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Yucha MEDICAL PAIN MANAGEMENT & CHIROPRACTIC REHABILITATION



Located in Pottstown

When it comes to applying a “cutting-edge” approach to helping individuals achieve optimal health, physical rehabilitation and pain management, Yucha Medical Pain Management & Chiropractic Rehabilitation “wrote the book,” so to speak.

Randy E. Yucha, DC, and Rod Gabel, DC, authors of *A Unique Approach to Your Health — Putting the Whole Team Behind You!*, are partners in Yucha Medical Pain Management & Chiropractic Rehabilitation, located at 435 West Cedarville Road in North Coventry Township.

Three years ago, the partners transitioned the practice to reflect a new, medically integrated approach, offering effective ways to combine conservative chiropractic treatments and physical therapy with medical pain management. The medical integration includes pain injections, topical anti-inflammatory prescriptions filled in-house, bracing for low backs, necks and knees, blood analysis for food sensitivities, and medical weight loss, as well as cutting-edge procedures such as PRP and Stem Cell treatments.

The Doctors



Sitting: **Caren Yucha**, MA, CCC-SLP, **Mary Kashurba**, MD and **Shannon McCormick**, PA-C
Standing: **Lucas Rizzardi**, DPT, **Randy E. Yucha**, DC and **Rod Gabel**, DC

Hearing Aids



These treatments, along with conservative modalities including massage therapy, spinal decompression, electric muscle stimulation, ultrasound therapy and exercise rehabilitation, provide relief from pain associated with headaches, migraines, neck and back pain, disc problems, osteoarthritic knees, carpal tunnel and sciatica, along with sinus and allergy problems, fatigue, irritability and many other stress-related conditions.

The multitude of services allow them to treat muscle, joint, disc and nerve problems that cause pain in most cases. This strongly distinguishes Yucha Medical Pain Management & Chiropractic Rehabilitation from many of the other chiropractic offices in the area, as they are more comprehensive in their approach to healing the body.

"Chiropractic is just a small portion of what we do and what we offer," explains Dr. Gabel. "We don't even consider ourselves a chiropractic facility. We really are a physical medicine or medical pain management clinic. We have a medical doctor (Dr. Mary Kashurba, MD) overseeing the pain management side, and we also have a physician assistant (Shannon McCormick, PA-C) who is trained in orthopedics and

pain management as well. This allows us to combine modern medical procedures and chiropractic, to get people better faster, and that's our intention. People now have more options, and they have all of these resources at their disposal all under one roof.

"Meeting in the middle and integrating medicine and chiropractic gives our patients the best of both worlds," Dr. Gabel said. "Our transition into a physical medicine practice and adding medical pain management providers to our team has greatly expanded our scope of practice and has allowed us to be very successful in treating our patients."

"There are definitely differences between chiropractic offices," Dr. Yucha points out. "We've been able to utilize everything under our license to help people. The chiropractic adjustment is just one way to help people get out of pain. Most chiropractic offices only offer this treatment, but our office has historically offered so much more, and that's why we've been so successful over the last 25 years. We use the most advanced technology, specialized tables and equipment, and many other offices have not incorporated this, and it's usually because of the price," he said.

(Continued on page 8)

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COVER STORY

(Continued from page 7)

Yucha Medical Pain Management & Chiropractic Rehabilitation is the only office in the Tri-County Area to offer the **Pro-Adjuster** technology, which is a low-force adjusting instrument to prevent the twisting, cracking and popping sensations that can keep people from seeking the help they need. "Now everyone can benefit from the chiropractic adjustment...from elderly patients suffering from osteoporosis, to children, to people who just don't like the 'popping' sound. We have two Pro Adjuster machines, along with specialized tables that we use for different types of problems, as well as very specific disc issues or radiating pain symptoms," Dr. Yucha said. "In our therapy room we offer many active and passive modalities in order to aid in the healing process or to help rehabilitate a patient following an injury. We incorporate all these things (as opposed to a lot of other chiropractors in the area)."

