

Healthful Hints

Fall 2009
Volume 2, Issue 3

You Have a Choice!

With all the changes that will be proposed in the future, I would like to emphasize the importance of patients taking charge of their health and their health care.

You can take charge of your health care needs! As patients, you have a choice when it comes to your physician – especially your specialists, such as orthopedic and general surgeons. You also have the right to choose in deciding where you go for your physical therapy.

A patient of our clinic recently shared his experience after having shoulder surgery. He explained how he took control in deciding where he went for his physical therapy and told his surgeon to schedule his rehab appointments at **Eastern Iowa Physical Therapy**. We were pleased to hear he felt so strongly about our services, and our staff and I deeply appreciated his comments to friends, family and physician.

I share this to encourage you to offer your preference the next time anyone tries to tell you where to go for physical therapy service, if it is not where you prefer to go.

Thanks again for your continued support. We are focused on helping every patient live fully and move freely! We want you to live your life to the fullest.

Beth Dessner

Our Mission

Eastern Iowa Physical Therapy (EIPT) is a practice that is focused on helping people live their lives to the fullest.

We are guided by our Mission to provide Quality and Individualized physical therapy, occupational therapy, speech therapy and athletic training services to the clients that we serve.

The Quarterly Newsletter of

Eastern Iowa Physical Therapy



Live Fully. Move Freely.

Health Care Reform Priorities

Please Support the Physical Therapy Profession and the Patients It Serves



As health care reform debate heats up in Congress, it is important that physical therapy is at the table. After months of summits, hearings, and discussion, it is expected that legislative proposals and alternatives will begin to emerge shortly.

The Eastern Iowa Physical Therapy staff feel the time is now to begin to tell the story of the importance of physical therapy as a part of the solution to our Nation's health care dilemma. The American Physical Therapy Association (APTA) and Eastern Iowa Physical Therapy (EIPT) strongly supports efforts to reform our health care delivery system to improve coverage, access, and patient care and reduce unnecessary costs.

The Senate Finance Committee has taken the lead in the debate for health care reforms. A health care reform bill will most likely originate in the Senate Finance Committee. Chairman Baucus and Senator Grassley (Ranking Republican members) are two of the most proactive members of the Senate in regards to health care reform. In the U.S. House of Representatives, the Ways and Means and Energy and Commerce committees will lead any debate in the House, but will most likely, allow the Senate

Finance Committee; along with Senate Health, Education, Labor, and Pensions (HELP); to propose any health care reform legislation. The President, the Secretary of Health and Human Services, and the White House Director on Health Care Reform will work with Congress to try and get their priorities included in any bills that they may pass.

We encourage all of you, our advocates, to get involved in the debate. There are a multitude of avenues you can take to get your voice heard. You can write, call, or fax your Congressman or Senator.

Senator Charles Grassley (R-IA-S1)
135 Hart Senate Office Building
Washington DC 20510-1501
Phone (202) 224-3744 Fax (202) 224-6020

Congressman Dave Loebsack (D-IA-02)
1221 Longworth House Office Building
Washington DC 20515
Phone (202) 225-6576 Fax (202) 226-0757

Senator Tom Harkin (D-IA-S2)
731 Hart Senate Office Building
Washington DC 20510
Phone (202) 224-3254 Fax (202) 224-9369

Thanks for your continued support of the services provided by Physical, Occupational and Speech Professionals.

Healthful Hints

Wilton
400 Ovesen Drive
563-732-4317

Durant
107 W. 5th Street
563-785-6578

Blue Grass
413 S. Mississippi
563-381-8793

Congratulations, Cheryl!



Therapist **Beth Dessner** with patient **Cheryl Behnke**. Both participated in the Race for the Cure in Davenport, Iowa. Cheryl, a breast cancer survivor has suffered many setbacks during her cancer treatment. As a result, her ability to walk across the finish line was a major accomplishment.



EIPT participated in Birdies for Charity to support Adult Day Care initiatives.

October is Physical Therapy Month

Look for special events!

Welcome

Sarah Costello, DPT (formally Sara Schulz of Durant) recently joined Eastern Iowa Physical Therapy and will begin working September 1st in the Wilton Clinic. Sarah worked as an aide at Eastern Iowa Physical Therapy prior to attending PT school at Des Moines University. We look forward to her return as a therapist.

Staff News

- **Physical Therapist, Erik Niggemeyer** has recently relocated and will be practicing in Marshalltown, Iowa. We were sorry to see Erik leave the area and wish him well in future endeavors. **Ryan Larson, DPT** will be treating patients in our Durant clinic on Tuesdays and Thursdays.
- We offer our condolences to **Bobbi Garrett, PTA** due to the recent loss of her beloved grandfather, Sam Sands of Columbus Junction.
- Many of our long term patients will be happy to hear that **Amy Shelangoski, PTA** will be working more hours to accommodate our patient needs!
- Congratulations to **Occupational Therapist, Kelly Jeffers-Gray** who is expecting her second child in January.

Continuing Education

Amy Shelangoski attended a conference in Cedar Falls, Iowa July 16 - 18. The conference was titled "Strain/Counterstrain II for the Extremities"

Evidence Based Practice

If you are planning to have a Total Hip Replacement in the near future this research may be of interest to you. A study compared standard physical therapy (Range of motion and gradual strengthening exercises) with a progressive resistive exercise program (weight training with free weights and machines) designed and supervised by a physical therapist. Results of this study demonstrated that "postoperative resistance training effectively increased maximal muscle strength, muscle mass, and muscle function more than a standard rehabilitation regime. Furthermore, it markedly reduced length of stay in elderly postoperative patients."