

ABOUT YOUR BILLING STATEMENT

Typically, itemized statements are mailed monthly to patients. Insurance companies are billed weekly. We will file your insurance claim in most cases as a courtesy if we are provided with complete, timely and accurate information.

Please remember that you are liable for policy deductibles, co-pays, co-insurance and charges not covered by your policy.

Insurance companies will generally respond between 30 to 60 days. If you have a balance due 90 days and older on your statement the balance is your responsibility. Should your insurance make a payment at a later date, you will be refunded the balance.

TIME OF SERVICE PAYMENT DISCOUNT

For all of our patients who have Chiropractic services and pay in full at the Time of Service and have a \$0 account balance, we are offering a TOS Discount. Currently, the **CHIRO-PRACTIC SERVICES DISCOUNT is 10%.**

We will not bill your insurance company for the services. (We will gladly provide a computerized receipt upon request. You may use this receipt to bill your insurance company.)

Celebrating 20 Years of Excellence!



BACK IN MOTION
SPORTS INJURIES CLINIC, LLC
Chiropractic Acupuncture Massage

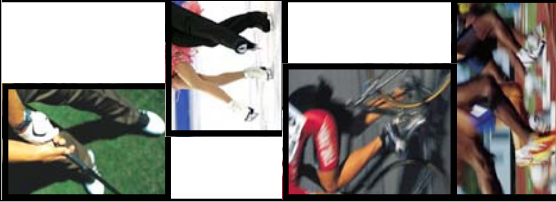
Chiropractic Acupuncture Massage
11385 SW Scholls Ferry Road
Beaverton, Oregon 97008
(503) 524-9040
www.bimsportsinjuries.com

Office Hours:

Monday thru Friday
7:00am - 8:00pm

Saturday's 8:00am - 2:00pm

Manage Gift Certificates Avail-



Sports Chiropractic Physicians

Dr. Ted Forcum

Dr. Tamara Lovelace

Dr. Steve Hanson

Licensed Massage Therapist

Michael Collins, LMT*

Stefan Furst, LMT*

Molly Verschingel, LMT*

Melissa Rhines, LMT

Holley DeShaw, LMT*

Exercise Physiologist

Mike Boggs, BS, MBA, CSCS*

*Independent Contractors



TO HELP US BETTER SERVE YOU:

When making a chiropractic appointment, we ask that you inform us if we are scheduling a follow-up visit for a condition we have treated within the last six months. If you are scheduling an appointment and it has been over six months since we last treated you, or if you want to be seen for a new condition, please let us know as we will need to set aside 45 minutes to make sure we have enough time to examine you properly. Thank you for your understanding and cooperation.

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11385 SW Scholls Ferry Road
Beaverton, Oregon 97008



HANDS ON CARE OF SPORTS

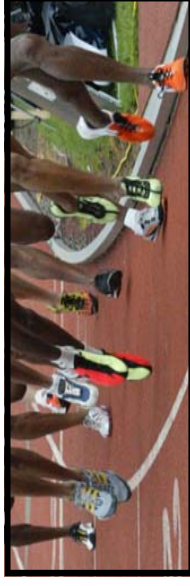
BACK IN MOTION

SPORTS INJURIES CLINIC,



February 2008

Newsletter



HANDS ON CARE
OF

11385 SW Scholls Ferry Road
Beaverton, Oregon 97008
(503) 524-9040
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Dr. Forcum included in 2008 List of Best Chiropractors in the United States

The Best of the US, LLC is an independent research firm that provides a free internet search engine at BestOfUS.com that lists "Best of Class" service providers throughout the United States.

Those professionals included in the list have displayed an exemplary commitment to their profession, their community and to their patients. The Best of the US recognizes those professionals that continue their education in an effort to stay current in their chosen profession and continue to distinguish themselves among their peers.

Back In Motion is proud to announce Dr. Forcum as recently being selected for this honorable inclusion.

Upcoming Events:

Back In Motion sponsored
 **Dirty Duathlon-an X-Dog Event**
 March 30th, Hagg Lake, OR
 **Shamrock run-** March 16th,

Please Verify Insurance Coverage for 2008

Make sure your insurance provider is very clear with you regarding any changes in deductibles and/or coverage of services. Confirm the kind of coverage you have to avoid any unexpected bills. An insurance verification form is available on our website; www.bimspportsinjuries.com to assist you in asking all the right questions.

It's a Fact, Jack!

Verdicts from Molly Verschingel, LMT

Sure, massage feels great, especially after a good long workout or when you've been hurting, but "what does it really do for my body?" you ask, "Give me data, conclusions." you say.



Well, here's the facts!

Now, science is finally catching up to what even the

Roman's instinctually knew; **massage produces results.** Since we at Back In Motion support the sporting community with our injury care, there are several articles that have caught our attention recently that we'd like to share.

In the July 2005 Journal of Athletic Training, there was a study published entitled: Effects of Massage on Delayed-Onset Muscle Soreness and Swelling. If you remember back to your last harder than usual exercise bout, there may have been some soreness after 24-48 hours. This is delayed-onset muscle soreness, we call it DOMS. In this study of the effects of massage on DOMS and swelling, it concludes that "massage was effective in alleviating DOMS and swelling by approximately 30%." It went on further to say that massage treatment had significant effects on plasma creatine kinase activity, finding a significantly lower value at four days post exercise.

Creatine Kinase is an enzyme, or a type of protein found in several tissues of the body, including muscles. At normal levels there is very little creatine kinase in the body.

continued

Winds of Change prompt a send-off to a front office gem and a hello to some bright new faces.



Farewell Kelly!
 No patient, who came in for afternoon appointments, got by without a smile from Kelly Rademacher. Her expertise with regards to insurance coverage was well polished and she put considerable care into her work, which was admired and appreciated by patients and fellow staff. Thank you, Kelly for making such an important contribution to Back In Motion! You will be missed.

Welcome!



Melanie Loeks brings extensive billing experience from family practice medicine. "I enjoy the challenge of working in a field where alternative medicine is on the forefront of patient care" says Melanie who shares her good humor and practicality while answering tough questions. Back In Motion is happy to have her here to answer questions; Monday—Friday 10am to 6pm.



Mee Seon is a dedicated athlete; specifically a gymnast/contortionist. Having returned from Parsons School of Design in New York, and settling in Portland, Mee is excited to take on the challenge of our busy front office. She offers good instincts and proven customer service experience. Mee is found here Monday - Friday, 1pm to 8pm. Her future creative performances will be posted her as well.

...The facts, Jack continued

An individual who has undergone muscle damage, such as a strenuous workout will have higher levels. Massage helps return the body to a "ready to go again" state more quickly.

A second study done at the University of Colorado at the Denver and Health Sciences Center entitled "Therapist education, impacts the massage effect on post race muscle recovery." It's conclusion is no mystery; the more training the therapists had, the better the results. We have highly trained therapists at Back In Motion. Be assured that you will get excellent care with measurable results.

Molly's Sweetheart Special Will extend through February 29th

Buy a 30 or 60 minute massage gift certificate for your sweetheart and receive your own massage for 20% off.

Molly's hours of practice include: Mondays & Wednesdays 7am- 2pm

Gift Certificate must be for someone other than purchaser

Michael's Band News..... THROWBACK SUBURBIA

Will be performing at The Nicolle Shops Portland Party, held at the Wonder Ballroom, Wednesday February 27th at 9:30pm. This multi-event includes a fashion show presented by "Nicolle's Top ten" favorite businesses. Tickets are available at Ticketmaster. For more information, visit www.nicolleshops.com