

Check out our new web site!  
www.orsmi.com

ORTHOPAEDIC REHAB NEWS!



**July Employee of the Month:  
Nicole Chamberlain**

Nicole has been nominated by Susie Huffman, PTA for her hard work wherever she's needed. Nicole has spent extra time in the pool covering for vacations and always has a positive attitude. "She's awesome!"

TOLL FREE:  
877-202-2175

**July Patient of the Month:  
Doris Lake**

Doris has been nominated by Aaron Holly, PT. "She is wonderful, sweet & caring and always brings us goodies!" Thank you Doris for all you do, we appreciate it very much.

*Getting YOU back to working, playing & living*

ORS PATIENT LARRY SUPRASPINATUS PRESENTS A PHYSICAL THERAPY COMIC  
CREATED BY HIM. THANK YOU FOR YOUR BEING THE CREATIVE GENIOUS YOU ARE & MAKING US LAUGH!

LARRY SUPRASPINATUS' THERAPY



206 Page Avenue  
Jackson, MI. 49204  
(517) 783-6670

2136 Robinson Road,  
Suite 1  
Jackson, MI. 49203  
(517) 750-2540

113 South East Avenue  
Jackson, MI. 49204  
(517) 990-6231



**JULY 19TH &  
20TH**

HELD AT PARKSIDE  
MIDDLE SCHOOL  
2400 FOURTH STREET  
JACKSON, MI.

**Open to Boys &  
Girls  
Ages 10-15**

\$75 Entry Fee

Entry Deadline  
7/11/08

Contact  
**Jerry Malone**  
517-206-8914



*Getting YOU back to working, playing & living*

WWW.ORSMI.COM

Published monthly by Orthopaedic Rehab Specialists, P.C.

**SUMMER NUTRITION**

BY

Christine Stache, ATC  
Grass Lake High School



Summer is a great time for picnics, gatherings and good times. Just because you are going to functions more often does not mean that you can't eat healthy too! Here are a few tips to get through the summer by eating healthy:

- ◆ Remember when you're out at a summer picnic instead of picking up a hot dog and a handful of chips, refresh your taste buds with a bowl of fruit and a handful of pretzels.
- ◆ Fresh fruits and vegetables are hard to find in the winter and can be expensive. Next time you go to the grocery store make sure you take the time to walk through the produce aisle to pick up a few fresh items.
- ◆ Remember to always eat lightly, eat small portions numerous times during the day.
- ◆ Everyone likes dessert once in a while too, especially in the summer. The key is not to overindulge but instead treat yourself once in a while.
- ◆ The sun is finally coming out and staying out! Now is the time to not only eat healthy but to also go out & exercise. Take a long walk, bike ride, roller blade, or do a few laps in the pool. Exercise is just as important as eating healthy.

**ORTHOPAEDIC REHAB THERAPISTS:**

Jerome Malone, P.T./Founder/Co-Owner  
Kevin Barclay, P.T., A.T.C., S.C.S./Co-Owner

Aaron Holly, PT  
Brandon Klump, PT, ATC  
Lisa McCarrell, PT  
Emily Klump, DPT

Dave Polson, MSPT  
Becky Bowman, MSPT  
Kim Cwynar, PT  
Erika Gerding, PTA

Betsy Sinkovitz, PTA  
Michelle Dominick, PTA  
Angie Fiedler, PTA  
Susie Huffman, PTA  
Alison Jacokes, PTA

## PTA's

What does a PTA do? Here are some commonly asked questions & answers!

Physical Therapist Assistants perform a variety of tasks. Under the direction and supervision of Physical Therapists, they provide part of a patient's treatment. This might involve exercises, massages, electrical stimulation, paraffin baths, hot and cold packs, traction & ultrasound. Physical Therapist Assistants record the patient's responses to treatment and report the outcome of each treatment to the Physical Therapist.

Orthopaedic Rehab Specialists welcomes back two employees. Alison Jacokes and Erika Gerding graduated from Kellogg Community College on May 8, 2008 with an associate degree in Physical Therapist Assistant, PTA. Although some may think of Alison and Erika as the "rookies", these ladies have over 16 years combined experience working with Orthopaedic Rehab Specialists. Their experience along with their two years of schooling and clinical rotations prepared them well for the demands of our busy outpatient clinic. As PTA's they have been extensively trained to assist the Physical Therapists. Some of their duties include exercise prescription, manual therapy such as stretching and range of motion techniques, aquatic therapy, and gathering measurements for progress reports. Alison and Erika will join ORS's team of PTA's consisting of Betsy, Michelle, Angie and Susie.



