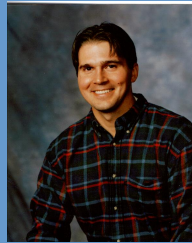




# S.P.O.R.T. Center

Speech, Physical, Occupational Rehabilitation and Training



The Personal Touch — May 2008

Scott Ruta, Ben Kingan and Mike Carey

## Inside S.P.O.R.T.

|                  |   |
|------------------|---|
| Meet Mike        | 2 |
| Bent Rowing      | 2 |
| Kayak season!    | 3 |
| Gabriel's here!  | 3 |
| Gloria in Hawaii | 4 |

## Mark Your Calendars

Whitefish Friends and Family Fun Run to benefit the Child Development Center and Shepherds Hand Clinic to be held Sept 6 @ 9:30 am.

Race forms can be downloaded at [WFPT.org](http://WFPT.org)

## Taking Rehabilitation To The Next Level



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

As you have read in last month's newsletter, the S.P.O.R.T Center brings with it a team approach to rehabilitation. Whether you're an athlete trying to get back to sport or simply trying to return to work, our facility and staff will provide you with all the tools necessary for a successful rehab.

Our unique facility offers the North Valley's only outpatient therapy team complete with a Speech, Physical, and Occupational Therapist as well as a Certified Athletic Trainer. What does this mean to you?

Well, imagine someone suffering from a stroke. Most often, these patients receive PT, OT, and speech therapy. At our clinic, we work as a team to provide all three services, under one roof. With this approach, we are able to sit down and discuss each patient as his or her therapy progresses. This improves communication at all levels and aids in a more integrative rehabilitation. Not to mention the fact that patients no longer have to drive all over town to attend appointments!

Perhaps you have injured yourself on the job or you are off work because of an injury. Our

team is perfect for this scenario as well. You may not receive all three forms of therapy, but often our occupational therapist and physical therapists work together to get you back to work.

If you were to have injured your hand, you would start therapy by working with our Occupational Therapist, Gloria Nelson. Now, if during the course of your rehab your opposite shoulder became sore or painful due to over-use, she could then simply ask one of our PT's to evaluate your shoulder and our team takes it from there.

Once therapy is complete, patients also have the option to continue with Mike Carey, ATC and owner of Flathead Performance Training Center, in his "Bridge Program." This program is aimed to "bridge" the gap between therapy and return to work with a more intensive, work-hardening program.

If you've recently torn an ACL while skiing, we'll often see you as soon as 2-3 days post-op. Either Scott, Ben, or Stacy will progress these patients from their first steps all the way to running by the time therapy is over. But what if you are an athlete who wants a knee that is as strong as or stronger than prior to injury? Well, that is where Mike comes back into play. With his background in hockey and training professional athletes, he is more than qualified to return you to your sport or activity both physically and mentally.

These are just 3 scenarios that we see in our clinic. Our team loves working together to provide you with the most comprehensive rehabilitation. If you have any questions about our team, or the S.P.O.R.T. Center, feel free to contact our office at any time.

## Meet our staff—Mike Carey

Mike joined us in March 2005 after 8 years as an Athletic Trainer in professional hockey. In Sept 06 Mike started Flathead Performance Training Center.

Originally from Spokane, Mike has a lot of roots in both the Flathead and Mission Valleys.

His parents were raised in Charlo, where he spent a lot of time in the summer "helping out" on his grandparents' farm.

His wife Kim was born in Kalispell. Her family is in the Flathead & in Missoula.

Mike graduated in 1996 from Eastern Washington with dual degrees in Human Biology & Sports Medicine.

He completed his internship in

March 1997 & became certified as an Athletic Trainer that June.

Mike then became Athletic Trainer & Strength / Conditioning coach for the Tacoma Sabercats.

After 3 seasons, he became the Athletic Trainer & Strength / Conditioning coach for the San Jose Sharks' minor league affiliate team in Fresno.

With their kids getting older, Mike & Kim, his wife of 17 years, decided to move back to be closer to family & spend more time enjoying life.

Mike enjoys many outdoor activities including mountain biking, golf, hunting, playing hockey & soccer. He is also training with Ben for the Two Bear marathon.

Mike enjoys helping people of all ages reach their fitness & athletic performance goals. He also takes great satisfaction in helping people get back to their life, occupation or sport after an injury.

Mike, Kim & their daughters, Shaniya(13) & Madison(9), live in Kalispell & travel often as the girls play soccer, tennis, golf, basketball...



## Exercise of the Month: Bent Over Row

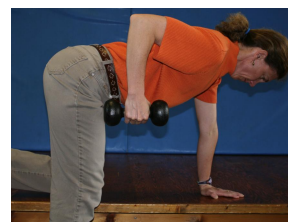
The bent over row is a very good all around exercise that can benefit everyone.

