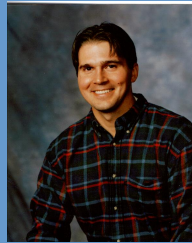




# S.P.O.R.T. Center

Speech, Physical, Occupational Rehabilitation and Training



The Personal Touch — April 2008

Scott Ruta, Ben Kingan and Mike Carey

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## A Summer of Change—Meet the S.P.O.R.T. Center!



The S.P.O.R.T. Center— Our new home on the North Valley Hospital South Campus

The S.P.O.R.T. Center will house our therapy clinic along with Flathead Performance Training Center, which is owned and operated by Mike Carey, A.T.C.

This brand-new 6,000 square ft. facility will include:

- 7 private treatment rooms
- Locker rooms with showers
- Hardwood yoga floor
- 85 ft. sprint track
- Gym complete with dumbbells and resistance machines
- Complete cardiovascular training area with treadmills, bikes, elliptical, summit trainer & Stairmaster

This summer brings a great deal of change to our clinic.

First, our name is changing.

Whitefish Physical Therapy and Sports Rehab will now be Whitefish Physical, Occupational, and Speech Therapy.

Why would we change something you're used to?

As you know, our patients have received Physical, Occupational, and Speech Therapy in a team environment for quite some time.

We feel that this team approach to therapy is a unique and very effective method of out-patient rehabilitation.

Our patients continue to tell us they agree with the approach. This new name simply reflects what our patients receive at our clinic.

This summer also means a move for the clinic. We will soon be located on North Valley Hospital's South Campus. The building will be the S.P.O.R.T. Center pictured above.

The S.P.O.R.T. Center was designed to offer state of the art treatment facilities to our patients.

As you can imagine, we are really looking forward to the move, as well as seeing you there, working toward your health, fitness and performance goals!

We're planning an Grand Opening Open House and pig roast with live music from Larry Myer. Mark your calendars for July 19th, it'll be great fun and food. We hope all our patients and those who send us patients will drop in and visit us at our new home.

We'll remind you about the Open House:)

Scott, Mike, Ben and Deb

PS: We're building a great new website that will include photos and video of stretches, exercises, injury prevention and tune up techniques to get healthy & stay that way.

## Meet our staff—Ben Kingan

Ben joined the staff full-time in July 2007 after graduating with his Doctorate of Physical Therapy from Washington University in St. Louis last May.

While his full-time status is new, this is not Ben's first experience at Whitefish Physical, Occupational, and Speech Therapy. During the summer of 2006, Ben worked as a graduate intern for Scott.

Originally from central Illinois, Ben graduated from the University of Illinois in 2004 with a B.S. in Kinesiology.

Although he has strong loyalty to the Chicago Bears and the Illini, Ben jumped at the chance to return to Whitefish on a permanent basis.

While he has been a great addition to the staff, there has been significant tension in the clinic due to the Bears' sweep of Green Bay this fall (Scott is a devout Packers fan).

Beyond watching his sports teams, Ben enjoys many different outdoor activities including: mountain biking, hunting, fishing, snowboarding, and more.

He is also currently training for his first full marathon after running several half-marathons in previous years.

Ben enjoys working with patients of all ages and with all types of pain.

His education at Washington University taught him to solve your problem rather than focusing solely on your pain.

Ben is also a Certified Strength and Conditioning Specialist and enjoys helping individuals reach their fitness goals.



Stop in and meet Ben! And look below as he does the stretch of the month.



## Stretch of the Month: Golfer's Low Back

Golf season is just around the corner, and for some of us it is already here. This month's stretch focuses on reducing your risk of back injury, and perhaps more importantly, lowering your score!

We've all seen (or done) this warm-up activity at the range or at the first tee box. Is this stretch wrong? Absolutely not, but here are some quick tips to avoid injuring yourself while stretching and to achieve a better stretch.

Walk 2-3 minutes prior to any stretching. This will get the blood flowing, giving you a more effective stretch. Start with no club behind the shoulders and do 5-10 gentle rotations in each direction. Continue with no club behind the shoulders and start increasing the movement in each direction until you have simulated your actual golf swing. Do 5-10 rotations in each direction.

Finally, grab a club and slide it behind the shoulders. Turn back to simulate your backswing until you have reached the end of your swing. Hold for 30 seconds. Then turn back the other direction and hold 30 seconds at the end of your follow-through. Repeat 2-3 times. Avoid jumping into quick, large movements.

