



NORTHERN MICHIGAN

SPORTS MEDICINE CENTERS **FALL 2010**

Health & Healing

northernmichigansportsmed.com

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

PETOSKEY

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

PETOSKEY EAST

345 N. DIVISION ROAD
231-348-7950

HARBOR SPRINGS

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

CHARLEVOIX

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

*The Science
of Healing*



*The Art
of Caring*

I Got Knocked Down... But I Got Up Again.

360° Assessment - They Know It and They Share It

Celebrating Physical Therapy Month

Did You Know?

Testimonial

"We help you get BACK IN ACTION!"



I Got Knocked Down... But I Got Up Again. You're Never Gonna Keep Me Down!



Kim Volker-Samyn, Physical Therapist, and Lisa Obeshaw.

Meet Lisa Obeshaw, a natural-born athlete who has probably tried every sport imaginable at least once. Lisa first came to Sports Medicine in July of 2009 to rehab her knee injury. She was kicked in her shin bone while playing in a women's recreation soccer league match. The blow resulted in a fracture of the top of the tibia as well as damage to the knee joint itself.

Lisa came to us fresh out of the hospital, where Dr. Wilcox performed corrective surgery that included placing a plate and nine screws.

"I am so thankful that Dr. Wilcox was willing to take such a complex case as there were so many unknowns regarding the probability for a full recovery," said Lisa.

Lisa continues, "I had never been hurt like this before and knew my physical therapy was going to be an important component in my journey to become active again. I came to NMSMC because they were recommended by so many people in the community. I can remember being in my wheelchair and coming into the Harbor Springs location my first day and being so nervous about what to expect. By the end of my first session, all my concerns were put to rest. Everyone at

NMSMC is like family to me, especially my PT, Kim, who is the captain of my dream team to get me going again."

Lisa was not able to put any weight on the leg for 3 months. The challenge was to protect the injury while working to increase her range of motion and strength. Lisa was always willing to do whatever it took to regain her previous level of function, even if at times that meant long and difficult therapy sessions.

Along the way, there were numerous setbacks; including removing her surgical hardware, a series of manipulations and debridement, as well as infections that significantly altered her course of rehab. Over the course of her therapy, Lisa ended up having 8 surgeries and a total of about a month in the hospital. Through it all, Lisa's perseverance, positive attitude, and dedication to recovery have allowed her to get back to participating in some of her much loved activities.

Lisa said, "Recovery is so much more than surgery and hard work. Kim never gave up on me. There were times when I didn't know what to expect next, and Kim was always there telling



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360° Assessment - They Know It and They Share It *By Mikkie Schemanski*



Being an adult runner, I have become accustomed to the normal aches and pains that accompany the daily routine of pounding the pavement. Over the course of a year or so, the pain in my "bottom" steadily increased, to the point where it affected my daily living (shooting pains,

numb leg). I sought a variety of remedies, including chiropractic adjustments, customized orthotics, but no relief came. The downfall came when I was unable to walk without sharp pain or functionally sleep. Northern Michigan Sports Medicine provided physical therapy support, and I was required to stop running and rest (with therapy) for about three months.

I read of a seminar being offered at High Gear Sports in the Fall of 2009, which caught my attention ~ focusing on proper running form, and ways to avoid running injuries. As part of this seminar, Northern Michigan Sports Medicine staff gave a video presentation, showing a runner on a treadmill and commenting on different segments of his running form.

The staff member shared that he offered a service, called the 360 Evaluation, whereby he could dissect a runner's form, pinpoint areas of deficit, which may be causing pain, and make recommendations on how to improve one's form and overall efficiency. My initial appointment was made that day!



During my 360 Evaluation, I was asked to do a variety of movements (squats, lunges), balance techniques, as well as doing a video session on the treadmill. The feedback from the video was amazing! I was able to see how inefficient my stride was, and how my running form was causing pain in my body. Quite the eye-opener! Apparently, I had weak muscles (not the ones that were hurting ~ go figure), which were in effect causing my other muscles to work overtime. My homework (plan) was to strengthen these weak muscles in my legs. In addition, proper stretching techniques were given.

The work done at home was relatively minimal (about 30 minutes per day). I mainly worked with exercise bands, and did squats and balance techniques. The program was mapped out perfectly for me, with visuals (handouts) as guides. It did not take long to begin feeling the benefits of this program, which resulted in the gradual reduction of pain in my piriformis muscles. Through running, I was

able to concentrate on improving my form (stride, foot strike, arms), and felt the results of being more efficient. After a few weeks, there was a follow-up session whereby the same analysis was done as in our initial visit, and the comparison was made in the data. It was obvious that progress was being made, and those weak muscles were now doing their job! I was instructed to continue with the strength training program (which had become routine and really did not seem like work), and come in for another follow-up visit in a couple months. During these months, I continued running, increased my mileage considerably, and competed in a variety of local races. With my "new form" and balanced muscle strength, I had a new confidence and performed with personal bests in these races. The pain was no longer present ~ allowing the enjoyment of running to be just that ~ enjoyment. The final visit at Northern Michigan Sports Medicine confirmed that the prescribed program was a success. I walked away one happy customer!

The 360 Evaluation was the key to my running health. They truly know the science of running, and how to break-down an individual's form (both good and bad). This is a compassionate and sincere staff ~ most of whom are athletes themselves. They know it, they get it, they're willing to share it, and when all is said and done ~ you'll walk away equipped to run and run and run! As with most, my life is busy and hectic. I am now able to keep running into my schedule, and don't have to make "appointments" for pain management.

