

Health & Healing

northernmichigansportsmed.com



**NORTHERN
MICHIGAN**

SPORTS MEDICINE CENTERS

SPRING 2011

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!"

*Celebrating National Athletic Training Month -
Meet Mollie Coe, Licensed Athletic Trainer*

New Year ... New You! Wellness Classes

Lunch n Learns

Peak Performance Program

*The Surgeon Was Extremely Impressed!
Bob Schultz's Story*

Meet Stacey Mapes, OTR/L, CHT, CLT

The Backpack Program

*Pre-Surgical Physical Therapy:
Prehab or Prehabilitation*

*"Stay Fit Gym Membership
Now offered in Rogers City"*

Cheboygan Class Special

Celebrating National Athletic Training Month - Meet Mollie Coe, Licensed Athletic Trainer

Meet Mollie Coe, Licensed Athletic Trainer in our Indian River Clinic and at the Inland Lakes High School.

Where did you grow up?

I was born in Traverse City and grew up in Holly and Richmond, Michigan. My family and I moved to Indian River when I was 17 and I graduated from Inland Lakes High School.

What influenced you to become an Athletic Trainer?

From ages 5-16, I was a competitive gymnast, which was a very big part of my life. My teammates and I were frequently injured; and our coach wanted to do something to help us, so he brought in an athletic trainer. She developed an injury prevention program for us based on our specific needs. This program included ankle and wrist injury prevention, along with core strengthening, since we frequently sprained our ankles and experienced a lot of low back pain. At the time, I didn't think these easy exercises were really doing much, but I can honestly say I never sprained my ankle or experienced any wrist issues as a gymnast as a result. This made me realize that athletic training was the career for me, as I have always had a passion for helping others.

What do you like the most about your job?

I love that my job never gets boring. There is always something different to see, new research to further your knowledge, and new patients with different, unique conditions to treat. I also enjoy helping people make their quality of life better, whether it be getting into better physical shape or recovering from an injury.

How did you come to work for Indian River Physical Therapy & Sports Medicine?

As an athletic training/sports medicine student at Central Michigan University, you have to complete a semester long internship to graduate. There is an application and interview process, then finally selection of the interns. I applied for a position at Northern Michigan Sports Medicine of Charlevoix along with other places. NMSMC seemed like a perfect fit for me and I chose to complete my internship there. After my internship, there just happened to be an opening

at the Indian River location. I was offered the position and have been here ever since!

What are some of the challenges of your job?

One challenge of being an athletic trainer is that you work long hours. I work 40 hours a week at the clinic and high school, then I work any home games at the school (away football games too) and also cover for the athletic trainers at the other clinics of NMSMC. Even though working so many hours can be tiresome at times, it doesn't seem so bad when you sincerely enjoy what you're doing!



*Mollie treating Kent Mayback, Jr.
at Inland Lakes School Gym*



Tell us about your life at the clinic and at school?

I wake up at about 5:30 am to get ready and get to work between 6 and 7 am.



*Mollie working with Leonard LaFave
on strengthening exercises.*

I see a variety of patients with different conditions from children to the elderly. I teach numerous fitness classes including Core, Boot Camp, and Total Body Toning.

At 3 pm every day, I leave the clinic and head to the high school. There I evaluate student's injuries, attend practices, perform stretching, rehabilitate injured athletes, communicate with athletes, parents, coaches and administrators, interact with medical professionals and educate athletes on nutrition and

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New Year ... New You! Wellness Classes

\$25 per month for all classes

AQUATIC AEROBICS - Splash your way into shape!
Tuesday & Thursday - 8 a.m., 11 a.m., 4:30 p.m. & 5:30 p.m.

CARDIO-FIT AQUA CLASS - Making waves to fitness!
Saturday - 10 a.m.

CORE CONDITIONING CLASS - Whittle that middle!
Tuesday & Thursday - 8 a.m.

TOTAL BODY TONING - Target every muscle in an hour!
Tuesday & Thursday - 5 p.m.

STAY FIT - Exercise on your schedule.

OPEN POOL - your time to exercise in the warm water!
Monday & Wednesday - 11 a.m.

Stay Fit Plus \$50 per month - Guided customized workout

Student Stay Fit \$15 per month

Personal Training \$50 per hour

For more information please give us a call
& we would be happy to assist you!



There is a Difference ... Expect the Difference!
Quality - Experience - Results

CALL TO REGISTER TODAY!
238-4880

3805 S. Straits Hwy., Indian River



PEAK PERFORMANCE PROGRAM

"Gain the competitive edge on your opponent!"

