

# SPORTCENTER

Speech • Physical • Occupational • Rehabilitation • Training

THE PERSONAL TOUCH - April / May 2009

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Scott Ruta



Mike Carey



Ben Kingan

## Eliminate Therapy Caps on Medicare Services

In 2006, Congress put a therapy cap on rehabilitation services covered by Medicare. This cap limits outpatient therapy services to \$1,840 for physical therapy and speech language pathology combined and a separate cap of \$1,840 for occupational therapy. The Medicare Access to Rehabilitation Services Act (S 46/HR 43) currently before congress will act to repeal this cap once and for all. If Congress does not take action by December 31, 2009, the therapy cap will again be imposed on Medicare covered physical therapy, occupational therapy and speech language pathology. We need to take action **NOW** to ensure the cap does not go back into place.

### *How This Affects You*

If you have an injury early in the calendar year

and receive treatment covered by Medicare, and then you have another injury that same year, your coverage may be exhausted under the current cap. Or, if you are faced with a major problem like a stroke or Parkinson's Disease that will you may have to pay out-of-pocket upon reaching this cap.

### *What You Can Do*

Please contact our members of Congress and tell them to co-sponsor this legislation aimed at repealing the therapy cap. You can contact our senators and representative by phone, fax, e-mail or US mail. For your convenience, we have a letter for each congressman that you can download and print in the news section of our website at [www.whitefishsportcenter.com](http://www.whitefishsportcenter.com).

## Golf Swing Analysis and Exercise Program Offered

SPORT Center is very pleased to offer a team approach in getting you ready for the up-coming Golf Season. This spring, long-time golf professional Rick Donahue and physical therapist Ben Kingan, have joined forces to offer a series of instructional courses to take your game to the next level and to help you cope with aches and pains affecting your game.

This program consists of 3 sessions for groups of 3-4 people. Each lesson will be 90-120 minutes in length and will offer both golf swing analysis and a thorough orthopedic evaluation. Rick will provide video tape analysis in order to "diagnose" your swing and to create an individualized lesson plan. Ben, meanwhile, will conduct evaluations looking at: posture, body mechanics, muscle strength, muscle flexibility, balance/coordination, and spinal mobility. From there, Ben will create an individualized program for each client aimed at fixing any problems identified during testing.

This program is appropriate for all levels of golfers and all ages. Lesson one will focus on swing analysis and orthopedic evaluation while lessons 2 and 3 will offer swing instruction and exercise prescription. Total cost for all sessions is \$60 per/person.

Ben and Rick are excited to offer this program in an effort to make you a better golfer and to keep you playing this great game for years to come. For many golfers, there comes a time when they are told to stop because golf is bad for their back pain or for a sore shoulder. If this sounds familiar, give this team a chance to get you back on the course!

Classes will begin immediately and will be offered weeknights throughout the spring. For scheduling or further details on the program, call SPORT Center today at 862-9372. For more information on Rick please visit [www.rickdonahue.com](http://www.rickdonahue.com).



Are you having an ache or pain that is interfering with your life? Whitefish Therapy and Flathead Performance Training are offering a free orthopedic screening clinic on the first and third Thursday each month between the hours of 4 - 6 PM. No physician referral is needed to take advantage of this free service. Call us at 862-9372 to schedule your appointment.

## Stretch of the Month: Rotation Stretch



Brooke White



Gloria Nelson



Stacy Upton



Laurel Grady



Faith Corpron

As golf season once again approaches it is time to start thinking about getting limbered up and ready to start hitting the ball. This month's stretch will help improve your trunk rotation which will in turn improve the power production of your swing.

Start with an iron, your 7 will work great. While holding the club as though you are addressing the ball, slowly rotate into your backswing, keeping your head down until you feel a good stretch and hold this position for 15- 30 seconds.

Return to the starting position and slowly rotate into your follow through position until you feel that same good stretch and hold for 15-30 seconds. Repeat this stretch three times and perform 2-3 times per day until the courses open. Once the season starts, perform this stretch prior to hitting off the first tee box as part of your warm-up routine.

