

Orthopaedic Physical Therapy Specialists, cont'd

Jeff Smith specializes in the identification and treatment of all orthopaedic injuries. His expertise is in the rehabilitation of foot / ankle dysfunction, orthotic fabrication, shoulder and rotator cuff injuries, ACL reconstruction, sports specific rehabilitation, neck & back rehabilitation and joint replacement. He is also a Certified Strength & Conditioning Specialist.

"The certification process has reaffirmed my enthusiasm and dedication to continue pursuing the highest level of skill with which to best treat my patients," Jeff Smith said.

Jeff Samyn's areas of special interest include treatment and rehabilitation of the spine, rehabilitation, and injury prevention for athletes, and workplace ergonomic assessment and modification. Jeff is a member of the American Physical Therapy Association, National Strength & Conditioning Association, and the Michigan Physical Therapy Association. He is also a Certified Strength & Conditioning Specialist.

Peak Performance Olympics!!

We all got into the spirit of the 2008 summer Olympics at Sports Medicine.

Our summer conditioning program, Peak Performance, hosted the first ever **PEAK OLYMPICS!**

Peak Olympics was a day of fun, competitive games between the Peak Schools, those schools that hold the Peak Performance Program. Petoskey, Harbor Springs, Indian River, Cheboygan, and Charlevoix all came with teams to compete, 50 athletes in all.

The games consisted of relays, balance challenges, obstacle course, core strength challenges, tug of war, and even a tire flip.

The teams were very competitive and the day ended with a water balloon fight.

The Petoskey Team won the Olympics and will proudly hang the Olympic banner at their school until next year's summer Olympic Games.



Left to right: Brad Lehky, Mara McMurray, Devan Arms, Jeff Dekoski, ATC, Dick Dinon, Brad Ling, Halley Shaw, Sarah Shafer, Alex Lehky, Anthony Bear, Patty Schmoltdt, ATC, and Nate Greenwell in front.



The Charlevoix Team: Weston Bryan, Elise Smolenyak, Kelsy Way, Alyssa McCormack, Eric Dawg, Scott Silberhorn



Alizia Murphy, from Harbor Springs, was very competitive in the tire flip.



Health & Healing
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NORTHERN MICHIGAN SPORTS MEDICINE CENTERS FALL 2008

<p>PETOSKEY 4048 Cedar Bluff Drive, Suite 2 231-347-9300</p>	<p>HARBOR SPRINGS 8452 M-119, Harbor Plaza 231-348-7002</p>	<p>CHARLEVOIX 06510 M-66 N, Kmart Plaza 231-547-0380</p>
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The Science of Healing  *The Art of Caring*

1988 **20 YEARS** 2008

Board Certified Clinical Specialist

Low Back Pain Centers Of Excellence

3rd Annual Bear River Crawl

Back In Action

"We help you get BACK IN ACTION!" *Peak Performance Olympics!!*

NORTHERN MICHIGAN SPORTS MEDICINE CENTERS
 4048 Cedar Bluff Drive
 Suite 2
 Petoskey, MI 49770

Board Certified Clinical Specialist

by the American Board of Physical Therapy Specialties (ABPTSA)

At Sports Medicine, we provide the highest level of professional care to our patients.

The American Board of Physical Therapy Specialties of the American Physical Therapy Association (APTA) awards certifications to physical therapists meeting approved requirements. To obtain board certification, candidates must submit evidence of required clinical practice in a specialty area, and successfully complete a rigorous written examination; which demonstrates specialized knowledge and advanced clinical proficiency in a specialty area of physical therapy practice.



Sports Physical Therapy Specialist
Chuck Smith, PT, SSC, has been certified as a Sports Clinical Specialist since 1997. He is one of 640 physical therapists certified in sports physical therapy in the United States, and one of only 11 in Michigan. He is the only sports certified specialist in northern Michigan.

Chuck's specialty recognizes not only expertise in identification, treatment, and return-to-play decisions regarding sports related injuries, but reflects experience in administration, education and professional development in the area of Sports Medicine. He continues to practice in both the Petoskey and Harbor Springs clinics with special interest in sports rehabilitation, shoulder injuries, joint replacement care, and utilizing his expertise in treatment of TMJ Dysfunction.

"Our Staff of Board Certified Specialists reinforces our mission to provide high quality rehabilitative and preventative services to enhance the active lifestyles of the people of Northern Michigan. It remains our vision to be the exemplary provider of physical therapy, occupational therapy and athletic training services in northern Michigan," comments Chuck.

Orthopaedic Physical Therapy Specialists



Jeff Smith, PT, OCS, CSCS



Jeff Samyn, PT, OCS, CSCS

Jeff and Jeff have earned their certifications as specialists in orthopaedic physical therapy.

