

NORTHERN MICHIGAN

SPORTS MEDICINE CENTERS

Health & Healing

northernmichigansportsmed.com

WINTER 2008

CHEBOYGAN

Physical Therapy and Sport Medicine
9445 N Straits Hwy
231-627-7201
www.cheboyganpt.com

INDIAN RIVER

Physical Therapy and Sports Medicine
3805 S. Straits Hwy
231-238-4880
www.indianriverpt.com

ROGERS CITY

Physical Therapy
506 N. Bradley Hwy
989-734-7607
www.rogerscitypt.com

*The Science
of Healing*



*The Art
of Caring*

"We help you get BACK IN ACTION!"

1988

20 YEARS

2008

Celebrating Twenty Years

Still Going Strong

Are Your Arms Holding You Back?

New Location is OPEN

Celebrating Twenty Years Serving Northern Michigan

Written By Chuck Smith, PT and Owner

Twenty years ago this year we opened the doors of the Northern Michigan Sports Medicine Center. We wanted to offer something different, something not available north of Traverse City or south of the Sault; a facility with an Athletic Trainer and a Physical Therapist dedicated to the care and rehabilitation of the athlete in all of us, young and old.

In that first year, I recall treating high school varsity basketball players, a record-holding 50-something downhill ski racer, and an 86 year old gentleman nursing a sore shoulder, on his way to the Senior Olympics as a shot-putter. Some things haven't changed much. I was chatting recently with a particularly loyal client returning for his 5th registration who had his left and right shoulder repaired, total knee replacement and numerous bouts of lower back pain. He just likes to stay active, and he loves to golf!

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.

Northern Michigan Sports Medicine Center has the finest collection of therapists, athletic trainers, personal trainers, massage therapists, aides, and office staff with whom I have ever been associated. Ethel Larsen, PT, has been with us almost from the beginning and the rest of our staff has grown and evolved with the openings of each clinic. Having gained a reputation as a family-oriented center, it was my pleasure to welcome my sons, Joel and Jeff, each Physical Therapists in their own right, to our group several years ago. It is truly my pleasure and honor to come to work each day.

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Chuck Smith, PT



**NORTHERN MICHIGAN
SPORTS MEDICINE CENTERS**

4048 Cedar Bluff Drive
Suite 2
Petoskey, MI 49770

10 Years in Indian River and Still Going Strong

written by Jennifer Andrew, ATC

Indian River Physical Therapy and Sports Medicine celebrates 10 years of service in the Indian River area. We are honored and privileged to have worked with many people in this community throughout the years.

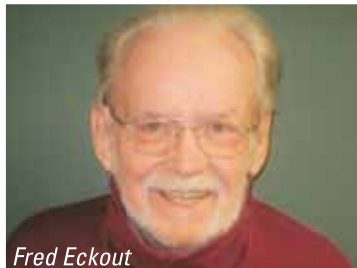
Sports Medicine came into the community in the fall of 1995 with a sports medicine contract with the high school, in which we provided a certified athletic trainer to prevent, perform emergency care, assess, and rehabilitate athletes in the school. The program grew quickly and there appeared to be a need in our community for a physical therapy clinic.

Indian River Physical Therapy and Sports Medicine opened our doors in April 1988 with 3 full-time employees. We were seeing approximately 200 patients per month and providing the athletic training services at Inland Lakes Schools. We had 2 treatment rooms and a gym area. Throughout the years, we have grown into a staff of 10 employees, seeing up to 800 patients per month. We now have 4 treatment rooms, a swimming pool and expanded gym area. Our clinic provides many different programs for the community in addition to physical therapy and sports medicine. They include water aerobics, stay-fit programs, core exercise programs, arthritis classes, osteoporosis classes, balance classes, knee replacement pre-op education and many others.

We have had many loyal patients throughout the years, not only patients that we have treated, but many friends we have made. A few patients have been coming to our facility for many years that would like to share their feelings.

FRED ECKOUT

Fred was one of our first patients ten years ago and still comes to our facility 2-3 times a week. He had a few words to say: "Just Go and Do It"... About 10 years ago after hip surgery, my good doctor wrote a prescription for me to search out the care and treatment at Indian River Physical Therapy and Sports Medicine. My first encounter was with an athletic trainer, a personable young lady from the Deep South. The program was high quality, enhancing, and to this day, the right hip is in great condition." Fred continued, "After left hip, back surgery, and knee problems, I keep going back for physical therapy and exercising. Through their help, if I tried, I could probably dance a slow two step.



Fred Eckout



IRPT STAFF
front row: Robin Feagan, Pt, Elaine Thompson, Rebecca Somerville, Angela VanFleet, PT, back row, Jennifer Andrew, ATC, Lisa Kennedy, Joel Smith, PT, Odette Shaheen, PTA, Mollie Coe, AT, Nolan Griffin, ATC. missing Renae Moltane, OT.

