

# Healthful Hints

Winter 2010  
Volume 3, Issue 3

The Quarterly Newsletter of

## Eastern Iowa Physical Therapy



*Live Fully. Move Freely.*

### Our Winning Spirit

October was National Physical Therapy Month. Our focus was to encourage patients and families to 'Get Moving'. We **won** the Southeast Iowa Physical Therapy Association competition for the second year in a row. This shows our commitment to assist everyone we treat and coach to "Live fully. Move freely". Enjoy our photos from PT Month activities!



Focus on Fitness, Poster contest-PIE winners photo caption PT Student Becky Birkhofer with Poster contest winners (left to right) 3rd Place winner Dylan Leinen-Tuttle son of Allison Tuttle and Jeff Leinen, 2nd place winner Ashliegh Witt daughter of Kim Wagner Poster contest winner Gabby Whitehall daughter of Jasmine and Michael Whitehall. Student are from Mrs. Amanda Rockow's 5th grade class.



For the last 12 years, The Quad Cities Marathon, a USATF certified course and Boston Marathon qualifier, has been held annually in September. The event included 5 races, 4 cities, 3 bridges, 2 states and 1 Island, all along the mighty Mississippi River. The 26.2 mile run starts and ends in downtown Moline, Illinois. **Eastern Iowa Physical Therapy Team #1 was the Team Marathon winner!**



EIPT Focused on Fitness During Therapy Month

## Education Sessions FREE to the Public LIVE FULLY.

**Beth Dessner, DPT** is committed to educating women in the communities we serve. She recently presented an hour-long seminar on urinary incontinence and osteoporosis. There was no cost for the sessions. Look for more to come in 2011.

### MOVE FREELY.

**Jenn Burke, DPT** offered two exercise classes for all community members. Kickin' Your Core focused on therapeutic ball exercises and Battle of the Bands emphasized strengthening with resistive bands.

### Staff Excellence

- **Jenn Burke, DPT** and **Jason Feldman, ATC** attended the 26th annual Hawkeye Sports Medicine Symposium in Coralville, IA. Conference speakers included orthopedic surgeons, physical therapists, athletic trainers, and a running researcher. Four sessions focused on the following:
  - Knee pain in runners
  - Assessment and differential diagnosis of knee pain
  - Shoulder and biceps surgeries
  - On-field sports injuries.
- **Beth Dessner, DPT** attended "The Runners Course" conference in Milwaukee in November.
- **Ryan Larson, DPT** attended a Sports Physical Therapy conference in Las Vegas, NV. Larson received First Responder certification with emphasis sports injuries. Since he covers many sporting events for local schools, this is an important certification. Some of the most influential surgeons, physicians, and physical therapists currently researching and practicing in the field of sports and orthopedics offer sessions on strength training, plyometrics, agility drills, and top surgical protocols. Larson will use his knowledge to help local athletes with injury prevention and rehabilitation.

### In the News

- Eastern Iowa Physical Therapy congratulates **Ryan Larson** and Ashley Binks who will be married 12-31-10. Ryan practices with EIPT primarily in Blue Grass and Durant. Congratulations, Ryan and Ashley!
- **Gabriel Costello** is expecting a brother or sister in May. Gabriel's mom is a physical therapist at EIPT Wilton clinic. Congratulations, Sarah, Jeremiah and Gabriel!

## Eastern Iowa Physical Therapy



400 Ovesen Drive  
Wilton, IA 52778

*Live Fully. Move Freely.*

PRSR STD  
US POSTAGE  
PAID  
PERMIT #8  
DURANT, IA

<<Full Name>>

or current resident

<<Address1>>

<<Address2>>

<<City>>, <<State>> <<Zip Code>>

### Wilton

400 Ovesen Drive  
563-732-4317

### Durant

107 W. 5th Street  
563-785-6578

### Blue Grass

413 S. Mississippi  
563-381-8793

## *Seasons Greetings to You, Our Valued Patients!*

The staff of Eastern Iowa Physical Therapy wish to extend to you the best of this joyous season. We have many joys to share... the warmth of family, the beauty of the wintry snow, and the happiness of seeing our patients meet their therapy goals. We are thankful for the daily blessing of spending time with our patients and sharing stories and laughs over a cup, or two, of fresh-brewed coffee. We also remember all the loved ones that you may have lost this past year and we share in your sorrow as we feel a part of your extended family.

During this past year, Eastern Iowa Physical Therapy staff has been dedicated to providing top quality, exceptional therapy services to you and to our community. We have experienced many changes in 2010. First, the opening of Women's and Children's Therapy in Muscatine, brought about a change in our clinic dynamics. Rachael Martin, PT, Kelly Jeffers-Gray, OTR and Bobbi Garrett, PTA now work in the Muscatine clinic, and Beth offers women's health in Muscatine as well as in the Wilton EIPT clinic. There are new faces at Eastern Iowa Physical Therapy including the additions of Jenn Burke, PT and Jason Feldman, ATC! Calli Kahl continues to work part time as she pursues her college education. We have been fortunate to have student interns working with us this year and will continue this association as it keeps our professional staff challenged to stay up to date with current evaluation and treatment methods. In addition, many of us have participated in continuing education classes to offer you the best practices in the area!

This year has been busy for us. We continue to offer support to local charities and schools, to work with the local youth, and to volunteer at community events. All this is done in order to help our communities become a better place to live, work, and call home.

In this time of giving and sharing, we would like to thank you for allowing us to give you the best of our efforts to meet your therapy needs. We look forward to continuing that service in the coming year. In the spirit of this happy season, we wish to you and yours the best of health, happiness, and success in the coming year. Please feel free to drop by one of our clinics and share a cookie or two with our staff. Whatever your celebration plans are this holiday season, we pray for your safety and wish you the blessings of family and love.

*The Staff of Eastern Iowa Physical Therapy*