

HEALTH & HEALING



A Publication of
**NORTHERN
MICHIGAN**

SPORTS MEDICINE CENTER

www.northernmichigansportsmed.com



Joel, Chuck, and Jeff Smith.

Thank you for 25 years!

By Charles Smith, PT & Owner

“Sports Medicine” It sounded like a pretty cool concept initially, but soon it was, “what is that, really?” Well, it was, and is, providing assessment and rehab for an athletic population. The real question became, who are the athletes in Northern Michigan? Well, they are the obvious school athletes, but also the guys who work in the woods, the

moms who downhill or cross country ski, the 50 year old snow shoe-er or cyclist and the weekend backpackers and joggers. We even treated a 92 yr. old shot putter once who was headed to the Senior Olympics! These folks didn't want things done FOR them, they wanted things THEY could do to get better. Soon we found the same approach was helpful with non-athletes as well. And so it has gone, expanding that approach to total knees, sore necks and backs, muscle and bone injuries and surgeries of all kind. We even treat sore jaws!

So, what does it take to stay in business for 25 years? Someone said, survive the first 24, then celebrate the 25th! But, it has been far better than that.

We began with Athletic Trainers and Physical Therapists then evolved to a collection and culture of clinicians who provide excellent patient care with integrity and genuine caring, putting our patients first and making them the driving force behind this practice. From our front desk to our Physical Therapists, Physical Therapist Assistants, Occupational Therapist, Licensed Athletic Trainers, technicians, aides and even to our billing department, we have gathered a group of compassionate and caring individuals who embrace putting our clients first, and keeping them there.

Often imitated but never really duplicated, SMC provides cutting edge best practice with quality care, day in, day out. But don't ask us. Ask our patients, because that is what WE do. We don't carry around rulers to measure ourselves, we just ask our patients; how are we doing? For twenty-five years they have said: pretty darn well, thank you!

And now it is our turn, to say thank you back to all of you! So, thank you, for your support and loyalty, and for sharing with us, what you want in a Sports Medicine environment!

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Invitation

Why see your physical therapist every
year after back and neck pain?

25 Years of Innovation

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Lunch'n Learn



We are thrilled to be celebrating this 25th anniversary milestone with many customers and employees that have been with NMSMC through the past 25 years. Our continued growth and prosperity is attributed to our loyal customers and referral sources that trust our services. We wish to acknowledge and thank our customers and referring physicians as we look to foster these relationships for many years to come.

We personally invite you to celebrate and enjoy a delightful evening of conversation, relaxation, and reminiscing.

25th Anniversary Open House

THURSDAY, OCTOBER 24TH | 4PM-7PM
PETOSKEY WEST CLINIC, 4048 CEDAR BLUFF DRIVE

NMSMC's 25th anniversary will be celebrated throughout the month of October, which is National Physical Therapy Month, with Lunch'n Learn presentations at four of our locations and a tailgate party in Charlevoix.

National Physical Therapy Month (NPTM) is an annual celebration held each year and is designed to recognize the impact that physical therapists and physical therapist assistants make in restoring and improving motion in people's lives.

October is
National
Physical Therapy
Month

Move Forward.[™]
Physical Therapy Brings Motion to Life

Why see your physical therapist every year after back and neck pain?

Physical therapy for back and neck conditions focuses on the structures that support the spine and its joints including muscles, tendons, and ligaments. It is the goal of our physical therapists to help you maintain good posture, flexibility, and strength to keep you as active as possible.

Just like seeing your doctor once a year or the dentist every 6 months for a checkup, we recommend making an appointment to see your physical therapist once a year after your recovery from back and neck pain. Our goal is to continue your care by:

- Reviewing the principles of stretching and strengthening
- Checking proper posture and ergonomic principles to preserve the spine
- Creating new awareness of body mechanics and daily stretching for life
- Preventing future occurrences, learn what program is needed to deter relapses
- Managing exacerbations. No matter how diligent you are, you are bound to have a forgetful moment, do an activity improperly and suffer flare up, but new knowledge will help eliminate symptoms in a couple days, instead of suffering for weeks or months.

