

Healthful Hints

Spring 2010
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Welcome Jenn Burke, DPT

We are very pleased to announce that Jenn Burke has joined the Eastern Iowa Physical Therapy team.

Jenn is currently working in the Wilton office. Originally from Northeast Iowa, Jenn attended the University of Northern Iowa to receive her Bachelors in Psychology with a minor in Biology. Following attending UNI, Jenn attended the University of Iowa where she received her Doctorate in Physical Therapy in 2009. Jenn enjoys the variety of patients seen at Eastern Iowa Physical Therapy. Jenn is a member of the APTA.

Jenn enjoys spending time with friends and family including her husband, Ty and her dog, Titus. She also enjoys running, swimming, and scrapbooking.

Please join in welcoming her to our staff!



Staff Excellence

We invest in our staff by encouraging continued educational opportunities.

- **Kelly Jeffers-Gray**, Occupational Therapist attended the following training sessions:
 - ♦ *Developing and Implementing Effective Sensory Diets for Children and Adolescents*
 - ♦ *Shoulder Disorders: Diagnosis, Management and Evidence Based Treatment.*
- **Amy Shelangoski**, Physical Therapy Assistant attended a course on medically integrating Physical Therapy with Fitness Centers.
- **Sarah Costello**, Physical Therapist attended the two day course; Mulligan Concept: Lower Quarter. She learned mobilization techniques for the lumbar spine and lower extremities to improve motion and decrease pain.
- **Jenn Burke**, Physical Therapist attended a Mulligan Concept workshop focusing on the Upper and Lower Extremities.
- **Jenn Burke** and **Sarah Costello** are attending a 4-day conference in Denver, Colorado on Joint Manipulation.

The Quarterly Newsletter of

Eastern Iowa Physical Therapy



Live Fully. Move Freely.

New Clinic Opened May 17th

Women's and Children's Therapy opened May 17th in Muscatine, Iowa. Rachael Martin, PT is transitioning from her current active position at Eastern Iowa Physical Therapy (EIPT) to provide management and therapy services for Women's and Children's Therapy Center, 2109 Cedarwood Street, Suite 200, Muscatine, Iowa.

As you know, Rachael has been an employee and co-owner of Eastern Iowa Physical Therapy for the past four years. Prior to joining with Eastern Iowa Physical Therapy, Rachael enjoyed providing pediatric therapy services to children with development or movement disorders. Beth has also been developing her skills and interest in management of women's health issues. Together, they have chosen to develop a new company which will focus on both pediatrics and women's health in the Muscatine area.

- The new clinic will offer patients in the Muscatine area therapy excellence "close to home."
- Rachael will be providing children's therapy.
- Beth will provide women's health interventions for Women's and Children's Therapy Clinic up to two days each week.
- The Eastern Iowa Physical Therapy staff will work in Muscatine on an "as needed" basis.

So what does this mean to you, our patients?

For patients in the Wilton, Durant and Blue Grass area, it will be "business as usual." The same staff and same quality services will be provided to you!

We are excited about this new collaboration and wish Rachael great success as she leads this new venture.

Opportunity for Local Employers

Eastern Iowa Physical Therapy is now offering an exciting new program to local companies to assist in the prevention and treatment of work-related injuries. Eastern Iowa Physical Therapy, PC is teaming up with Muscatine Physical Therapy, PC to offer Work STEPS® to employers in the Wilton and Durant communities. Work STEPS® is a program that was created to offer employers a standardized, medically safe, objective, and legal system to match a worker's functional capabilities with the essential functions of the job. This program provides pre and post-offer, fit-for-duty, functional capacity, and upper quadrant/carpal tunnel tests. It is a program that is used nationwide and has been shown to significantly decrease incidences and costs related to work injuries.

As always, Eastern Iowa Physical Therapy is committed to providing quality and individualized physical and occupational therapy services to the communities where we live and work and this is just another way that we can achieve this mission.



An open house, ribbon cutting and tours are scheduled for June 10th from 4:30 to 6:30pm

Giving



Our 'Christmas Charitable Contribution' drive was well received this year. We had a large number of post cards returned with the following charitable donation requests:

- Muscular Dystrophy Association**
- Make a Wish Foundation**
- Juvenile Rheumatoid Arthritis (JRA)**
- Camp Courageous**
- Juvenile Diabetic Research Foundation (JDRF)**
- Camp Shalom**
- Muscatine Center for Social Action**
- American Cancer Society**

Donations have been sent to each agency. Because of all the positive feedback, we will continue this activity in 2010.

Reminders

- We are requesting a 24 hour notice for cancellations. This gives us an opportunity to fill the cancellation to better serve all of our patients. Thank you for your help!
- We ask that you pay your co-pay at the time of your visit. If this is a hardship, please discuss this with the office manager.
- If you are interested in receiving our quarterly newsletter by e-mail, please contact Katy at 732.4317 or send an e-mail to eipt@netwtc.net
- If you have a Facebook page, become an Eastern Iowa Physical Therapy 'FAN'. This will be a great spot for us to post happenings between newsletters and provide a place for you to contact us if you wish. This is in addition to our webpage, eiptherapy.com

EIPT Professional Staff to Begin Electronic Charting

If you notice your therapist carrying around a laptop computer, don't be surprised. In order to keep up with patient privacy requirements, Eastern Iowa Physical Therapy staff will be switching to electronic charting.



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Wilton, IA 52778

PRSR STD
US POSTAGE
PAID
PERMIT #8
DURANT, IA

<<Full Name>>
<<Address1>>
<<Address2>>
<<City>>, <<State>> <<Zip Code>>

Wilton	Durant	Blue Grass
400 Ovesen Drive 563-732-4317	107 W. 5th Street 563-785-6578	413 S. Mississippi 563-381-8793

Larson Promoted

Ryan Larson, DPT, has been promoted to Sports Program Coordinator for all Eastern Iowa Physical Therapy clinics.

With his new job, Ryan will be coordinating all athletic training and coverage for high school athletic teams. Look for additional information concerning strengthening and endurance programs we plan to offer!

In preparation for his expanded responsibilities, Ryan attended a week long conference in Las Vegas, NV the first week of December 2009. The first three days were to become a certified First Responder with emphasis on emergency care when covering sporting events. Since Ryan covers several sporting events for local schools, this is an important certification for him. This certification is also a prerequisite to the Sports Certified Specialist (SCS) certification Ryan is looking to attain through the APTA in the next 1-2 years. The next three days were spent attending the Sports Physical Therapy section's year end conference. The topics this year covered recent information about rehabilitation and prevention of shoulder, elbow, wrist, hip, knee, ankle, and head injuries in athletes. Discussions covered top methods currently working most effectively to get the athletes back in the game, as well as training methods to prevent injury in the first place. Ryan felt he furthered his learning about strength training, plyometrics, agility drills, and top surgical protocols from some of the most influential surgeons, physicians, and physical therapists currently researching and practicing in the field of sports and orthopedics. He is looking forward to using his knowledge to help local athletes with prevention and rehabilitation, as well as continuing to further his understanding of human biomechanics (how the body moves/works) in the realm of sports and orthopedics. He also had a little free time in the evenings to see some of the incredible sights and tourist spots of crazy Las Vegas, and even dropped a few quarters in the slots! All in all, it was a great week of professional and personal development.