Specialization is the process by which a physical therapist builds on a broad base of professional education and practice to develop a greater depth of knowledge and skills related to a particular area of practice. Jeff and Jeff are two of only 104 physical therapists certified in orthopaedics in the state of Michigan.

Blue Care Network designates Northern Michigan Sports Medicine Center's locations

Low Back Pain Centers of Excellence

We are proud to announce our designation as a Blue Care Network **Low Back Pain Center of Excellence**. Blue Care Network is affiliated with Blue Cross Blue Shield of Michigan and the largest HMO in the state. To earn the Low Back Pain Center of Excellence designation, Northern Michigan Sports Medicine Centers adhere to specified quality criteria for staffing, supervision, treatment modalities and patient education.

Chuck Smith, PT, SCS, owner and administrator of the Northern Michigan Sports Medicine Centers, stated *"While our niche has always been caring for the athletic population, it is gratifying that our clinical staff has been recognized for their expertise which includes a variety of clinical skills, including care of those patients with back pain. It is exciting when a branch of this state's largest insurance carrier recognizes our clinics for their talents and level of patient care."*

The Center of Excellence designation recognizes those facilities with the most comprehensive treatment and processes in place to deliver better outcomes and fewer complications for patients.

The designation includes each of our 6 locations:

Northern Michigan Sports Medicine Centers -

Petoskey

4048 Cedar Bluff Drive, Suite 2

Harbor Springs

8452 M-119, Harbor Plaza

Charlevoix

06510 M-66 North, Kmart Plaza

Cheboygan Physical Therapy & Sports Medicine

11153 North Straits Highway

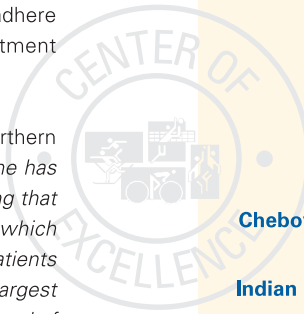
Indian River Physical Therapy & Sports Medicine

3805 South Straits Highway

Rogers City Physical Therapy

506 N. Bradley Highway

Our centers combine dedicated staff and advanced technology to increase the potential for desirable patient outcomes.



BACK PAIN CONDITIONS:

Herniated, ruptured, slipped, or bulging discs

- All of these terms have been used to describe a problem with the discs between the vertebrae in the spine
- When the normal round shape of the disc is disturbed, the outer edge of the disc can compress the surrounding nerves
- Damage to a disc may be caused by repetitive movements or by sudden forceful movements

Sciatica or Piriformis Syndrome

- The term sciatica is often used very broadly to describe any form of pain that radiates into the leg.
- True sciatica occurs when the sciatic nerve is pinched or irritated
- There are several structures which can irritate the sciatic nerve, including the piriformis muscle

Sacroiliac Pain or Sacroiliitis

- The sacroiliac (SI) joints are two flat joints between the lumbar area and the buttocks
- These joints move in many directions during normal daily movement
- Although SI pain is commonly lumped together with other types of back pain, its clinical characteristics are quite different
- It is especially important to distinguish between SI pain and other sources of back/buttock pain in order for treatment to be successful

Lumbar Stenosis

- Stenosis means the narrowing of an open space
- Lumbar stenosis is a condition associated with narrowing of either the spinal canal (central stenosis) or vertebral foramen (foraminal stenosis)
- This condition is commonly caused by degeneration of the discs in the spine or by spinal arthritis
- Stenosis becomes more common as we age

SYMPTOMS:

- Pain, numbness, tingling, or burning which radiates from the back down 1 or both legs, usually into the foot
- Pain in the low back on 1 or both sides; however, some cases of disc disruption do not cause pain in the back itself
- Weakness in lower extremity muscles
- Symptoms which change depending on the position of the spine
- Symptoms may begin suddenly or may start without a specific cause and build over time

- Pain, numbness, tingling, or burning which radiates from the buttock down 1 leg
- Weakness in lower extremity muscles
- Increased pain when sitting for long periods which is alleviated when standing

- Pain is most commonly located around the PSIS, and is described as aching, stabbing, or burning
- Pain increases after prolonged standing or walking; pain is also common when standing after sitting for a long time
- Pain is usually on 1 side only
- Pain increases when bending very far forward, such as when tying shoes
- Many patients have a difference in leg length, meaning that the hip bones are rotate in relation to each other

- People with stenosis usually report pain, numbness, and/or muscle weakness in both legs
- These symptoms usually increase with prolonged standing or walking
- People who sleep on their stomachs often report a great deal of pain at night
- Pain generally increases when the low back is extended, and improves when the back is bent forward

TREATMENTS:

