



NORTHERN MICHIGAN

SPORTS MEDICINE CENTERS

Health & Healing

northernmichigansportsmed.com

SUMMER 2008

PETOSKEY
4048 Cedar Bluff Drive, Suite 2
231-347-9300

HARBOR SPRINGS
8452 M-119, Harbor Plaza
231-348-7002

CHARLEVOIX
06510 M-66 N, Kmart Plaza
231-547-0380



Training for the "BIG EVENT"

Celebrating Twenty Years

Helping You Prevent Falls

A Journey

PYSA and SMC Partners for Athletes

"We help you get BACK IN ACTION!"

Training for the "BIG EVENT"!

Training for a big athletic event takes time and planning. You have to condition your body for the demands of completing the event. At Sports Medicine Center, that is how we look at the event of having a child.

"The Sport of Mothering" is an exercise program preparing for childbirth and the demands of mothering. Regular exercise before, during, and after pregnancy can prepare your body for labor and the demands of a new baby. Caring for a newborn can be stressful and physically demanding, so it helps to be fit and strong. As a mother, you are an athlete and your child is the biggest reward after the event.

We would start with **Pre-season training** – getting you in good shape before becoming pregnant is very important. We offer personal one-on-one training at our clinics or join our "Get Moving Program," which provides you with a customized exercise program and you can work out on your own anytime during the hours our clinics are open.

In Season Training –PRENATAL - being in shape and preparing for the demands of labor can help with the ease of delivery and reduce pain, stress, and fatigue that is usually felt during pregnancy. Ashley Steele,

a first-time mom, was experiencing some sciatic pain and pain in her feet (due to laxity of ligaments during pregnancy). She began the class after seeing a flyer at her OB/GYN office and knew joining the exercise class was the best for her and her baby. After working with Sandy Willoughby,

physical therapist for 2 weeks, Ashley said her back pain was gone, and the arch exercises helped her feet feel great.



Continued on Page 4

Sarah Green stretching with Ashley Steele



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4048 Cedar Bluff Drive
Suite 2
Petoskey, MI 49770

Serving Our Community for 20 Years



1988 20 YEARS 2008



Ethel Larsen, PT, and Chuck Smith, PT, have been working along side of each other for the past 20 years.

2008 marks the 20th anniversary of Northern Michigan Sports Medicine Center (NMSMC), providing physical therapy, athletic training and rehabilitation services to residents in the Tip of the Mitt. We celebrated with an open house on June 19th

The open house celebrated 20 years of serving the communities' physical therapy and rehabilitation needs, plus 20 years of community involvement. We have been a Chamber of Commerce member since 1989, a large supporter of the arts, partnering with Bay View Association, Crooked Tree Theater, and Northern Michigan Chorale. They have been long time partners with the Petoskey Educational Foundation, Petoskey Youth Soccer Association and the Petoskey, Harbor Springs, and Charlevoix High School athletics.

In 2002, the Friendship Center could no longer hold their senior aquatic pool class at a local hotel. Chuck Smith, owner and physical therapist,

contacted Brian Walsh, activities director at the Friendship Center, and offered the use of the pool in the Petoskey clinic for the senior class. Two senior pool classes are still being held today and as long as there is an interest, Sports Medicine will open their pool to help. On Tuesdays, during the school year, the pool is also utilized by children with disabilities from the Charlevoix and Emmet County Intermediate School District.

"If there has been one reason for our sustaining tenure, it would be the loyalty of our patients and our supporters in the medical community. Through their support, we have expanded our care with six clinics that cover the Tip of the Mitt," said Chuck Smith, PT. Having gained a reputation as *leaders in physical therapy and sports medicine*, Chuck welcomed his sons, Joel and Jeff, each Physical Therapists in their own right, into the family owned business several years ago.

INDIAN RIVER SUMMERFEST Coed Beach Volleyball Tournament

Sponsored by Indian River Physical Therapy & Sports Medicine

Saturday July 19th at Devoe Beach



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

- Top 2 places will receive a CASH PRIZE
- All registered players will receive a T-Shirt
- Other prizes included throughout the day
 - Games will be played rain or shine

All participants must be at least 16 years of age
Registration Fee: \$50 per team • Deadline July 11th

- Limited availability. Please register ASAP!

For more information call: 231-238-4880

SPORTS MEDICINE CENTER BEAR RIVER CRAWL



SATURDAY JULY 19, 2008

**BAY FRONT PARK AT THE WATERFRONT
- DOWNTOWN PETOSKEY, MI.**

**REGISTER ONLINE @
WWW.NORTHERNMICHIGANSPORTSMED.COM
OR CALL 231-347-9300**



BENEFICIARY

Northern Michigan Cancer Crusaders

**NORTHERN MICHIGAN CANCER CRUSADERS WAS CREATED TO ENSURE THAT
100% OF OUR LOCAL FUNDRAISING GETS DONATED BACK INTO OUR COMMUNITY.**

northernmichigansportsmed.com

Helping YOU Prevent Falls

Did you know?

