

Health & Healing

northernmichigansportsmed.com



NORTHERN
MICHIGAN

SPORTS MEDICINE CENTERS **SPRING 2011**

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*

"We help you get BACK IN ACTION!"

*Celebrating National Athletic Training Month -
Meet Abbie Hart, Licensed Athletic Trainer*

What Sports Medicine Means to Me

Pre-Surgical Physical Therapy: Prehab or Prehabilitation

Concussion AWARENESS!!!!

Peak Performance Program

Lunch N Learns

Northmen Series

Core Class Testimonials

Celebrating National Athletic Training Month - Meet Abbie Hart, Licensed Athletic Trainer

**Meet Abbie Hart, Licensed Athletic Trainer in our
Charlevoix Clinic and for the Charlevoix High School**

Where did you grow up?

Beaver Island, Michigan

What influenced you to become an Athletic Trainer?

I really liked the medical field but knew that I did not want to be a doctor. I also loved sports so I took the best of both worlds.

What do you like the most about your job?

I enjoy working with kids, watching them grow and become better at each sport that they do. I also enjoy treating patients and see them get back to their daily life activities, knowing I had a part in it.

How did you come to work for Sports Medicine Center?

Growing up on Beaver Island, I always loved northern Michigan and wanted to get back up to the area. I contacted Sports Medicine Center on a hope that they had a position.

What are some of the challenges of your job?

There are always challenges to everything, sometimes the hours are not fun or standing in the rain for hours on the sidelines of an athletic event.

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

At the clinic, we are like a little family. I would say that I am the kid that gets picked on but also the kid that picks on others. Also, I am very much a people person, so I love that people come and go.

At the school, I love watching the kids go from freshman to seniors and see how much they have changed. In both the clinic and the high school, everyday is different. As my dad would say, "You walk out of the house with plan A in mind and by the end of the day, you might just be on plan F"



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

I have recently completed a Continuing Education on exercise and being pregnant. I would like to continue with some things along this path. Also, I look for any courses that are overviews of different things to do with the kids and the school, or new ways to do something old.

What do you like to do in your spare time?

In my spare time, I love spending time with my husband, Chad, step son, Caleb, and the newly arrived son, Braxton and I can't forget Kendi, the dog. We love spending time on Beaver Island and with family and friends.



*Abbie working with Zoie Moblo,
student from Charlevoix High School.*

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

There was this soccer player that had a sprained ankle and she came into the clinic for therapy and also worked out at school. We became good friends, (still are to this day). When she left for college, where she was going to play soccer, she gave me a gift...it was a giant tape ball of all the ankle tapings I had done for her senior year....even though people think it is kind of gross, it sits above my desk.

What Sports Medicine Means to Me



Karin and her husband before.

I joined the "Sport of Mothering" post partum class and now I am part of the "Fit Chicks" exercise class.

I have always thought that a physical therapy center was only for the injured.

But I was wrong; I found out that NMSMC offers a lot more.

When I got pregnant, I began working on my eating habits and joined Sports Medicine Center's "Sport of Mothering" pre-natal exercise class, taught by Sandy Willoughby, PT, and becoming accountable for attending her class.

I started with the pre-natal class, then after the birth of my child, I



Karin and Sandy "after" losing 40 lbs.



Fit Chicks holding a side plank.

It took getting pregnant and having a baby, meeting some great people along the way, plus the support from Sports Medicine in my life to proudly say that I am almost 40 pounds down from my pre-pregnancy weight and that is factoring in "only" the 15 pounds gained during pregnancy. Thank You, Sandy!

Each time Sandy says "Tighten Your Abs" I still think about how I have never had abs in my life but I humble her and continue to do what she says!" Karin Corcoran

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.

September 7, 2010

I have had a wonderful experience at Northern Michigan Sports Medicine Center's Charlevoix location. My care was related to having a total hip replacement. This was my first surgery, so I was very apprehensive about the whole process.



Lorraine and Joel

I had heard a lot of great things about NMSMC, including the knowledgeable staff and wonderful results of

previous patients. With prior injuries, I had been to two different physical therapy facilities in the area, and NMSMC is by far my favorite. Due to insurance reasons, I was unable to use them in the past, but I am very thankful that my situation changed and allowed me to receive their superior care and expertise this time.

In preparation for surgery and as recommended by my physician, I started therapy about one month before my surgery. (I also felt that this was the right thing to do.) Joel Smith, PT, and Amy Beaudoin, PTA, were the therapists who primarily worked with me, but at different times, others had helped as well. I found them all to be very helpful and pleasant making me feel like extended family. I knew with their assistance, I was strengthening the areas of my body that needed the most help for the best outcome.

At my last appointment prior to surgery, Joel provided a bit of inspiration by encouraging me to have positive energy, knowing that I had done everything I could do for this to be successful and that there was nothing more for me to do. His gentle encouragement was very comforting and uplifting, and his thoughts stayed in the forefront of my mind.

Shortly after my surgery, I went back to NMSMC to learn how to make all of the new transitions from using a walker, to a cane, and now walking unassisted. My surgery has been a success, and I consider my experience at NMSMC a big part of that. I highly recommend them, and they certainly will be the place for me should I need their assistance in the future.

