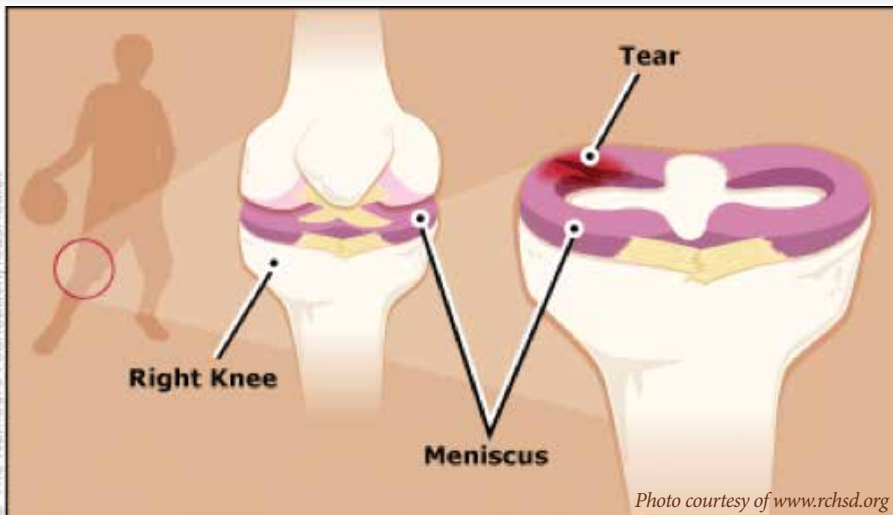


HEALTH & HEALING



in return to functional goals including return to activity and sports if symptoms do not increase or persist. If pain and symptoms persist or worsen, you are referred back to your orthopedic surgeon for surgical intervention.

Post-surgical physical therapy is often 4-6 weeks after surgery. The goals of physical therapy are to gain motion back, increase strength and return you to the sport or activity that you love.

Overall prevention is key!

Flexibility – get a good stretching program and perform regularly.

Dynamic warm up prior to exercise – get the blood flowing and the muscles pumping.

Strengthening of the hip, thigh and core.

Avoid overtraining!

Sport specific or activity specific training/functional strengthening.

Cool down with a great static stretch after activity.

When in doubt, check with your physician, athletic trainer, or physical therapist to prevent injury and ensure you are ready to begin your exercise program to prevent a knee injury!

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Do I Need Surgery for My Knee Injury? By: Jennifer Charron, PT



Dr. Brian Wittenberg
Orthopedic Surgeon

Everyone is very excited that summer has arrived so we can start our many outside activities and sports. Today, we'll be addressing the topic of a common knee injury, a meniscus tear, that can occur in anyone from the recreational athlete to the walker or

avid gardener. To answer some questions regarding meniscus tears, we spoke with Dr. Brian Wittenberg, an orthopedic surgeon with Bay Street Orthopaedics.

What is the meniscus?

The meniscus is a highly specialized disc-shaped cartilage cushion that sits between the femur and the tibia to protect the all important articular cartilage.

What causes a meniscus tear?

The most common reason for injury is a squatting or twisting motion. Common activities include skiing, tennis, misstepping into a hole while walking, or even getting up from the garden.

What are the symptoms of a meniscus tear?

The most common symptom is sharp, burning pain with squatting or twisting activities. Sometimes, a person can feel the knee catching or snapping which the torn meniscus fragment is flipping in the knee joint.

Can a meniscus tear be fixed?

Depends on the type of tear. About 10% of meniscus tears are amenable to repair. 90% are best treated by trimming the torn fragment to quickly return to symptom free activities.

Do all meniscus tears require surgery?

No, those meniscus tears resulting in minimal symptoms are best treated non-operatively. (Sometimes, the meniscus is just stretched, not torn). If symptoms become irritable enough to the patient, then arthroscopic intervention should be considered.

What are the benefits of each option?