Each episode of back stiffness and neck pain can become progressively worse and last longer and travel farther from its origin. It is very important to stop the cycle and figure out the cause of each episode. Accumulation of damage to structures can lead to eventual failure of the spinal structures. At this stage, physical therapy alone will not be effective and you will need more extensive intervention.

Many factors contribute to the onset of pain, including job duties, hobbies, household responsibilities, driving, posture, and genetics. Don't wait for the pain to return. Make your yearly checkup with your physical therapist today.



Northern Michigan Sports Medicine Center Celebrates 25 Years of Innovation Helping You Move Better!

We are leading the way in Physical Therapy and Rehabilitation to help the Athlete in all of us!
Reaching our goal of better outcomes and returning you to your active lifestyle.

What we've been innovating over the past 25 years...

Specialized Staff

Board Certified Physical Therapists in Orthopedics
Board Certified Physical Therapists in Sports
Specialists in Manual Therapy
Certified Hand Therapists
Certified Physical Therapist in Pregnancy/PostPartum
Certified Strength and Conditioning Specialists

Specialized Rehabilitation Programs

Lumbar Spine Rehabilitation Program
Awarded "Low Back Pain Center of Excellence"
from BCBS based on our approach and outcomes
for low back pain.
Rotator Cuff Rehabilitation Program
Total Joint Replacement
Prehabilitation
Posthabilitation

Specialized Rehabilitation Divisions

Worksite Medicine
Ergonomic/Workstation Analysis
Functional Capacity Evaluation
Women's Health
Incontinence
Pre/Post Natal
Osteoporosis
Lymphadema

Specialized Technology

Aquatic Therapy (All locations)
Video Motion Analysis
Running
Golf Swing
Throwing
Virtual Skiing Simulator
Custom Orthotics

Specialized Fitness Programming

Core Conditioning
Peak Performance
CrossFit
SkiFit
GolfFit
Boot Camp
Empower Cancer
Sport of Mothering

Specialized Athletic Training

NATA Certified Athletic Trainers
On-field injury management
Concussion testing and management
High School Training Room
Preventative Strength and Conditioning

Imagine what the next 25 years will bring...we are!!!

Testimonials.

I recently finished up rehabilitation at the Cheboygan Physical Therapy and Sports Med facility. My local physician recommended I see a surgeon regarding my lower back pain; however my insurer required I seek the services of a physical therapist first. I met with Dr Wang in Petoskey and he highly recommended your services.

I was very pleased to see the how close and professional the facility was. I was assigned to work with Becky Bailey and had expected to complete my sessions and hopefully get approved for surgery. After the sixth or seventh visit I really felt no different and was hoping the insurer would be satisfied and let me move on to the surgeon. Becky continued to expand my exercise regiment and I eventually started to have days with minimal pain, (as long as I did Becky's regiment).

It's now been over six months and I am not healed but am 95% better than I was on my 1st visit. Thank you so much for having a great therapist on staff that made the rehab fun and so very successful. I will highly recommend her/your services to everyone I see in need! Thanks Again.

– Kenneth Pletcher
Barnich, Kavanaugh and Cooper, Inc.
Commercial Insurance Services

I have been coming to NMSMC of Charlevoix for many years, and for many different reasons.

My doctor first sent me to NMSMC of Charlevoix after I had just had my back surgery several years ago. While I was very impatient, Jeff Smith, PT, and Amy Bartling, AT, saw me through, and I graduated to the "Get Moving Gym Membership Program."

After my back surgery came my rotator cuff surgery. This was very difficult for me. Although physical therapy was challenging and the recovery was painful, Joel Smith, PT, was both patient and firm with me, and saw me all the way through my recovery. Even with my tears, we made it through together. I can now lift my arm up over head without my pain!

As if that wasn't enough, a short time later I needed knee replacement surgery. Joel came to my house at first, and when I was ready, I headed back to the Charlevoix clinic, where we continued my physical therapy. Yes, a few more tears, but after only 4 weeks I graduated and was able to return to my "Get Moving Program", which I continue to do to this day.

I really enjoy the "Get Moving Program" because I can do both exercises in the pool and in the gym, and I can do them on my own schedule! I love to exercise in the warm water first thing in the morning with my friends!