Thanks, Sports Medicine.

Mikkie Schemanski
Petoskey, Michigan



- 1) a. Neck is curved backwards and head is tilted (forward head posture)
b. Neck and head are more upright
- 2) a. Arms hanging limp
b. Arms swinging well, driving body forward
- 3) a. Knee is straight causing increased compression at joint
b. Knee is slightly bent, allowing decreased stress on the leg joints

**During the month of October, receive a 10% discount off a 360 Assessment!
Call today to schedule 231-348-7950**

Celebrating Physical Therapy Month

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

www.moveforwardpt.com

As we celebrate Physical Therapy Month, we would like to thank all of our loyal clients and patients for their continued support in making 2010 a very successful year.

As physical therapists, and physical therapist assistants, we enjoy educating people of all ages and abilities about the many conditions physical therapy can help improve.

- Orthopedic Injuries/Surgeries
- Sports Related Disorders
- Vestibular Disorders
- Tendonitis
- Total Knee Replacement
- Total Hip Replacement
- ACL Reconstruction
- Rotator Cuff Surgeries
- Sacroiliac (SI) Dysfunction
- Low Back Pain
- Whiplash
- Headaches
- Vertigo
- Work Related Injuries
- Ankle Sprain
- Carpal Tunnel
- Tennis Elbow
- Golfer's Elbow
- Shoulder Dislocation
- Plantar Fasciitis
- Sciatica
- Pelvic Pain
- Incontinence
- Osteoporosis

Join us in our celebrations:

PETOSKEY

One Year Anniversary of our East Clinic -

**Open House on
October 13th**

from 3:30 – 5:30 pm

Come and see how we are committed to your health. Learn how we can help you feel better or enhance your already active life style. Join us for clinic tours, games, drawings, prizes and refreshments,

FREE!!

**Chair Massages
Falls and Balance screenings
Gait/Walking Video Analysis screening**



Come and see the mural on the East Clinic wall, painted by Joe Robbins, Petoskey High School Athlete.

HARBOR SPRINGS

Did you know that Physical Therapy can help with your headaches?

During the month of October, we are featuring *Free Neck pain and Headache screenings*. Call 231-348-7002 for your **FREE** screening.



Inside the East Clinic, early morning therapy and training with high school athletes.

CHARLEVOIX

1st Annual Holiday Food Drive supporting the Charlevoix Community Food Pantry on Thursday, November 11th from 4:00 – 8:00 pm. An evening of music, charity, and fun!

Food and cash donations will be accepted at our clinic located at 06510 M-66 North, in the Kmart plaza. *Everyone is welcome to enjoy an open house reception with refreshments and live music from the Great Lakes Chamber Orchestra Musicians.*

We will try to fill our Pool with Food. The food drive will try to fill a 24 x 12 foot area, which is the size of our aquatic therapy pool.

If you are unable to stop by the Charlevoix clinic, food and cash donations can also be dropped off at any of the Northern Michigan Sports Medicine Centers located in Harbor Springs and two locations in Petoskey.



I Got Knocked Down... But I Got Up Again. You're Never Gonna Keep Me Down!, *Cont.*

me to keep pushing and focusing on the future and not the past events. The relationships I have built with Kim and the Sports Med team gave me the foundation to strive for greatness and succeed. Those that know me

know that downhill skiing is my passion, and thanks to Dr. Wilcox and Kim, I will be at Nubs Nob this winter on skis. I can't wait!"

Kim and Lisa working hard to get back to the sports she loves.



Did You Know?



Many types of pain and inflammation can be reduced with the help of a physical therapist, including low back pain, which affects up to 80 percent of Americans during their lifetime. Physical therapy that mobilizes the spine along with specific exercises

can help alleviate the pain and can have long-lasting effects.

If you are at risk of heart disease, the American Heart Association encourages seeing a physical therapist for the initial treatment of pain resulting from tendinitis/bursitis, degenerative joint problems (osteoarthritis), and inflammatory joint problems (rheumatoid arthritis), rather than prescription pain medication. Physical therapists are a great alternative to medication and surgery for musculoskeletal pain. Research shows individuals who receive active physical therapy experience greater improvement in function and decreased pain intensity.

No matter what part of your body hurts, a physical therapist can help you alleviate or manage pain without costly medication or other invasive methods, in many cases.

For more information on how physical therapy can help eliminate your pain, feel free to contact us.

Testimonial - You're the BEST!!

I am so grateful for Joel Smith, PT, and the professional staff at Northern Michigan Sports Medicine Center! In May 2010, my dentist prescribed physical therapy for relief from TMJ (*Temporomandibular joint dysfunction*). My mouth opening had diminished to a point that I could barely move a toothbrush around in my mouth.

Although I was somewhat skeptical that physical therapy would relieve the constant jaw pain and increase my jaw opening, I was determined to follow the program and give physical therapy a chance. After a few weeks I really began to wonder if I would get any results from the program. Joel never gave up even when I questioned if my jaw would ever loosen up! Thanks, Joel!

By the third week, much to my surprise, I would wake in the morning with minimal jaw pain and could definitely feel the progress on a regular basis. Within six weeks I met my jaw opening goal!! I graduated from physical therapy and was given an exercise program to follow. I am happy to say that after four weeks I have maintained the goal and am pain free!!

I am a believer in physical therapy and thank Joel and the professionals at NMSMC for relief from TMJ and for giving me the tools to continue to be pain free.

You're the best!!
Diane Chapman.