Backswing (below)



Follow-Through (above)

The reason the pro tells you to keep your head down is so you can't see him laughing.  
~Phyllis Diller

### Business and Pleasure Trips Keep SPORT Center Staff Busy.

April and May are busy months for work and play, especially for Scott, Mike and Ben.

Mike just returned from a continuing education seminar in Seaside, Oregon and is getting ready for his daughter's competitive soccer season to start the first weekend in April.

The season starts with an easy trip to Helena, followed by a busy weekend that features a tournament in Calgary over Easter weekend for his youngest daughter, while his oldest travels to Missoula for games. And that is only the start of the season.

The travel schedule takes the girls all over the west side of the state and then for tournaments in Coeur d' Alene, Spokane and Seattle.

Scott takes things onto the road traveling to Ixtapa, Mexico to get married (to Erica) and then continue on with his honeymoon.

They will be starting their trip there by staying in a resort and then will continue on driving from beach to beach looking for good surf and camping out on the beach.

While enjoying the beaches, Scott and Erica also plans to get in some time fishing, scuba diving and surfing. This will no doubt be in addition to the usual honeymoon festivities.

Once Scott returns from Mexico, Ben is jumping on a plane to the Virgin Islands. There he will be hanging out with his family.

In preparation for this trip Ben has completed his scuba diving course and will be completing his certification while diving in warmer waters than McGregor Lake has to offer.

Plans are, while there to scuba dive, snorkel, hike and see the sites. One such site that will no doubt be focused on by a single guy like Ben, are the sights found on the beach while sipping beer in a beach chair.

Do you have a trip planned? Stop by and tell us about it, we would love to hear about it.

It wasn't just your usual and expected physical therapy experience. With their help it became an experience that transformed my life. -Sheila Bowen, Whitefish

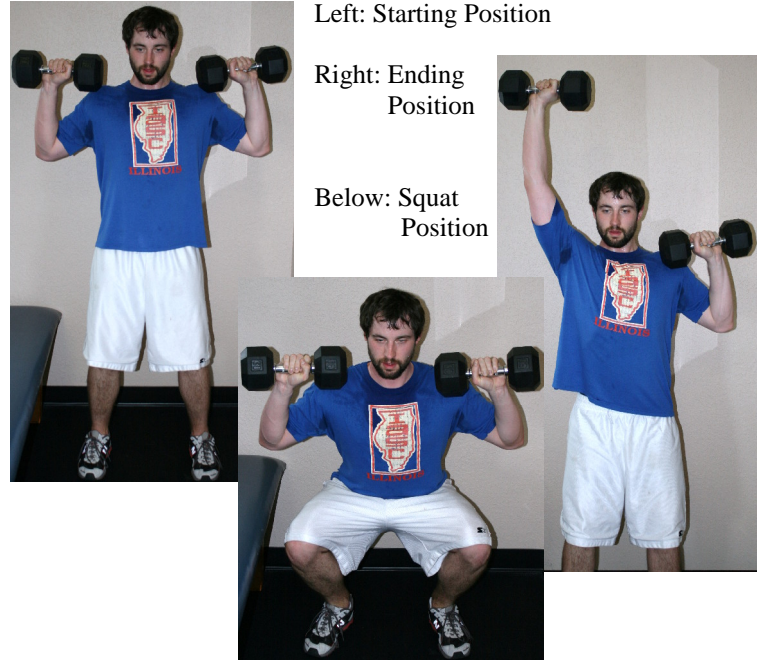
## Exercise of the Month: Squat with Alternating Shoulder Press

This month's exercise will help you to start getting ready for the upcoming golf season but it is also good for the hikers, bikers and kayakers as well. For the golfers, this exercise will help to improve leg, core and upper body strength to help generate more power in your swing as well. For the hikers, bikers and kayakers this will help improve upper and lower body strength to power up the hills or paddle against the current.