Do not stretch a "cold" muscle that just got done sitting in the car for 10-15 minutes (walk first and start slow). With this stretch, you are only trying to match the movement needed to perform your golf swing (do not twist beyond the needs of your swing)



"Before we start, would everyone please put your cell phone in the middle of the table?"

" Scott & Mike worked with me to decrease my pain & then get me into shape & strong enough to get back to work & enjoying life. Thanks, guys!" - Mike Gross, Columbia Falls

## Exercise of the Month—The Upper Body Russian Twist

Another one for golfers (it's that time of year!), the featured exercise this month is a core exercise designed to help improve distance (come on, who doesn't want to hit their drives 10 extra yards?).

The Upper Body Russian Twist develops core strength, trunk rotation, body direction and weight shift. This exercise can be done in two ways, either on the floor or for those of you that have access to one, on a Swiss ball.

1. Start by getting onto the floor, lying on your back in a sit-up position.
2. Bridge your hips toward the ceiling so that only your feet and shoulders/head are touching the floor (see picture on outside cover). If you are using a Swiss ball, your feet will be on the floor and only your shoulders and head will be resting on the ball.
3. Extend your arms with palms together pointing towards ceiling.
4. Take a deep breath in and as you exhale, suck your navel in towards your spine and slowly start to rotate your trunk as far as possible to one side (see picture at right).
5. Make sure your hips do not drop during the movement and as you rotate, your opposite shoulder should lift off of the floor/ball (this will only happen if you have adequate trunk rotation, if not, then see Stretch of the month on the previous page)
6. Return to starting position and rotate to the opposite side.
7. Alternate rotating to each side 5 – 10 times.



### Tips:

1. As you get better at the Twist, you can speed the exercise up and make a more fluid movement.
2. To make this exercise more challenging you can try holding a medicine ball or any other object with weight in your hands (soup can, canning jar filled with water, coffee can filled with sand, etc).

Coming soon—you'll be able to learn how to perform these exercises by watching us perform each one.

Our Exercise of the Month will soon be a video feature on our new website.

*Time and health are two precious assets that we don't recognize or appreciate until they have been depleted.*

— Denis Waitley



Enjoy this is calorie-free cake printed on high-fiber paper.

## Happy 29th (or so) Birthday, and Thank YOU!

If you see any of these young people on the streets of the Flathead, wish them a Happy Birthday this month.

- |  |  |
|--|--|
| Picabo Street, Olympic skier, Triumph, ID, 1971. | Dave Mirra, BMX racer, Syracuse, 1972.   |
| Merle Haggard, Bakersfield, Calif., 1937.        | Jackie Chan, actor, Hong Kong, 1954      |
| Steven Seagal, actor, Lansing, MI., 1951.        | Herbie Hancock, musician, Chicago, 1940. |
| John Daly, golfer, Carmichael, Calif., 1966      | Scott Countryman                         |
| Terry Richburg                                   | H.R. Kanistanaux                         |

Thanks to everyone who referred a new patient to us last month!



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## Russian Twist?

See inside for a great new way to loosen up that tight golfer's back.



Inside this month: Ben, Russians! & how stretching keeps a golfer young



Meet Deb, who will soon be meeting her new son Gabriel!

### Meet Deb Pacheco

With all the upcoming changes planned for Whitefish Physical Therapy, soon to be the S.P.O.R.T. Center, I figured I would jump on the bandwagon and present some "big" changes of my own. (see photo, left).

In about three weeks, my husband Tom Pacheco, and I are expecting to have our arms full with a little baby bundle.

Due April 30<sup>th</sup>, our little man, Gabriel Pacheco, will be the next addition to our family (I wouldn't dream of leaving out Otis, the wonder dog!)

I have absolutely enjoyed being pregnant! To me, there is no greater joy and honor than to

carry around a little life that is our own.

My plans include taking some time off and then returning to work about the time we enter into the new facility (see the front page for more on that).

While I will not be out front to greet you like I am currently, I will enjoy being able to bring our little man to work and wave at everyone from the second floor where I'll be working behind the scenes.

Tom and I plan to continue our active lifestyle and will introduce Gabriel to the wonderful outdoors at an early age... just as soon as he can hold his head up!