Obviously, if the symptoms are minimal or can be reduced with a conservative treatment plan (ie. anti-inflammatories, topical ointments, activity modifications and a strengthening program) then surgery would not be indicated. Often, patients do well with either a home exercise or a supervised physical therapy program to maximize the rehabilitation process.

Surgery is usually indicated if the patient is experiencing pain which makes them unable to perform their activities. Every tear is different and every patient's pain tolerance and activity level is different. Arthroscopic surgery is a minimally-invasive outpatient procedure that commonly results in rapid resolution of symptoms in three days to three weeks. Of course sometimes this takes longer. Physical therapy often speeds the rehabilitation process.

Conservative physical therapy can take 4-8 weeks depending on the severity of the symptoms. RICE (rest, ice, compression and elevation) plays a big role in the initial stages. Physical therapy can assist

Strategies for Sustainable Weight Loss & Better Health

Every person deserves to live in a strong, healthy, and stable body. Our beliefs for achieving this goal rests entirely on developing a sound relationship with food. Focusing on a non-diet and exercise approach, we emphasize the importance of incorporating "real" foods into the diet in balance with a personalized fitness routine. Our approach is client centered and we work with each individual or family in a non-threatening and non-judgmental way to increase their knowledge and encourage lasting dietary and lifestyle shifts.

We are now offering Nutrition & Wellness Consulting packages with Certified Nutrition Coach, Stephanie Robiadek, NASM, CPT in Cheboygan. Stephanie has been a NASM Certified Personal Trainer for the past 7 years; she believes exercise and nutrition go hand in hand and decided to expand her knowledge with mastering the methods of nutrition.

Her programs are not diets, they are lifestyle changes that will become permanent. The solution is blood sugar stabilization...by stabilizing your blood sugar levels (glucose in your blood) with the right food, you create balance (homeostasis) which allows your body to release stored body fat, toxins and excess sodium, while protecting lean muscle mass and igniting metabolism.

Her one-on-one training will guide you every step of the way to a better you.

Do you want to look and feel better?

Do you want to have more energy?

Do you want to achieve your goals?

Call today to schedule your 30 minute complimentary assessment with Stephanie! 231-627-7201



Skiing in July?

Yes, you can ski and train all year long!

Virtual Snow Ski and Snowboard Simulator is a fail –safe training method for all levels of skiers and boarders. This time-intense workout dramatically increases skills and stamina.

Virtual Snow is a carpeted platform that rotates to simulate downward movement. Assisted by personal instruction, skiers and boarders practice their technique to maximize form and control.

Why use a simulator?

Sports specific training – If your goal is to be stronger, faster, and quicker around the gates AND you like training in your boots during the off season? This is for you. Can't get any more sports specific than being on skis!

Returning to skiing – If your doctor recommends physical therapy for your injury or after surgery, Virtual snow can be part of your rehabilitation to get you back to your favorite sport.

Longest run – This will be the longest run you ever take. Our rotating carpet allow you to train on a continuous run! Every 15 minutes of training, you ski over a mile!

Planning a trip out west – You've spent the time and money to plan your next great ski adventure! Will you be ready? Training on the Virtual Snow will ensure your legs will be strong and ready on the first day of vacation!

Becoming a better skier – You may have skied a couple of times but now you want to make the commitment to enjoy the great slopes of northern Michigan more often. Virtual snow is a great tool to train and perfect your turns on the parabolic skis and become a more proficient skier.

Learning how to ski – Virtual snow is the safest way to learn how to ski or snowboard. You are in a controlled environment! With three safety features, you are unable to fall or get out of control. Plus no snow, no wind and no cold weather!



Sydney is so happy to be back on skis!!!!

Testimonial

"Thanks to Cap'n Jenn, Julie, and the crew at NMSM, I'll be ready to move from the carpeted slopes to the real deal next season.

I had done physical therapy elsewhere to get up and moving after I broke my femur, but ultimately I wasn't progressing back to the level I wanted to perform the activities that I'm used to doing. At NMSMC, I found myself safely pushed to new limits all the time. I appreciated the constant attention from each of the staff that worked with me to assure that I was performing each movement properly. Julie worked with me more regularly, but I can say the same for all that there would be regular dialogue to assure that each exercise was still getting its intended results or they would find a new movement.