Last year, the partners continued their expansion by adding Dr. Lucas Rizzardi, a board-certified physical therapist, as well as Ashlyn Bartlebaugh and Julie Mento, two licensed physical therapy assistants. "The addition of a full physical therapy team has complimented our medically integrated office very well. Our patients now have another option to help them recover from their injuries," says Dr. Yucha. Dr. Rizzardi and his team have allowed their patients to actively rehabilitate from a variety of conditions though specific, individualized stretching and strengthening exercises and protocols. Dr. Rizzardi comments, "Once a patient learns proper form and technique, they are adequately equipped to help themselves outside of the office. These are exercises they can continue to do for the rest of their lives to help prevent future injury."

"There are a lot of things that people can do conservatively," adds Dr. Gabel. "Our care is still extremely conservative. We can prescribe different types of at-home equipment that's covered by insurance, like low-back supports, cervical collars, TENS units and unloading knee braces for osteoarthritis that people can use at home to feel better for longer. Now people have the opportunity to use something at home instead of taking a pain medication or rushing in for an appointment. I think our patients really appreciate that. Not only can our patients get protective and supportive equipment, but the exercises they learn with Dr. Rizzardi and his PT staff can also help them outside of the office and in the long-term," he said.

"We also have an in-house pharmacy for pharmaceutical vitamins and topical, non-narcotic pain medications that are extremely safe in comparison to some of the narcotics that people are being prescribed on a daily basis. These medications are pharmaceutical grade so you can't buy them over-the-counter. The reason we have an in-house pharmacy is we don't want people damaging their kidneys and their livers with over-the-counter anti-inflammatories," Dr. Yucha said. "They are much stronger, much more effective, and much safer in comparison to taking daily oral meds."

Yucha Medical Pain Management & Chiropractic Rehabilitation also distinguishes itself from other clinics by offering Medical Weight Loss, which is directly supervised by their medical providers to help the Tri-County Area combat the growing obesity epidemic. In addition to losing weight on this program, there are a multitude of health benefits, including increased energy and stamina, better cardiovascular health and reduced pain.

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They are also the only clinic in the area that offers Lipo Laser Red Light Therapy in order to lose fat and inches rapidly. There are informational workshops held in the office, or private, one-on-one consultations can be scheduled with one of the doctors.

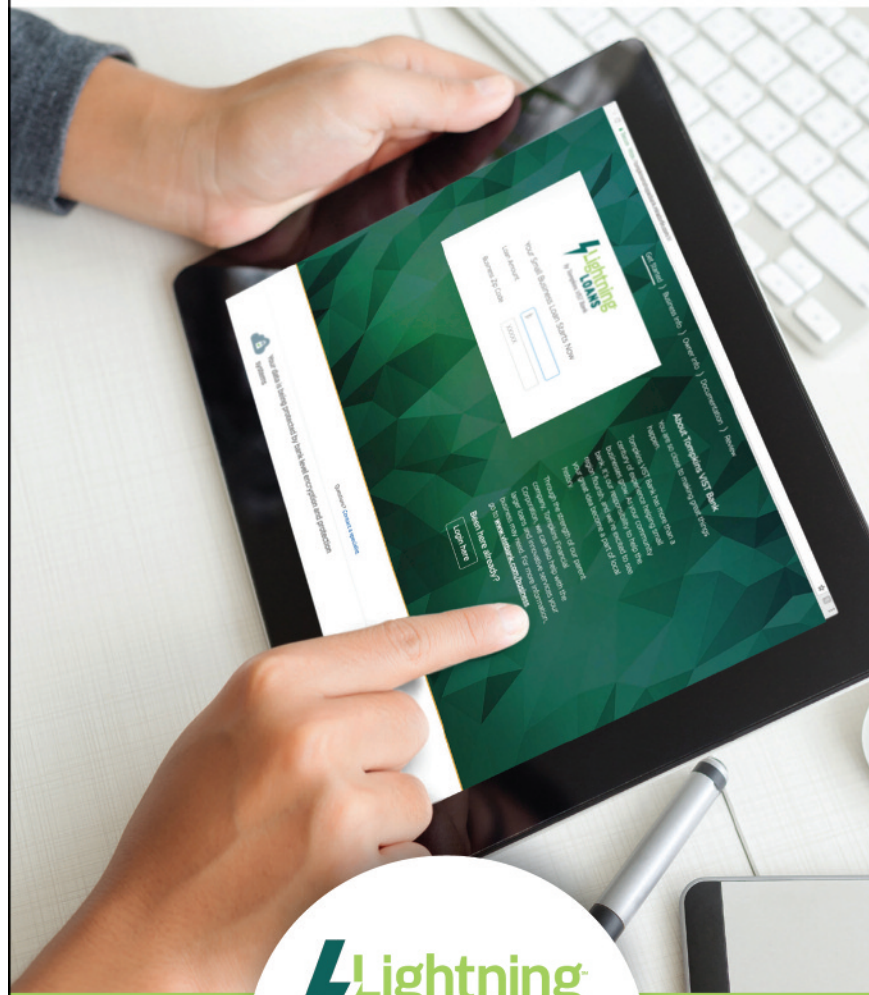
"We do medical weight loss to help people lose weight fast," Dr. Yucha said. "The results that we have seen have been absolutely remarkable! We have some patients losing over 30 lbs in a month, losing inches, and fitting in clothes they haven't worn in years. We've literally had patients come in crying because of their success. It's changed their lives completely, and we feel great about helping them reach their goals."