Respectfully Submitted,
Lorraine Jerkatis

CONCUSSION AWARENESS!!!!



**5-20% of High school Injuries are CONCUSSIONS!!!
60% of all concussions occur in Football alone**

★ **NMSMC will kick off AWARENESS for Concussions in high school sports beginning this fall with offering FREE BASELINE TESTING for high school football programs specifically affiliated with our outreach athletic trainers. (Petoskey, Harbor Springs, and Charlevoix)**

What is baseline testing?

A computerized test an athlete can take prior to a season which will determine a "normal" cognitive baseline level for that individual athlete.

What testing do we use?

Axon Sports- powered by Cog State a similar program as Impact. This concussion testing evaluates; memory, attention, brain processing speed, reaction time, and focus.

These areas are tested separately, so each athlete sets his/her" norm.

Why is having a baseline important?

Having a normal value before an athlete becomes concussed is key in determining when it is safe for that athlete to return to sport based on his/her individual pre and post testing.

Look ahead in our summer newsletter for Tips from the Athletic Trainer regarding pre and post concussion care

- Baseline Testing in our local High Schools
- How to recognize symptoms
- How to care for a concussion
- How long will I be "out" of sports
- How serious can it be?????



For more information regarding concussion testing please contact:

Joelle Beaudoin, ATL Outreach coordinator at 231-547-0380
jbeaudoin@northernmichigansportsmed.com
or your local High School athletic trainer



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

JOIN US FOR A FREE LUNCH N LEARNS

Pt, OCS, CSCS

**Presentation every Tuesday in
May at 12 Noon at our**

HARBOR SPRINGS CLINIC

8452 M-119, Harbor Plaza

MAY 3rd - Keeping Fit at 50 & Beyond!

Weight loss & Exercise
Presented by Jeff Samyn, PT, CSCS

MAY 10th - Better Balance!

Tools to keep you on your feet!
Presented by Sandy Willoughby, PT, CSCS

MAY 17th - Knee Pain, Can't live with it!

Understanding your knee pain.
Presented by Jennifer Charron, PT

MAY 24th - Incontinence Hotline - Can you please hold?

Can you please hold?
Answers and help for incontinence.
Presented by Ethel Larsen, PT

SPACE IS LIMITED

Call to Register 348-7002

SUMMER 2011 Northmen Series

THE NORTHMEN SERIES IS AN ATHLETIC DEVELOPMENT PROGRAM DESIGNED FOR MIDDLE SCHOOL STUDENTS.

This program will prepare athletes, no matter the level, to be at their best by engaging them in challenging workouts every session.

**REGISTER
BEFORE
SCHOOL ENDS!!**

6th & 7th Grade

Northmen Series

Camp starts June 21st
@ 8:30am at the Petoskey Middle School

We will meet every
Mondays, Wednesdays & Fridays
8:30am-9:30am for 7 weeks.
\$25 fee includes T-shirt



8th & 9th Grade

Northmen EDGE Series

The EDGE series is an age appropriate progression from Northmen Series.

Camp Start June 21st
@ 10:00am at the Petoskey Middle School.

We will meet every
Mondays, Wednesdays & Fridays
10:00am-11:00am for 7 weeks.
\$25 fee includes T-shirt

BE CHALLENGED

Registration can be picked up and turned in to Mr. Cowan prior to the end of school, submitted on the first day of camp, or mailed to Northern Michigan Sports Medicine Center.



Core Class Testimonials



Joel Hunt and Cari Olson

I've been going to core class for just over a year on a mostly consistent basis. I not only notice more muscle tone in my body, but feel stronger all over and have better posture as well. The group style makes it easier to push yourself harder and conversation, including various joke telling times, makes working out fun!

(If not for my gimpy knee I would be a better runner too!) :)

Rachel Manthei-Zehnder

I have been coming to core class for a year now, the longest I have ever exercised in my entire lifetime. It has given me confidence in myself that I didn't know I had. It allows me to spend 2 nights a week with friends and enjoying myself (we have quite a bit of fun) I feel stronger, my back and shoulder pain has greatly improved, my muscles are more tone and I feel like I am on my way to a strong body and mind because of core class...

Tamara K. Kolodziej, MA



Emily Moffatt and Jason Hoekstra



Top Row (L to R): Nancy McLellan, Sue Moffatt, Jason Hoekstra, Tamara Kolodziej, Lynne Lesky, Stasha Simon, Anna Kievit, Jeff Samyn
Bottom Row (L to R): Emily Moffatt, Joel Hunt, Jody Anderson, Jamie Whitley, Cari Olson

In sharing what core has done and continues to do for me, I would like to say a few things about it.

I was invited to join the class in late September of 2010 by another participant. While a bit unsure at first, the class has met and beat every expectation I could have had for it.

Each day brings with it new and different challenges, and pushes me farther than before. I truly feel that I get everything out of it that I put into it.

The instructors are also great as they make it a warm and friendly atmosphere. Tough and attentive, I am confident that my health and safety are top priorities.

I look forward to a continued stay with my new group of friends; all the while bettering my health.

Jason Hoekstra

Check out our new website www.northernmichigansportsmed.com