Start this exercise by holding a dumbbell or other object with weight that you can comfortably and safely hold in each hand at shoulder level.

Next, slowly squat down bending at the knees, not the waist until your thigh is parallel to the floor. Explode back up to the standing position while at the same time pressing the left hand dumbbell overhead. Slowly lower back down into the squat position while slowly lowering the dumbbell back to shoulder level. Repeat this with the right hand dumbbell. Always remember to remain in control of the dumbbell at all times to prevent injury.

Repeat this exercise 10 - 15 times with each arm and perform 3 sets. This exercise should not be done on a daily basis, rather it should be performed every other day to prevent an overuse injury.



### Exercise Tip:

Keep your abdominals tight to get them a workout and to prevent injury to your back.

### Golf Tip:

When your shot has to carry over a water hazard, you can either hit one more club or two more balls.

## More Medicare Legislation - Reversing "Therapy-Incident to" Rule

In 2005, the Center for Medicare Services added a "therapy-incident to" rule that denied the ability of Athletic Trainers to provide physical medicine and rehabilitative services incident to a physician's services.

Before this rule, physicians had the freedom to choose the state licensed or authorized health care professional they determined most appropriate to assist their Medicare patients to recover from injuries or other debilitating conditions. We need to act NOW to have this rule reversed.

### *How this affect you*

By reversing this rule it will improve patient access to quality health care by ensuring that when a practice employs an athletic trainer to provide physical medicine and rehabilitative services, Medicare will pay for these

services when they are delivered under the supervision of a physician or other physician extender model (example: physical therapist). It will allow your physician, not government bureaucrats, to decide which state-licensed health care professionals have the requisite education and training to provide quality, cost effective rehabilitative services to their patients.

### *What you can do*

Please contact our members of Congress and tell them to co-sponsor this legislation aimed at reversing this rule. You can contact our senators and representative by phone, fax, e-mail or US mail. For your convenience, we have a letter for each congressman that you can download and print in the news section of our website at [www.whitefishsportcenter.com](http://www.whitefishsportcenter.com).

On a small note. When you stop by in the future, please refrain from asking Ben about how the SPORT Center NCAA basketball tournament bracket challenge went. We are tired of hearing him gloat. But please do ask him how Illinois performed in the first round!

# SPORTCENTER

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**Saturday August 29th @ 9:30 AM**  
**Register today!**

[www.whitefishsportcenter.com/forms](http://www.whitefishsportcenter.com/forms)

## Inside this edition:

### Check Out Our Web Site and Help Us Go Green

Spring is finally here, the snow is melting, and the grass and trees will soon be green again. And with the launch of our new web site, SPORT Center will be going green as well.

Those that sign up to receive our e-newsletter before May 15th will be entered into a drawing for one of three \$100 gift certificates good for any SPORT Center product or service.

Signing up is easy. All you have to do is go to our long talked about and recently launched website and click on the "Join our mailing list" link at the bottom of the home page or look for the link pictured (right) which is located on the left side of any of the other navigation pages as you check the site out. And just in case you haven't heard the site can be found at [www.whitefishsportcenter.com](http://www.whitefishsportcenter.com).

Privacy is important to us and you can rest assured that we will respect your privacy and will not release or share your information with any other business or organization. On our site you can find injury and prevention tips, SPORT Tips, check out the facility and download forms



(like the entry form for the 7th Annual Whitefish Friends and Family Fun Run)

And as time progresses, we will be posting our exercise and stretch of the month in video format so that you will be able to see how they are done. We will also be posting our past, present

and future editions of these articles in the SPORT Tip section of the site.

Under the News section you will find past editions of our newsletter, information on classes, camps and educational seminars.

There are also sections to learn more about each staff member, the services that we provide and take a photo tour of the facility.

The goal of our site is to educate and provide valuable information on rehabilitation, health and fitness to all those living and working in the Flathead Valley.