Summer Sports Training - it's time to reach your Peak!
Gain the competitive edge ... Increase speed

Improve your agility
Enhance your core strength
Boost your reaction time



Starts June 14th Tuesdays & Thursdays
registration forms in the training room

- PEAK OLYMPICS

One day of competitive games between PEAK Schools!!
(Petoskey, Cheboygan, Inland Lakes, Harbor Springs & Charlevoix)

"To achieve the ultimate goal you must make the climb before you reach the top!"



Cheboygan won the Olympics last year and
the banner hangs in their training room.

Who will take it home this year? Sign up today.

Program developed and delivered by Certified Athletic Trainers

www.northernmichigansportsmed.com

Cheboygan Physical Therapy is pleased to provide a variety of

FREE

Lunch n Learns

Space is Limited Call to Register

231-627-7201

Each session meets at Noon - 1pm
A light lunch will be provided to you!

MAY 5th

"A PAIN IN YOUR NECK?"

Presented by Becky Bailey, PT

MAY 12th

"HOW DO I STOP MY BACK FROM ACHING?"

Presented by Monica Wendt, PT

MAY 19th

"GAIN OR MAINTAIN INDEPENDENCE IN YOUR HOME, WHAT ARE YOUR OPTIONS?"

Presented by Stacey Mapes, OTR/L, CHT, CLT

MAY 26th

"WHAT CAUSES MY FOOT TO HURT?"

Presented by Toyo Ebato, PT, ATC



The Surgeon Was Extremely Impressed! Bob Schultz's Story

January 2011

I had total shoulder replacement surgery at Beaumont Hospital in November, 2009. Because my rotator cuff had a partial tear in it, the surgeon explained my options and I opted to have "a reverse total shoulder replacement," where the placement of the ball and socket is reversed. The deltoid muscle is then strengthened through physical therapy and takes the place of the rotator cuff.

After 4 weeks in a very restrictive sling 24/7, I started physical therapy at Indian River Physical Therapy. After 6 weeks of physical therapy, I had about 95% mobility in my arm and shoulder. There is no more pain and the grinding sensation in my shoulder is gone.

Upon a return check-up visit to the surgeon, he was extremely impressed with the progress I had made. I have not completely retained all the strength in my right shoulder yet but I continue to workout on my own at IRPT through their "Stay-Fit Program" and by doing exercises at home. Last year, I entered IRPT's "Biggest Loser Contest" and lost about 35 pounds through the exercise program Mollie Coe, AT, initially developed for me.

Although Tanya Ruddy, M PT, MTC, MTR was my primary physical therapist, all the therapists and the entire office staff at IRPT have been very supportive. They continue to offer encouragement, suggestions, and tips for maintaining and improving my workout program. It's also very pleasant to be greeted by the warm, friendly faces of Rebecca and Kelly when you walk in. Overall, my association working with staff at IRPT has been a very positive and rewarding experience.

Bob Schultz



Tanya and Bob

Meet Stacey Mapes, OTR/L, CHT, CLT



Stacey came to Cheboygan Physical Therapy and Sports Medicine Center in 2006. She is originally from Pinconning, Michigan and holds a Bachelor of Science in Occupational Therapy from Saginaw Valley State University. "I enjoyed helping people from a young age and wanted to work in the healthcare field like my mom and I decided that Occupational Therapy would be the perfect fit," comments Stacey.

Practicing as an Occupational Therapist, means she takes a holistic perspective when working with her patients and

addresses modifications or adaptations that would help her patients while they are recovering from their injuries.

As an Occupational Therapist, she works with a wide variety of upper extremity injuries such as, shoulder injuries and rotator cuff repairs, elbow injuries, hand injuries and tendon repairs, along with pediatrics, strokes, and Parkinson's patients.

Stacey's focus has always been helping her patients to return to their highest level of function for the injury they experienced. She has furthered her education to become a Certified Hand Therapist, Certified Lymphedema Therapist, and a Certified Massage Therapist. It is her goal to continue to further her education as an Occupational Therapist to better serve her patients and to assist her patients in achieving high functional outcomes.

As a Certified Hand Therapist, she can evaluate and treat any problem relative to the upper extremities. The hand therapist can effectively treat and rehabilitate the patient through postoperative rehabilitation, preventative, non-operative, or conservative treatment, or industry consultation. The therapist works closely with the physician and their patient to provide a continuum of care. This often starts within days of the injury or surgery right through to the patient's return to work and/or a productive lifestyle.