Falls

- Are more common than strokes
- Are the most preventable cause of nursing home placement
- Happen to 30% of people older than 70 each year
- Cause over 90% of broken hips

Your balance system

- **Visual** component: the ability to see objects which may challenge stability
- **Vestibular** component (inner ear): has sensors to tell your brain where your body is in space
- **Sensory** component: receptors in the joints and skin tell your body where it is in space, and give the body information which helps keep it upright

Take the Balance Test – Can you?

- Stand on one leg for at least five seconds without falling
- Get up from a chair without wobbling
- Sit down in a chair without plopping
- Walk a straight path
- Turn around 360°
- Take long strides
- Walk on your toes or heels

How can physical therapy help your balance?

- Exercise program to increase strength & flexibility
- Aquatic exercises to help increase your balance
- Develop safe transfer & walking techniques
- Work on ways to safely walk indoors & outdoors
- Educate you & your family on ways to prevent falls
- Assess & recommend home safety



Suzanne Howard, PT, helps her patient through exercises that help improve her balance.

Things you can do to prevent falls!

- Remove things you can trip over (throw rugs, shoes, etc)
- Improve your lighting
- Add grab bars in the bathroom
- Place non-slip mats in the bathtub

- Use handrails on stairs
- Get your vision checked
- Check your medications
- Get regular check-ups
- Begin a regular exercise program

A Journey



During Neil Sauter's journey across the state of Michigan on stilts to raise money for cerebral palsy, Nicole Hibbler, massage therapist, treated him to a relaxing massage in our Petoskey clinic on his way through town. He is a true athlete and caring soul.

Anyone wishing to support Sauter in his stilt walk across Michigan can make an online donation to United Cerebral Palsy by visiting www.stiltstory.org or by mail. Send checks to United Cerebral Palsy, 4970 Northwind Drive, Suite 102, East Lansing, 48823.

Testimonial



3/21/08

To ALL WHO LABEL AT N.M. SPORTS MED CTR:

Just a note to advise your help has done what your motto says: "We help you get back in action" (Two 95 year old ladies at the county home hit on me when I went there to call the bingo game!) Their seeing-eye dogs were sleeping.

The 1st time I visited you guys, a year or so ago, I was filling out paper work, when a 90 year old lady came through the door, who was bent over about 90°. She went in & came back out in 15 minutes standing straight up. I was stunned and impressed,

and ask her what they had done. In a shaky voice, she said, "They gave me a longer cane." Happy Easter & Thank you! -L.D.

Training for the "BIG EVENT"! Continued from Page 1



Sarah Green, Ashley Steele, Carrie Tebeau and Nancy Dawn enjoying the ball workouts.

Sandy believes the beauty of the Sport of Mothering program is the free flowing discussions between moms at various stages of pregnancy while performing the key exercises to prepare for the physical demands ahead. Ashley comments, "The class is full of women from different lifestyles, economic backgrounds, and stages of life. There is a woman who is expecting her 5th child. I learned so much from her. She takes the time to answer my questions. We have all become friends as we share the moment of childbirth." **Classes are Mondays from 5 – 6 pm and Thursdays 7 – 8 am.**

Post Season Trainings – POSTPARTUM – You've done it! You have given birth to a beautiful and healthy child. Now that you've experienced the power only a woman can perform, come celebrate with other moms in reconditioning your body. Keeping up with a newborn is challenging.



Ashley with her son, Briar-Deacon; and Sarah with her daughter Abbiegail.

The postpartum classes are ongoing and babies are welcome in the class until they become mobile. **Classes are Mondays from 4- 5 pm.**

At Sports Medicine, we have professionals skilled in the human body and physical performance to enhance the most spectacular event in your life – MOTHERING- Join us in celebrating all aspects of being a woman. **Call the Petoskey office for more information. 347-9300.**



Sandy Willoughby, PT, with Abbiegail and Briar-Deacon.

PYSA and SMC Partners for Athletes

We sat down with Laura Bachelor, executive Director of Petoskey Youth Soccer Association (PYSA), to review our long history of partnership. Sports Medicine Center has been on the side lines of soccer tournaments since 1995, when Chuck Smith, PT first sat in the medical alert tent at the Boyne Valley Lodge. The growth of PYSA and the commitment from Sports Medicine has grown every since.

PYSA holds two large tournaments a year that brings in over 120 teams from around the state to Petoskey. The tournaments are held for 3 days in June and September. Laura comments, "The tournaments are very popular due to the high level of professionalism from our staff and the trained staff from Sports Medicine. The Athletic Trainers and Physical Therapist are staffed in a first aid

tent from Friday night till the last championship game late on Sunday." Sports Medicine volunteers its staff to cover this event.



Chuck Smith, PT, screening an athlete for a knee injury.

Chuck reflects and said "It's all about the safety of the athletes. We feel working along side of PYSA and their commitment to the growth of young athletes as a true partnership. During the tournaments, we see injuries from sprains, bloody noses & knees, to serious injuries that we refer to the on call physician."

At Sports Medicine Center, we believe in our mission to provide high quality rehabilitative and preventive services to enhance the active lifestyles of the people of Northern Michigan.