"When you talk about nutrition and weight loss, we also do a lot of food sensitivity and allergy testing here, so it's not just always pain based," Dr. Gabel added. "When you're eating the wrong foods that don't agree with you, it creates a lot of inflammation, and chronic inflammation can lead to an increase in headaches and migraines, increase in pain, inability to lose weight, energy and fatigue issues, gastric reflux, bloating, and GI issues. It's important to find out which fruits, vegetables, meats, dairy, and even gluten may be causing an inflammatory response in the body."

Over the last year, one of the biggest and most successful treatment options that Yucha Medical has provided has been Regenerative Medicine including Stem Cell and Platelet-Rich-Plasma (PRP) therapy. Dr. Gabel added. "Stem Cell and PRP Therapy can help orthopedic injuries and also have a youth-enhancement and anti-aging effect by injecting stem cells and growth factors into the affected areas. These treatments help repair tissue, regenerative cartilage, and stimulate healing. The idea is rather than succumbing to arthritis and other degenerative conditions or the aging process, you can actually re-generate tissue and possibly reverse the effects of wear-and-tear and time. It's certainly worth considering as it presents as safer and less costly option in comparison to surgery. These treatments can also help with hair restoration, wrinkles, and male/female sexual enhancement." Dr. Yucha adds, "We have informational lectures for Stem Cell and Regenerative Medicine approximately 2-3 times per month at different restaurants and hotels in the area. Our goal is to expand outside of our area to provide people with this option as we have had a lot of success with these treatments."

(Continued on page 10)

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COVER STORY

(Continued from page 9)

Dr. Yucha also states that “We’ve had a lot of success with the addition of Yucha Hearing Aids. Several months ago, my wife, Caren Yucha, a former speech therapist in the Spring-Ford School District for over 20 years, transitioned to become a State-Licensed Certified-Hearing Aid Fitter. We now offer comprehensive hearing care for all hearing loss needs. There are a variety of hearing aids to choose from, and the technology we offer has been unmatched.” Mrs. Caren Yucha adds, “Working in the public school sector was one of the most rewarding things I’ve ever done, but it was time for a change.”

What I have found is that my experience as a speech therapist has helped immensely in becoming a certified-fitter. Hearing is one of the most common things we take for granted. When someone experiences hearing issues, not only does it affect the individual, but it negatively affects the ones around him or her. Hearing aids are a wonderful, non-invasive solution. The improvement that I’ve seen in a patient’s quality of life and those around them has been very exciting and rewarding.”

Yucha Hearing Aids offers complimentary hearing tests and consultations.

As the practice continues to add more and more services, the team of professionals and the expertise that they all possess is tremendous.