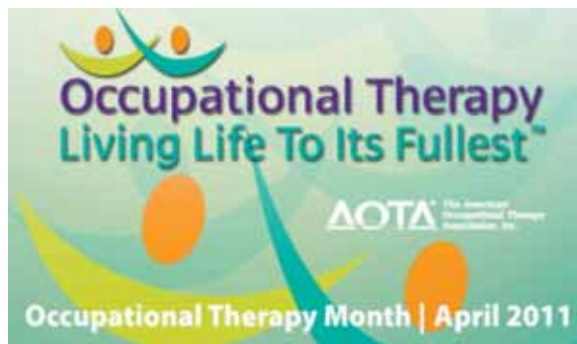


Stacey working with Roberta Taylor.

As a certified lymphedema therapist, she is able to work with patients experiencing

extreme swelling in the arms or legs usually related to breast cancer, prostate cancer, bladder cancer, and circulation problems.

In Stacey's spare time, she enjoys archery, hunting, fishing, dog sledding, camping, and spending time with her husband and children.



The Backpack Program

Indian River Physical Therapy & Sports Medicine has partnered with A Ministry of Indian River United Methodist Church as a sponsor for "The Backpack Program."

The Backpack Program is a new outreach program targeted to reach over 100 local children from Kindergarten to 4th grade every week. Each week, backpacks loaded with food items from Joy Fellowship will be delivered on Thursdays to the Inland Lakes schools. Backpacks are full of food items for breakfast, lunch, and dinner for Saturday and Sunday. They are then returned and laundered at the church every Tuesday to be ready to be stuffed on Wednesdays.

Indian River Physical Therapy & Sports Medicine has donated \$120 to sponsor a child for a whole year. "We are thrilled to be a partner in The Backpack Program," comments Tanya Ruddy, M PT, MTC.

If you would like any additional information please call 231-238-4880.



Tanya Ruddy, M PT, MTC, MTR Clinic Manager, Wald Dark, Outreach/Mission Team Leader, Odette Shaheen, PTA, CLT, and Mollie Coe, AT.

Pre-Surgical Physical Therapy: Prehab or Prehabilitation

By Jeff Smith, PT, OCS, CSCS

What is Prehabilitation? Prehab is becoming a popular concept for patients prepping for surgery nationwide. Pre-surgical physical therapy is a strengthening, flexibility and aerobic conditioning program individually designed to help patients physically prepare their bodies for an upcoming surgery. It is typically started at least 6 weeks prior to surgery. In addition, patients are educated on what to expect with regards to their upcoming procedure: length of healing, recovery time, implications of procedure performed, specifics of procedure. This is helpful in alleviating any stress or reservations about their surgery and recovery.

How Effective is Pre-Surgical Physical Therapy? Research as shown that the more physically fit an individual is prior to surgery the faster recovery they have and better overall outcome they can expect. In a recent study on individuals having either ACL reconstruction or Total Hip Replacement, individuals who participated in a pre-operative physical therapy program had greater and quicker functional recovery following surgery.

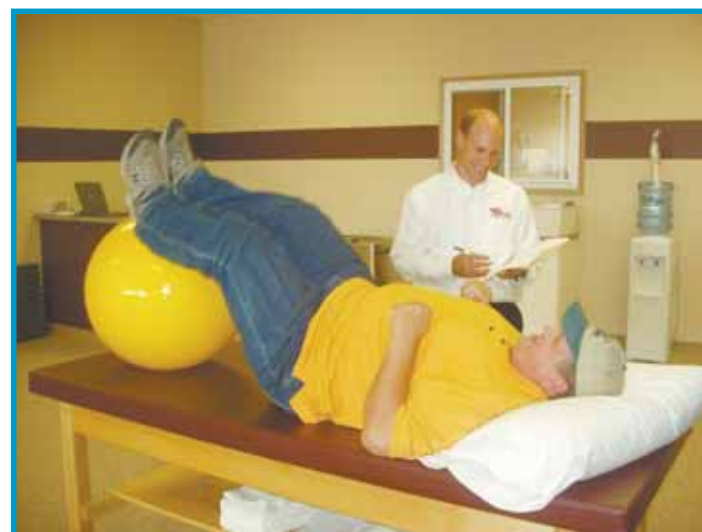
In addition, the Arthritis Foundation reports that knee and hip-replacement surgery patients who participated in strength training, aerobic and flexibility exercises for six weeks before their surgeries reduced their odds of needing inpatient rehab by 73 percent.

Do I Need Physical Therapy After My Surgery? Physical therapy has been shown to greatly enhance patient's post-surgical outcome in a number of surgeries: ACL reconstruction, Rotator Cuff Repair, Total Knee and Total Hip Replacement, Knee and Shoulder Arthroscopy, Neck and Back Surgery.

Post-Operative Physical Therapy is performed at the highest therapeutic level with protection of the patient and preservation of function as the primary goals. Our therapists want to achieve the fastest possible recovery without endangering

the surgical repair or the patient's safety. Regular communication with the surgeon is of the utmost importance and always allows the patient excellent outcomes.