The sacrifice of the drive and the time was well spent, and I feel "leaps and bounds" (pun intended) ahead of where I was prior to coming to NMSMC." ~ Michael Harbin



NEW ATHLETIC TRAINER AT PETOSKEY HIGH SCHOOL

Stephanie Kanine, Athletic Trainer, has been promoted to the position of Athletic Trainer for the Petoskey High School Athletic Department.

Stephanie is originally from Petoskey and graduated from Petoskey High School in 2008. She attended Central Michigan University and in 2013 received her Bachelor of Science Degree in Sports Medicine/Athletic Training with a minor in Personal and Community Health. Stephanie's vast experience includes working with CMU's Division I baseball team and Gallaudet University's Division III track and baseball teams, as well as high school athletes.

"I am fortunate to have worked with young athletes, high level athletes, and athletes with disabilities," said Kanine. "As a former Northmen athlete myself, I am excited to take my place among the talented teams that represent Petoskey."

"We are pleased to welcome back one of our own to Petoskey athletics. We look forward to working with Stephanie, and her familiarity with our program should provide for a seamless transition," comments Gary Hice, Athletic Director for Petoskey Schools.

As Petoskey's Athletic Trainer, Stephanie is responsible for injury prevention through education of proper conditioning, body mechanics, nutrition and stretching. She prepares the athletes for practice and competition with any necessary taping, wrapping, bracing or stretching.

Stephanie will also be on the sidelines at home athletic events throughout the year. When an injury occurs, she is the first medical responder who will evaluate the athlete and determine whether a referral to a physician is necessary.

"After an injury, my responsibility to the athlete is to follow up with treatment, rehabilitation and gradually return them to full athletic participation. I view my role as a communication link between the parent, physician, physical therapist, athlete, and coach to ensure proper care is provided to allow for a safe return to the sport," comments Kanine.



Jennifer Charron, PT, training drills with Mike



To all of the Northern Michigan Sports Medicine staff,

We'd like to thank you all for everything you did for our daughter Sydney, we truly appreciate it. It's hard to believe in May it'll be a year since her knee surgery. We honestly don't think she'd be doing as well as she is today without all of your help and expertise. We didn't think she'd ski again, but she did all winter. And believe it or not Sydney is on the middle school track team. She's been running 2+ miles a day. She knows that she wouldn't be able to do these things without all of your help, and will forever be grateful for all of you.

Sydney definitely had a lot of ups & downs and you all listened and got her through each and every ache and pain. She always looked forward to therapy and never complained about going. You all were very accommodating. She always felt welcome. She enjoyed working and talking with you all. Sydney is sad that she's not coming in anymore, but once track is over she'd like to do a monthly membership to keep in shape over the summer.

We couldn't have asked for a better physical therapy experience for Sydney. We will highly recommend you to everyone, and use you in the future if need be.

Thank's again!

Jesse + Jami Madix



Testimonials

Petoskey West Clinic

"I often joke as I get older that I am moving into the "patch and repair" age. Well, the day finally came when I needed a "repair". I love to quilt and I took that love to an extreme when I retired. Sara, my physical therapist, worked with me to identify how I came to need physical therapy and what my expectations were. She explained what we needed to do to achieve my goals and carefully explained when she introduced a new activity.



