

Healthful Hints

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The Quarterly Newsletter of

Eastern Iowa Physical Therapy



Live Fully. Move Freely.

Welcome New Therapist, Sarah Costello



Sarah attended St. Ambrose University from 2003 to 2006, receiving a Bachelor of Science in Exercise Science. She attended Des Moines University from 2006 to 2009

earning her Doctorate of Physical Therapy. Sarah enjoys the diversity of the patients at the Wilton clinic, and is looking forward to expanding her knowledge of women's health physical therapy.

Sarah grew up in Durant, and now resides in Bennett with her husband of three years, Jeremiah, son Gabriel, and dog Ryder. They are active members of St Ann's Catholic Church in Long Grove. In her free time she enjoys running, biking, cooking, spending time with friends and family, outdoor activities and playing with her son.

Sarah is available Tuesday, Thursday and Friday at the Wilton clinic and available at the other clinics by appointment.

All employees at Eastern Iowa Physical Therapy wish our patients, medical staff and friends Happy Holidays and Best Wishes for the coming year.

Act Today to Make Sure There is No Medicare Limits for Physical Therapy

Fewer than 30 days remain for action to be taken to extend the Medicare therapy cap exceptions process and avoid a scheduled 21.2% cut in provider payments for Medicare Patients.

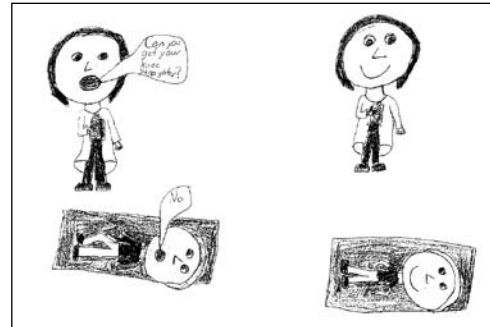
What this means to you, our Medicare patient, is that this Medicare financial limit or "therapy caps" prevent our patients who need outpatient physical therapy, occupational therapy and speech language services from

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Eastern Iowa Physical Therapy Wins

The winner for the Iowa Physical Therapy Association—Southeast District's Physical Therapy Month Contest was Eastern Iowa Physical Therapy of Wilton and Blue Grass. Our clinics hosted the following events:

- A **mayoral proclamation** of October as PT Month in Wilton.
- **WalktoberThon** at assisted living facilities in Wilton and Walcott.
- **Open House Day** at the Wilton and Blue Grass clinics. Approximately 40 folks joined us for food, drink and fun! Winners of the Wilton drawing were Jerry Ochiltree and Lois Timmerman.



Physical Therapy Poster Contest with our "Partners in Education," Mr. Jeremy Putman's sixth grade students. Therapist Rachael Martin spoke to students and explained what it means to select Physical Therapy as a career. A selection of the posters can be viewed at www.eiptherapy.com. All artists received gift certificate to Wilton's Candy Kitchen.

Other clinics participating in the Iowa Physical Therapy Association Poster Contest included JET Physical Therapy of Washington, University of Iowa Hospital & Clinics, Mercy Physical Therapy of Cedar Rapids and Marion Physical Therapy. All clinics proudly promote the Physical Therapy profession, and promote the health and fitness of the communities they serve.



Amy with WalktoberThon participants from Leland Smith Assisted Living facility.



Beth and Amy celebrating with guests during the Open House Day



PT Assistant Amy Sheloganski with prize drawing winner, Lois Timmerman.