When done properly, this exercise works the muscles of the arms, shoulders, back and core. It works to create a necessary strength balance between the muscles of the chest and back, reducing the risk of a shoulder injury like a rotator cuff tear (ouch!).

Because the majority of us use our chest muscles more in our daily activities, our chest muscles tend to get stronger and shorter over time leading to an imbalance that can cause the shoulder to be in a more forward position.

This forward shoulder position can put additional strain on the muscles of the rotator cuff, and over time this can lead to a tear. By strengthening the muscles of the back, in conjunction with the corner chest stretch, we can help to reduce this forward shoulder position and reduce the risk of injury.

This exercise is done by bracing your same sided hand and knee on a bench with your back flat and ab's tight. Holding a weight in your opposite hand with your arm extended and your abs tight, lift the weight towards your hip until your elbow is bent just past 90° and then slowly lower it back to the starting position. Alternate 3 sets of 10-15 repetitions with each arm and perform this exercise 2 -3 times per week.



"I'm back in action. Thanks Ben." - Kevin Witt, Columbia Falls

### Stretch of the Month: Corner Chest Stretch



Kayaking season is here, so let's do a stretch that is designed to reduce chest tightness and help to reduce your risk of a rotator cuff injury. This simple stretch can be done almost anywhere.

First, do a simple warm up exercise to get your shoulders warm and limbered up. This can be anywhere from doing some simple arm circles, or if you are feeling really ambitious, some jumping jacks will work as well.

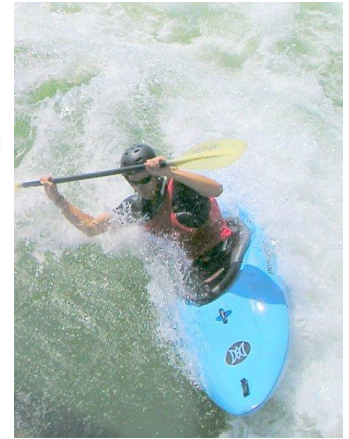
Now find a corner of a room to stand in. I know it may trigger some not so fond memories of grade school, but you can laugh about it now, right?



While you stand facing the corner, raise your arms up to shoulder level, elbows bent to 90 degrees so your hands are pointed toward the ceiling. While resting your elbows and hands against the wall lean into the corner until you feel a comfortable stretch in your chest and shoulder and hold for 30 – 60 seconds. Repeat this 3 times, then grab your kayak & hit the water.

If you already have your kayak unloaded, this stretch can be done against a tree, car, truck or anything tall enough for you to lean against while standing. You can achieve the same stretch one shoulder at a time. Brace your arm against your chosen object and rotate your upper body away from that item until you feel the same stretch.

Tip: This stretch will help with that early season, day after soreness. Do it again after you have your kayak loaded onto your vehicle.



Kevin Witt—  
Back in action!

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

Can you keep a secret? Our building looks no different from the outside than it did last month. But...like your muscles, sometimes changes are hard to see. Inside, the S.P.O.R.T. Center now has electrical, plumbing and drywall. Don't forget our July 19th Open House, Pig Roast & music by Larry Myer...

### Welcome Gabriel!

Gabriel Killy Pacheco has arrived.  
Born at 5:38 am April 30. 6 lbs. 15 oz. and 20"  
Everyone is happy and healthy!



The winner ain't the one with the fastest car. It's the one who refuses to lose.

*Dale Earnhardt*



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

Speech, Physical, Occupational Rehabilitation and Training

711 East 13th Street, Whitefish, MT 59937  
Call us at 406-862-WFPT (9378) or 862-8250.

## Coming Soon

### Our New Website

Stretching and Exercise How-To Videos

Step by Step Programs to keep you fit

Email Newsletter to keep you motivated

Cute pictures of the S.P.O.R.T. Center building (and maybe even new pics of Gabriel.)

What do YOU want to see on our site? Call us.

## Inside this month: Meet Mike & what to do before/after loading the kayak

Gloria and Lief



### Meet Gloria Nelson

I am Gloria Nelson, (formerly Gloria Speer) the Occupational Therapist here at WFPT. I treat outpatients at the clinic and inpatients at North Valley Hospital.

I recently married my sweet-heart in a gorgeous ceremony in Hawaii.

Leif and I chose to get married in Hawaii as my mother refused to come to Montana from Texas "if there is any snow on the ground".

We didn't want to wait until July so we decided to get married in Hawaii.

We spent a week on the island of Maui with 20 of our closest family and friends.

We were married at a garden

estate on a cliff above the ocean.

Leif's nine year-old daughter, Kess, was our junior bridesmaid. We were so happy to have her involved and thrilled that she wanted to play a special part.

We then spent a week on Kauai, by ourselves. We spent time hiking, beaching, and swimming. It was a fantastic trip and we can't wait to go back!

Now we are back in the real world and are settling into our new married life.

I love to hike, road bike, kayak and swim, so I am looking forward to the arrival of summer which also means the S.P.O.R.T. Center will be open!