The whole staff is friendly. It's a mixed blessing when therapy is over and I won't be coming anymore. I will miss everyone. I think I'm going to take advantage of their Get Moving Program"

~ Marian Henthorne



Stacey Ostrowski MS, AT, PTA, Cheryl Mercer and Toyo Ebato, PT, AT

Cheboygan Clinic

This is my second round at Cheboygan Physical Therapy. I was there after an arthroscopic knee surgery, which did not work and I am back now after total knee replacement. I have been working with

Toyo, Stacey, Angela, and Shannon. Even though I knew the first surgery did not work, they were positive and reassuring. Now that I am back with a new knee, they have been compassionate and are devoted to my recuperation. I am grateful to have such a wonderful team working with me to ensure that I make a full recovery." ~ Cheryl Mercer

Indian River testimonial

I have been treated at Sports Medicine a number of times over the past 20 years. I have experienced ONLY the very best in professional care. I always feel at home due to the personnel who work there. I have been impressed by their skill, knowledge, and friendliness. All the therapist are to be commended for going the second mile in their treatments and personal concern which makes treatments a pleasure.



Tanya Ruddy, MPT, MTC, Donald Jones, Mollie Coe, AT, Odette Shaheen, PTA, CLT, Suzanne Howard, PT



Mary and Vicki reclaiming her range of motion.

Petoskey East Clinic

"I'm a believer! Last year, I injured my right shoulder on the job. I was setting up a new store in New York, when it occurred. My job is physically demanding and most of my time is spent on the road, so this injury was very concerning. I did not want to have surgery and for that reason recovery became my goal.

Upon my return to Petoskey, I was given a prescription for physical therapy. I did not have much faith in physical therapy and was sure it was not going to help. What is physical therapy anyway? I went to NMSMC and met my therapist, Mary Sullivan, PT. On my first visit, Mary listened to my concerns, my job requirements, my desire not to have surgery, and my skepticism! She took it all in and then listened some more.

Mary set up a therapy program and worked with me in the clinic. I was amazed with the friendly environment at Sports Medicine. The staff remembered my name and always asked how I was doing. As I progressed, I still had to travel. Mary developed an exercises program using equipment like the thera-bands and my body weight so I could continue my exercises on the road. I can remember lifting something over my head in a store, and realized that I did not have pain! Wow, this therapy thing really works.

I continued to work with Mary and have graduated from my physical therapy program. With the work that I do, I know I am at risk of future injuries, so I am now working out on my own in the clinic in their "Get Moving" program. Mary set up a customized program for me to continue to improve my strength and stay healthy.

If you are unsure of trying physical therapy, I would say "Give it a try" and you'll be very happy you did. Physical therapy at Sports Medicine is a good opportunity for non-believer to become a TRUE BELIEVER!" ~ Vicki Morgan

Occupational Therapy Testimonial

I was in a severe car accident. My hand required surgery. My doctor suggested injections but instead I went to therapy. The ultrasound & therapy has really helped repair the damage without needing injections. ~ Sara Ballard



Sara regaining her motion with Rae Bontekoe, OT, Certified Hand Therapist

Charlevoix Clinic

A LOVE/HATE relationship is what I have with the 6:00 am Core/Bootcamp class that I attend twice a week on Tues/Thurs at Northern Michigan Sports Medicine Center of Charlevoix.

I LOVE what it is doing to my core and endurance and I HATE getting up and going. Setting these two thoughts aside, Kris is a motivated person, attentive instructor and committed to change while taking care of our weaknesses and building upon them.

Before I went to class, I was having terrible migraines, they were becoming all encompassing. Without realizing it, my whole body was suffering. I began in November 2012 and since then; I have worked through weaning myself off from heavy drugs and coincidentally, I have finally discovered some relief to my headaches. I know that this class gave me confidence in myself to pursue the things doctors had failed to do for me, which was to get to the root of the problem.

I may miss class for occasional headaches or leaving town now and then, but besides this I will continue on to HATE getting up to go to class and leave class LOVING MYSELF. I am grateful to Kris for inviting me to her class and grateful for the Northern Michigan Sports Medicine Center Facility!

~ Audrey Shapiro



Back row: Heidi Drost, Becky Resch, Kim Stevens, Barb Bales
Middle row: Audrey Shapiro, Carol Reisenberger
Front row: Kris Way, instructor

Sport of Mothering Celebrates 7 Years

By Sandy Willoughby, PT, CSCS, CAPP-OB

Since the Sport of Mother started 7 years ago, 80 Moms have benefited from the prenatal exercise class and have delivered 90 babies. Of course, there are birth stats such as gender, weight and length but, the most important part of the class, are the friendships made.