Does My Doctor Have to Prescribe Physical Therapy? Yes, your physician has to write a prescription for physical therapy. Once you have made your appointment for an evaluation, one of our highly trained physical therapists with extensive backgrounds in orthopedic and surgical rehabilitation will prescribe a comprehensive rehabilitation program for you.



Celebrating National Athletic Training Month, Cont'd.

hydration, among numerous other things. If there is an event after school, I am there to perform on-field evaluations of injuries, stretching, taping, and any other athletic training needs the athletes may need.

What Continued Education have you done or look forward to doing and why?

Along with functional anatomy, sacroiliac joint pathology, and National Athletic Trainer's Association annual symposiums, I recently completed three courses in Kinesio-taping. This is a method of taping that works with the muscles of your body instead of against them like many other taping methods. I have found this method to be very beneficial in my clinical and athletic patient populations. I am also looking forward to taking a CrossFit certification course in February. CrossFit is a program that utilizes constantly varied functional movements which are performed at a high intensity, but can be modified to any fitness level. CrossFit is currently taught at our Petoskey East clinic and has been very popular and well loved by their clients. I look forward to implementing the techniques I learn into a class at the Indian River location and possibly at Inland Lakes High School.

What do you like to do in your spare time?

I enjoy travelling to warm exotic places, being on the lake, or outdoors enjoying northern Michigan, snowboarding, working out, and being crafty.

Can you tell us a quick fun story about an athlete?

There are too many stories to put down on paper, but one of the best parts of being an athletic trainer at a high school and working with athletes is watching the kids grow up. Every year I get to see the athletes change, grow, mature and finally one day graduate and (hopefully) become responsible adults. It makes me proud to know that perhaps I was an integral, positive influence in their future success.



Balance training in the pool with Peggy Parkey.

"Stay Fit Gym Membership Now offered in Rogers City"

What is the "Stay Fit membership"?

We offer memberships to former patients or anyone interested in starting a personalized exercise program.

How do I become a member?

Sign up at the front desk or give us a call at 989-734-7607. We will assign you to one of our friendly staff members and they will assist in setting up a customized program designed just for you.

How do I get started?

On your first visit, one of our staff members will design an exercise program to help you achieve your goals. Whether it is losing weight, toning, increasing flexibility, or a sports specific enhancement program. You will receive a complete explanation on how to use all the equipment, how to perform the exercise and receive continual monitoring to maximize your results and avoid injury.

What does a membership cost?

You can join our "Stay Fit" on a month to month membership basis for only \$29.00. The use of our facility is then available to you on an unlimited basis during our normal business hours.



A staff member is always available to you for further evaluation of your program or if you have any questions.

CHEBOYGAN 2011 CLASS SPECIAL 231-627-7201

**NOW OFFERING
Punch Cards !!!!**

**Bring a friend to sign up for a wellness class
and receive 4 FREE punches.**

We now offer punch cards for wellness classes. This allows you to pick and choose between classes to see which one really fits you and your schedule. We offer a variety of different options.

HIGHLIGHTED CLASSES

60 Minute Solution!

This class is pure muscle toning & conditioning for an hour. Class entails aerobic and resistance training via alternating cardio & toning exercises. Come join to get your heart rate up to your fat-burning zone and improve strength and endurance.

Tuesday and Thursday 6 pm, and Saturday - 8:30 am

Ageless Athletes

Combination of easy to follow aerobic, flexibility, and strength training moves geared for active older adults or beginner exercisers. Exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. So don't be shy and come check it out!

Tuesdays and Thursdays 10:00 am

Waves Water Aerobics

Stay warm this winter with water aerobics. Feel weightless as you move through the warm water taking weight off your joints and allowing you to move comfortably through the water. Moving in the water engages more muscle fibers because of the water's consistent resistance. This helps shape and tone your body, as well as keeping your heart rate up. This is a great workout without the muscle fatigue!

Mondays and Wednesdays 12:00 pm & 5:30 pm

ADDITIONAL CLASSES

Dynamic Core Stability

- Crunch, twist, tighten, and tone your core!
Mondays & Wednesdays 9:am
Tuesdays & Thursdays 12 noon

Bootcamp

- Total body workout with exercises that transition from one muscle group to the next!
Mondays & Wednesdays 5:30 pm

Empower Cancer Wellness Program

- Regain the strength to live an active lifestyle!
Tuesdays & Thursdays 11 am

Stay Fit (Land) Exercise on your schedule.

Stay Fit (Pool) Pool times are made just for you!

Personal Training - For those who need that extra push.



For more information give us a call 231-627-7201