the app to assist you with your self-care plan or call 855-293-0340
- Search "JointStrong" at the Apple or Google Play stores

Telehealth

- JointStrong offers convenient access to clinicians via a secure telehealth platform
- To schedule a telehealth visit, call 855-293-0340



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Take control of your pain, empower yourself and get back to the life you love. Learn more about how MDT relieves back, neck and extremity pain with solutions proven to work!

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