Moms, who have met in class, have found themselves in the same childbirth education class. They joined the postpartum exercise class together and have continued their friendship, with their kids in tow, for years after they met in The Sport of Mothering.

The Sport of Mothering prenatal class has been the only class in town that consistently runs to provide pregnant woman specialized exercise, led by a physical therapist with 22 years experience. The prenatal class size varies as women join during any trimester of pregnancy and leave after they have their babies.

Our class is held on Mondays and Wednesdays from 5:00 – 6:00 pm at the Petoskey East clinic. It is sometimes the only hour that pregnant woman can spend the entire time talking about their pregnancy and unique experiences while laughing and sharing stories with others. That may be one of the reasons why so many woman have returned to the class for the second time around.

To join other Moms in our prenatal or postpartum exercise class call 348-7950 and speak with Sandy Willoughby PT, CSCS, CAPP-OB. Accept our invitation – your first class is free!



Upcoming Events



July 12 - Cheboygan, MI

Waterways Challenge Kayak Sprint Race

Cheboygan Physical Therapy is organizing the 6th annual kayak race. Registration starts at 8:00 am and the race begins at 9:00am at the Pier M-33 restaurant. The race travels to Moonlight Bay and returns to Pier M-33 for a total of 3 miles. For more information, please visit the Cheboygan Chamber website: www.cheboygan.com or call 231-627-7183.

In memory of Leo Pratt, we will award the best decorated kayak or kayaker.

July 15 - The Outfitter of Harbor Springs

Free Running Injury Clinic: Screening & Gait Analysis

Get back on the right foot with this three-part assessment: medical/musculoskeletal screening, functional strength and flexibility screening, and gait analysis. We are collaborating with The Outfitter of Harbor Springs and Harborside Spine and Sports Center. Clinic held at The Outfitter, downtown Harbor Springs.

Registration for this free clinic is required, as participants will be scheduled every 10 minutes from 6:30 – 8: 30 pm. Space is limited. Call 526-2621

July 19 - Bay Front Park, Petoskey

10th Annual Bear River Crawl – 5K & 10K Race

Proceeds from the Bear River Crawl will benefit the Northern Michigan Cancer Crusaders, a charitable nonprofit organization established to ensure that 100% of our local fundraising gets donated back into our community. Registration forms are available at Northern Michigan Sports Medicine Centers, local sports stores, or on the web at www.northernmichigansportsmed.com. **Race starts at 8am.**

July 19 - Devoe Beach, Indian River

Indian River Summerfest Co-ed Beach Volleyball Tournament

Double elimination 5 on 5 Coed Beach Volleyball (6 people per roster), games will be scored rally style or until reaching a predetermined game-time limit. Games will be played rain or shine. All participants must be at least 14 years of age.

Registration Fee: \$50 per team • Limited availability, please register ASAP!

For more information call: 231-238-4880

Sponsored by Indian River Physical Therapy & Sports Medicine

August 9 - Cheboygan & Petoskey

Self Defense Techniques & Training

Learn how to: recognize and avoid bad situations, escape grabs & holds, disable an attacker, and use everyday items as weapons in aid in your defense.

10:00am - Cheboygan Physical Therapy & Sports Medicine

9445 N. Straits Hwy, Cheboygan - Call 231-627-7201 to register

2:00pm - Northern Michigan Sports Medicine Center East

345 N Division Rd, Petoskey - Call 231-348-7950 to register

August 12 - The Outfitter of Harbor Springs

Free Running Injury Clinic: Screening & Gait Analysis

Get back on the right foot with this three-part assessment: medical/musculoskeletal screening, functional strength and flexibility screening, and gait analysis. We are collaborating with The Outfitter of Harbor Springs and Harborside Spine and Sports Center. Clinic held at The Outfitter, downtown Harbor Springs.

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