The Stay-fit program is not only great conditioning and fun; I've met people going back 40 years when we skied on the lake."

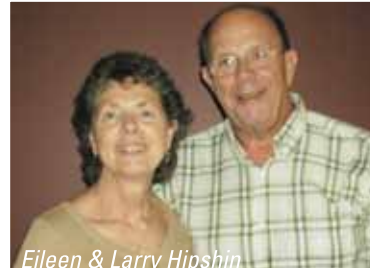
Eckout's praise continued, "Chuck Smith has done a superb job in picking his staff. Their guys and gals are very knowledgeable and most enjoyable. I could go on and on, but in summary, Northern Michigan Sports Medicine is "The BEST OF THE BEST". Thank you. P.S. the reception desk gals are magnificent."

EILEEN HIPSHIN

Eileen has been coming to our facility for almost 9 years and her

husband, Larry, for 6 years. We see them 3 times each week as they are very dedicated to their health and wellbeing.

Eileen tells her story, "It began in November of 1999 when I had a bad accident in which both ankles were crushed. Three months after reconstructive surgery, I began my physical therapy at Indian River Physical Therapy and Sports Medicine while still in a wheelchair. The professionalism of the staff helped significantly to speed up my healing process. When I had finished all my physical therapy, they encouraged me to continue the exercises for two years on my own. I signed up for the Stay-fit program offered at the facility. I regained almost full use of my ankles and have continued to use the program 3 days a week ever since." She continued, "My husband had knee surgery three years later and had this therapy at Indian River Physical Therapy and Sports Medicine also. He was very pleased with the help and encouragement he received. Larry also uses the Stay-fit program 3 days a week.



Eileen & Larry Hipshin

"The care and consideration of all the staff cannot be matched. Over the years, we have met many people and made some very close friends. Larry and I want to say thank you IRPT and SM so much for being a very important part of our community," said Eileen.

We have seen changes throughout the past ten years but we always strive for the same goal; providing the best quality care possible. Our thanks to the community for 10 great years!



Celebrating Twenty Years Serving Northern Michigan

- 2003 (September) Opened Sports Medicine Center, Charlevoix
- 2003 (May) Opened Cheboygan Physical Therapy & Sports Medicine
- 2001 (June) Opened Sports Medicine Center, Harbor Springs, MI
- 2001 (April) Moved to Sports Medicine Petoskey to Cedar Bluff Drive, Petoskey
- 1998 (April) Opened Indian River Physical Therapy, Indian River, MI
- 1993 (July) Opened Rogers City Physical Therapy
- 1990 (December) Providing PT services to Community Memorial Hospital, Cheboygan, MI
- 1988 (July) Providing PT services to Rogers City Hospital, Rogers City, MI
- 1988 Opening of Northern Michigan Sports Medicine Center, Petoskey

SMC Timeline for Clinic Openings

northernmichigansportsmed.com

SUMMER SPORT TRAINING FOR HIGH SCHOOL ATHLETES AND STUDENTS

- It's time to reach your Peak!

Petoskey Middle School
Harbor Springs High School
Charlevoix High School
Cheboygan Old Jr. High building

"New this year...Peak Olympics"
one day of competitive games
between Peak High Schools



PEAK PERFORMANCE PROGRAM

Increase speed
Improve your agility
Enhance your core strength
Boost your reaction time



"Gain the competitive edge on your opponent!"

STARTS
JUNE 17TH

Tuesday & Thursday 7:30 - 9:30 am Registration online or pick up at your High School Athletic Office

DEADLINE June 1st • 8 weeks \$80.00 • Limited to the first 50 registered

For more information please call **627-7201** or go to northernmichigansportsmed.com for online registration.

" TO ACHIEVE THE ULTIMATE GOAL YOU MUST MAKE THE CLIMB BEFORE YOU REACH THE TOP"!

Are Your Arms Holding You Back?

Written By Renae Moltane, OT

People value the use of their hands and arms, and any loss of function through injury, accident or traumatic event may have a devastating effect on their lives. The inability to perform even the littlest of tasks can become frustrating. This is where an occupational therapist may be able to help you.

Occupational therapy (OT) is a health profession that is concerned with restoring useful physical functionality following disabling accidents and sickness. The goal of occupational therapy is to assist the patient in achieving the maximum level of independent function whether at work, home or play.



The primary tool of the occupational therapist is the active involvement of the patient in therapeutic tasks and activities which, while improving function, help the patient learn to apply the newly restored or impaired function in meeting the demands of daily living.