- Modalities such as electrical stimulation, ultrasound, and traction to alleviate pain in the early stages
- Find positions which alleviate symptoms
- Learn the proper body mechanics to use when performing daily activities
- Exercise to improve the strength of the muscles which stabilize the spine

- Stretching of tight muscles and strengthening of weak muscles
- Finding ways to alleviate pressure over the sciatic nerve
- Nerve glides to improve the mobility of the sciatic nerve
- Modalities such as electrical stimulation, moist heat, massage, and ultrasound

- Correction of any pelvic, sacrum, or leg alignment problems through mobilization or joint manipulation
- Strengthening of the pelvic, hip, abdominal, and trunk muscles
- Activity modification to alleviate symptoms
- Modalities such as electrical stimulation, moist heat, anti-inflammatory patches, and ultrasound

- Movement re-training to emphasize spinal flexion
- Exercises which strengthen the trunk, abdominal, and hip muscles
- Modifying sitting, standing, and walking posture to alleviate symptoms

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3RD ANNUAL BEAR RIVER CRAWL



5K RUN & 1 MILE RUN/WALK

The Bear River Crawl was held on July 19th at Petoskey's Bay Front Park. It is a 5K Run and 1 Mile Run/Walk supporting Northern Michigan Cancer Crusaders. We had over 100 runners/walkers participate and donated

\$3000 to the NM Cancer Crusaders. A great time was had by all! We were fortunate to have good weather conditions and many spectators came out to cheer on the racers all along the course.

Overall Winners

Male **Lee Kanitz** finished in 18:12 Female **Sue Parks'** winning time of 20:18:00

WE would like to thank all our sponsors for their generous gifts and help that made this race such a success.

NMSMC	Johan's Bakery	Julienne Tomatoes	Northern Michigan Urology	Friske's Orchard
No. Michigan Cancer Crusaders	Professional Opticals LLC	Harborside Spine	106 KHQ	Willson's Garden Center
Northern Michigan Dust Control	Wendland Quality Auto	Sturgeon River Pottery	Allied EMS	Bear Cut Outfitters
Way Transportation	Coldwell-Banker Realtors	Manthei	Harborside Deli	Flat Iron Deli
Petoskey News Review	Visconti Imaging	Great Lakes Energy	Roast & Toast	Kilwins
Dry Harbour Marine				
MC2				
Humana				
Polly's Planting & Plucking				
Power IT				
Bay Street Orthopedics				
Scott Conti Fitness				
Spierling Trucking				
Litzenburger Landscaping				
Cormack Deli				
Sunglass Shop				
Northern Sole				
Grand Traverse Pie Co.				
Northern Lights Rec.				



Back In Action

June 12, 2008

Dear Northern Michigan Sports Medicine Staff at Charlevoix:

I am writing this letter as a thank you to all the staff at the Northern Michigan Sports Medicine Center in Charlevoix. Almost one year ago on July 22, 2007, I ruptured my Achilles tendon in an unfortunate, sport-related injury. But, because of your caring, help, and team effort I can now say that I am "back in action".

Included with this letter is a photo of my daughter (Rae age 10) and I finishing the 5K race on May 17, 2008, at Bay Harbor. Rae has been involved in a national program called Girls on the Run aimed at preparing preteen girls for a lifetime of self respect and healthy living through exercise and running. At the end of the 16 week session, each girl is expected to run a 5K race with a running buddy of their choice. I am not sure that I can fully convey the joy of having my daughter ask me to be her running buddy, and most importantly, being physically able to support her on such an important event. But I can declare with all likelihood, that my participation would not have been possible without the assistance from the staff at Northern Michigan Sports Medicine.

So, what is it that makes Northern Michigan Sports Medicine special in my recovery? When I look back to the initial injury in July, the reconstruction surgery in September, and the months of rehabilitation following, I was comforted with the thought that a Northern Michigan Sports Medicine staff member was there at each phase of my injury. Starting with Amy providing the initial treatment of my injury during the 3-on-3 basketball tournament as part of the Charlevoix Venetian Festival, to Joel's initial assessment and technical insight during my deliberations for surgical options, to Lisa's marvelous massages to promote healing, to Joelle being the first one to call me after my surgery and in her determination in holding me to challenging workouts without "over-doing it", to Abbie and Dahlon being good back-ups when needed, and of course, a guaranteed-cheerful greeting from Kris proving that a positive attitude can be contagious. Collectively, you may not realize it, but you all provided a "team approach" to my care and it really made a difference, especially in getting me through the discouraging times of my injury.

In my opinion, there are few organizations that can claim such team efforts in dealing with everyday challenges in the workplace - whatever the scope of the work. Please keep up the good work and thanks again for everything you did for my recovery. Even though I know there is still progress to be made in my recovery, I hope to send more "back in action" photos in the near future.

Sincerely,

Randy M. Claramunt



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