Everyone at NMSMC of Charlevoix is so patient and positive that it makes you feel good just being there. I know I would not be as active as I am, or feeling as good as I do, had I not been to NMSMC of Charlevoix. Thanks to the whole team!

– Myrna Boss

I first started at NMSMC of Charlevoix doing the "Get Moving Program" with my friend Myrna Boss. I loved going to the clinic to exercise first thing in the morning in the warm pool and hang out with the gals. However, it wasn't too long before I needed surgery on each shoulder. I attended physical therapy at NMSMC of Charlevoix and was able to return to my "Get Moving Program", and return to my regular activities. I would not have been able to return to my previous activity level had it not been for the great care of the entire staff. I am happy to once again be in the warm waters first thing in the morning, and feel more comfortable just walking through the doors!

– Joanne Jones.



Kenneth Pletcher



Myrna Boss & Joanne Jones



Stop the sedentary lifestyle!

Exercise habits should be a family affair. This class will teach parents and kids the lifelong benefits of staying active, eating right and living a healthier routine. A variety of fun exercises, competitive obstacle courses and exciting games will be incorporated into the class to do just that!

WHEN: Saturday's
(unless posted otherwise)

TIME: 9:30 – 10:30 am

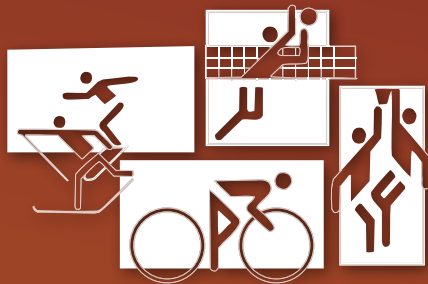
COST: \$10/family



9445 N. Straits Hwy., Cheboygan, MI

Sign your family up today! 231-627-7201

FIND US ON FACEBOOK



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8452 M-119, Harbor Plaza

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9445 North Straits Highway

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4th of July, Indian River



PYSA Soccer Tournament



Kayak race in Cheboygan 2013



Bear River Crawl



Lunch'n Learn

Lunch'n Learns!

Free presentations and a light lunch @ noon

HARBOR SPRINGS

October 2nd | Use it or Lose it!

Learn the three key components to stay fit and healthy.
Presented by Kim Voelker-Samyn, PT

October 16th | Apple or Pear, we all have a core!

Every movement begins with our core! Hands on learning and exercises to strengthen your core. Presented by Jennifer Charron, PT

PETOSKEY EAST

October 9th | Arthritis Tool Box

Arthritis is a difficult condition to live with on a daily basis. You'll learn tools to help with everyday activities.

Presented by Sandy Willoughby, PT, CSCS, CAPP-OB

October 23rd | Hips: Addressing Hip Pain and Improving Performance.

Learn the key facts to improve strength and flexibility.
Presented by Jeff Samyn, PT, OCS, CSCS

CHARLEVOIX

October 18th | Tailgate Party

Stop by and join us for a bite to eat before the Charlevoix - Harbor Springs football game. Our tent will be close to the football field. Hosted by the Staff at Charlevoix clinic!

INDIAN RIVER

October 1st | Squeeze When You Sneeze... Treating Urinary Incontinence?

Physical therapy can help without medication and surgery!
Presented by Tanya Ruddy, MPT, MTC

October 8th | Hips Don't Lie!

Power Generator for Health and Fitness. Discover that strength and flexibility is the key to mobility! Presented by Mollie Coe, AT, Level 1 CrossFit Trainer

October 15th | Better Balance

Tools to keep you on your feet! Improving your balance takes time and practice. We'll show you how! Presented by Odette Shaheen, PTA, CLT

CHEBOYGAN

October 10th | Celebration of SilverSneakers®

Discover the benefits of physical activity! Eligible members can work out for free! Presented by Stephanie Robiadek, Wellness Coordinator, Instructor

October 17th | Better Balance

Tools to keep you on your feet! Improving your balance takes time and practice. We'll show you how! Presented by Monica Wendt, PT

October 24th | What Makes You Weak In The Knees

Common causes and treatments to help with your knee pain.
Presented by Stacey Ostrowski MS, AT, PTA