The most common misconception regarding OT is they deal with work related injuries alone. This could not be further from the truth. Occupational therapists treat a variety of diagnoses and people of all ages. Northern Michigan Sports Medicine Center focuses on physical disabilities rehabilitation. The occupational therapists work with patients who may have been affected by an accident or trauma leaving them with wounds, scars, burns, injured tendons or nerves, fractures or even amputation of the finger, hand or arm. The therapist can also treat patients who are disabled from the effects of overuse injuries such as tennis elbow or carpal tunnel syndrome. The OT works with patients who suffer from strokes, cerebral palsy, spinal cord injuries, arthritis and head injuries as well. If after an injury you are left unable to perform an activity, it is the job of the OT to identify means through adaptation, compensation and / or rehabilitation to return you to normal activity. Therapy should maximize the patient's ability to live life to the fullest extent possible.

Occupational therapy is offered at the following Northern Michigan Sports Medicine Centers: Rogers City Physical Therapy, Indian River Physical Therapy & Sports Medicine and Cheboygan Physical Therapy & Sports Medicine. If you think occupational therapy could be beneficial to you or someone you know, please feel free to contact us.

Wellness Programs

Peak Physique is a program designed for the adult to address core strengthening, flexibility, major muscle group strength training along with the learning of correct and proper form while exercising to reduce injuries and to benefit the most out of each exercise. Class will begin in March/April. Please call Cheboygan Clinic for details.

Kayak Conditioning Class

The goal of this class is to prepare you for the physical activity of kayaking so that you will enjoy it more and reduce the risk of injury. This program is designed to enhance your kayaking experience so you may have increased endurance and strength to go further and faster with less fatigue and/or muscle soreness. The class is two times per week for 6 weeks at a cost of \$65. Classes begin Monday April 14th and will be held on M and W from 5:30 to 6:30 p.m. Call Cheboygan Clinic to register.

Dynamic Core Stability

This program is designed for those adults who want to work on strengthening their abdominal muscles (core muscles) in a fashion that uses the body's dynamic stability system. These classes are held two times per week for 6 weeks at a cost of \$65. Classes are ongoing. Please call the Cheboygan or Indian River Clinic for details.

"Waves" is an aquatic aerobics class designed for adults of all ages. Aquatic exercise is gentle on the joints while the resistance is good for your muscles. These classes are held two times per week for 4 weeks. The cost is \$40 and the times vary. Please call Cheboygan or Indian River for specific times and to sign up.

Celebrating Twenty Years Serving Northern Michigan, cont'd



Northern Michigan Sports Medicine Centers offer physical therapy, occupational therapy, athletic trainer services, and wellness and fitness programs across the Tip of the Mitt with clinics in Cheboygan, Indian River, Rogers City, Petoskey, Harbor Springs and Charlevoix.



The staff of Northern Michigan Sports Medicine Centers

The residents of northern Michigan remain an active bunch, and helping them to get back in action remains our goal. The field of rehabilitation evolves as rapidly as the technology around us, as does athletic training services. But even with those advancements, the most important feature of each of those processes remains the human, one-on-one contact. This has been and remains our number one concern seeing that our clients are well cared for. Sorting through the issues around an acute or long term disability is our greatest concern and the focus of why we are here.

So, what frontiers are there after twenty years? We will continue our mission and vision: strive to enhance the active lifestyles of the people of northern Michigan and be that exemplary company providing preventative and rehabilitative services! We look at each day as an opportunity, but it seems that at Sports Medicine, we are just getting started!

Cheboygan Physical Therapy & Sports Medicine's New Location is OPEN

By Becky Bailey, PT, Clinic Manager

After several months of planning and hard work, our new facility in Cheboygan opened to much excitement. The Chamber of Commerce Ambassadors performed the ribbon cutting to start the festivities.

The community came out in force to show their support, excitement and curiosity for our new facility. We had several door prize winners, great food and some indoor skiing on our Virtual Snow machine.



Making Waves in the Aquatic exercise class; Tina Synth, Maria Luna, Aurelia Tenerovicz, Alison Pence and Belinda Kurth.

Since then, we have had an opportunity to settle in. We are still adapting to our new space and enjoying the challenges. Even though we have a new look, the comfortable atmosphere and great service is still the same. Our capacity to service the community has grown. We have been able to add more wellness programs and take advantage of our large new therapeutic exercise pool.



We are grateful that the community has supported us through this process. As a manager, I feel we are privileged to be a part of such a nice community. As a resident of Cheboygan, I feel we are fortunate to have a facility and staff of this size and quality. We look forward to providing additional services to address injury prevention, wellness and education to our community. Our plan is to have a spring open house for folks that were unable to attend our earlier one. Please watch for details.

Testimonial

"Just keep on doing what you're doing! Entire staff is cheerful, helpful, interested in helping me – all winners!!!"

Geraldine "Gerre" Jaroch,
Rogers City



Geraldine "Gerre" Jaroch

Patients express their feelings on our exit surveys

"Keep it up, this facility is better than two clinics in Cincinnati – better equipped, better education of patients, friendlier and a "GIVE 100% ATTITUDE!"

"I think you are about as good as anyone could get!"