Alison started at ORS in 1997 as a Certified Athletic Trainer. For over a decade she worked as the head Athletic Trainer at Western High School. Earning her Bachelor's Degree from Central Michigan University in sports medicine naturally lead her to expand her rehabilitation knowledge and earn her Physical Therapist Assistant credentials. Although she is sad to leave her "Western family", Alison is excited about the new experiences and future relationships she will be able to

form through her new position as PTA. Currently you will find Alison as ORS on Page Avenue.



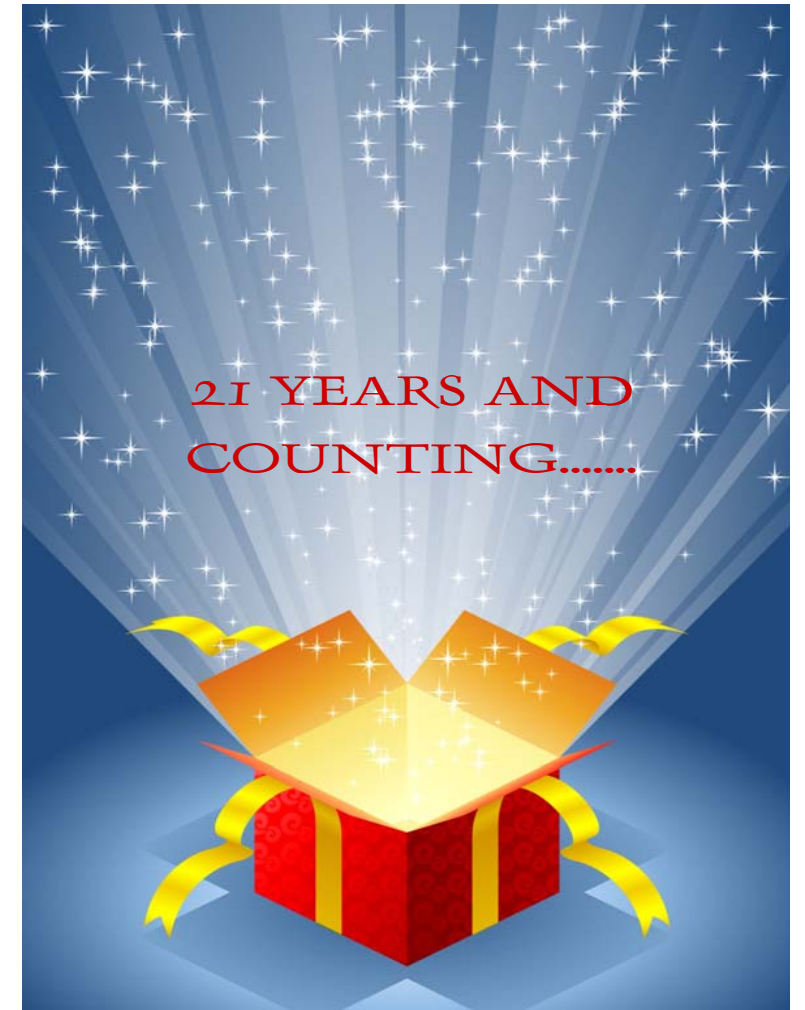
Erika hired into ORS five years ago as a Physical Therapy Aide at the Robinson Road clinic. Erika is someone who loves learning new things so she decided to go back to PTA school to further her career. She graduated high honors with not only her PTA degree but a second Associate of Science degree that will someday help her become a Physical Therapist. If you can't find Erika at the Page Avenue Clinic in the mornings or the Aquatic Center in the afternoon, you will most often

find her chasing her two children, Ayden & Maddilynn around the playground.

This July marks the 21st Anniversary of ORS. After 21 years of providing quality and compassionate care to our community, our commitment to you is the same as the day we opened our first location. It is with great pride that our community believes in us and knows to expect great things when they experience PT at ORS.

This month also marks the 1st Anniversary of our Total Joint & Aquatic Center! This has been a valued option of PT for our patients and is still the only facility in Jackson to offer this.

Thank you to all our referring Physicians and patients for your continued support.



[www.orsmi.com](http://www.orsmi.com)



We are pleased to announce the launch of our new website!

The new website is packed full of new features including video, online polls, direct links, online navigation maps and much more!

We hope you enjoy this feature as a new resource for you. Feedback is always appreciated. Visit us today at: [www.orsmi.com](http://www.orsmi.com)

Stay tuned for more excited additions to ORS.....