Regarding the efficacy of that multi-disciplinary multi-specialist approach, Dr. Gabel said, “For one, Dr. Yucha has been adjusting and providing superior chiropractic care here for 30 years. There’s probably not a lot that he hasn’t seen. I have a sports medicine background, and Dr. Rizzardi has experience in multiple healthcare settings, including acute care, long-term care, home health and outpatient physical therapy. We have providers on the medical side with

orthopedic, family medicine, urgent care and physical medicine and rehabilitation backgrounds. We can attack different types of injuries in a variety of ways. We all collaborate on individual patient cases, so that our patients get the benefit of multiple eyes and multiple specialties looking at the same patient, and recommending what may be the best and most efficient treatment for them specifically,” he said, adding, “There’s a lot of different ways to treat the same issue, but when you can combine effective treatment options, people get better at a much faster rate.”

“And I think people are also very impressed and appreciative that we’ve been able to put together a group of talented doctors like this,” Dr. Yucha added. “It gives them more confidence,” he said, pointing out that it also accelerates the process of providing results. “We felt if we could put something together where people didn’t have to go out as often, and be able to provide more things to get them better, faster, people would be happy. And they are very happy.”

Dr. Yucha grew up in Pottstown, graduating from St. Pius X High School, St. Joseph’s University with a Bachelor of Science degree, and Temple University with a Master’s degree in Clinical Psychology. After graduating from Sherman College of Chiropractic, he obtained a Fellowship in the International Academy of Clinical Acupuncture, and began his private practice in 1990, specializing in the relief of acute and chronic pain, using conservative techniques for headache relief, disc problems and spinal injuries.

At the age of 12, Rod Gabel, who is from the Boyertown area, was successfully treated for recurring headaches by Dr. Yucha. Inspired by the results, he studied at Villanova University and Palmer College of Chiropractic to



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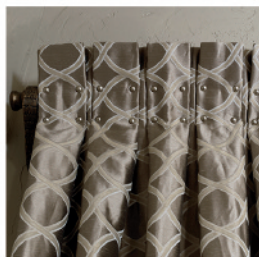


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become a chiropractor. During his last trimester at Palmer, he returned to Dr. Yucha's office for his four-month externship program, and in 2012, Dr. Rod Gabel joined the team. He is an Internationally Certified Chiropractic Sports Physician and a Titleist Performance Institute Golf Fitness Instructor, and is able to help area golfers and all other athletes play longer, play better and play without pain.

"When people limit themselves to anything, I think they really miss out on what could be," Dr. Gabel said, "so I think the constant evolution, whether it's expanding the business or looking for other pain relief options is extremely important. I think too many people are set in treating their pain one way or with one thing. There are too many things out there that they could try, and it's our job to

provide them with those options. I believe it's important to be on the forefront of medicine as it is always changing and always improving. We owe it to our patients to always provide them with the best practices possible."

"We're definitely risk takers," Dr. Yucha said, in regard to constantly looking to find more ways to help patients recover quickly. "I think I can speak for Dr. Rod, we never really look at the negative in regard to whether something will work. We do our absolute best to make it work. That's the way I feel with patients. I expect everybody to get better. I know that not everybody is going to get better, but honestly when I sit with a patient and go through what we recommend, I honestly believe they're going to get better, and in most cases, they do," he said.

The success of Yucha Medical Pain Management & Chiropractic Rehabilitation's comprehensive multi-service, multi-disciplinary, multi-specialist approach is evidenced by the current need to expand to accommodate an increased demand for their services. And space permitting,

further expansion of services is on the horizon, in addition to a physical expansion of the office.

Yucha Medical Pain Management & Chiropractic Rehabilitation does not charge up-front for long and expensive treatment plans and programs. Most insurances and Workman's Compensation and Personal Injury Cases are accepted.

Call the office today at 610.326.2706 to schedule a consultation with one of their doctors and get on the road to wellness and good health.

Yucha Medical Pain Management & Chiropractic Rehabilitation is located at 435 West Cedarville Road, Pottstown, PA 19465.

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