

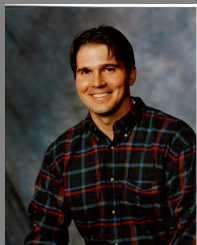
SPORT CENTER

Speech • Physical • Occupational • Rehabilitation • Training

The Personal Touch — October /November 2008

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Scott Ruta



Ben Kingan



Mike Carey

Whitefish Friends & Family Fun Run/Walk

As the fall season comes upon us & we start looking toward the mountain as we pray for snow, a lot has been happening here at the SPORT Center. Since our last newsletter, the Sixth Annual Whitefish Friends and Family Fun Run/Walk was held on the first Saturday in September.

This benefit fun run was organized by Whitefish Therapy and Flathead Performance Training & brought out nearly 150 participants this year.

This run benefits the Child Development Center in Kalispell & the Shepherd's Hand Clinic in Whitefish. In total, \$3000 was raised through participant registration that will be split between these organizations.

The weather was great, giving the participants a great view as they ran or walked our 5K and 10K distances. We also had a ½ mile family walk that drew about 15 participants, some of which decided to keep walking and ended up finishing the 5K.

We had many great sponsors that helped to make this event a success. Mountain West Bank, Glacier Orthopedics, Falcon Development & Electrical Systems Inc. all donated money that paid for the participant T-shirts. The shirt design was done by Janice Richards & the shirts were printed by Rocky Mountain Images. RMI also donated part of the printing costs.

Other sponsors that donated not only monetarily, but also their time, products & services; North Valley Hospital, Latigo Creek Construction, Whitefish Therapy and Flathead Performance Training.

We also had many volunteers that came out to help keep our runners and walkers on course, well hydrated and helped to track and post finishing times and order.

In addition to our volunteers, many local businesses donated items for the post race raffle, participant race bags, the food & hydration table as well as the overall winners of the 5 and 10K run for both men's and women's divisions.



These businesses include; Army/Navy, Athlete's Foot, Hammer Nutrition, Dos Amigos, WBC, Sage and Cedar, Napa, Club Bed, Ms. Spoonovers, Coffee Traders, Ace Hardware, The White Room, Signature Theatres & Wheat Montana.

Since our Grand Opening, the landscaping has been completed, more new equipment has arrived and we have added a new member to our team.

Our new receptionist, Amber, came on board in August, has fit in quite well & has added to the fun & enjoyable atmosphere (she can occasionally make even Scott laugh).

Don't worry though, Deb is still here... we just keep her locked upstairs, letting her out from time to time for good behavior.

Are your legs ready for snow? Our Ski Conditioning Clinic runs from Oct 7 thru Dec 4.

You get 16 great leg and endurance building sessions for only \$145. Call 862-8250 for more info.

Meet Faith Lalley

Hi! My name is Faith Lalley, I am the new Massage Therapist at the Sport Center. I was born in Billings almost 21 years ago.

My family and I moved to Kalispell when I was two and have never left. I love Montana so much; I don't think I could ever live without the mountains. This is also where I met my fiancé' of five years, we will be getting married this November!

Having always felt a desire to help others, I explored my options in High School to find what I could be in life that would fulfill that dream. A family friend who was a Massage Therapist helped me realize that Massage was my destiny.

I graduated in June of 2007 from the Montana Institute of Massage Ther-

apy, then received my National Certification shortly after, and have enjoyed every minute of being a massage therapist since.

I could not ask for a better environment to do this, the team of therapists' at the Sport Center are some of the best people I know. I feel so fortunate to have joined this team, and do something I love.

Practicing mostly Deep Tissue and Neuromuscular Therapy I love the Therapeutic work and seeing results that helps improve people's lives. I also love to make a person's day just by giving a relaxing and rejuvenating massage.

As an introductory special, I am offering a half hour massage for \$20.00. I believe this is a great way

to treat yourself and see what you think of my work!!

Thank You So Much!
Faith Lalley



Exercise of the Month: Modified Single Leg Dead Lift

As the next ski season approaches, now is the time to start getting yourself in shape to improve your strength and endurance to help reduce your chance of injury. The exercise of the month is one that can help to reduce the risk of an ACL injury by strengthening your hamstrings in a dynamic, sport specific approach.

This single leg stance while reaching exercise will not only help to improve your balance, but will help to strengthen your hamstrings and glutes.

Start by placing 3 cones, or any other object that is anywhere from 8 – 12 inches in height, approximately 12 inches apart with the end cones 6 inches forward from the middle cone.

Stand on your left leg, 2 ½ - 3 feet away from the middle cone.

With your left knee slightly bent, bending at your waist keeping your back flat, reach with your right hand and touch the left cone. Return to the starting position using your hamstrings to pull your body back to an upright position.

Repeat this touching the middle, then right cones. Repeat this touching each cone 3 -5 times and switch legs. Repeat this exercise 3 times with each leg. Keep your movements slow and controlled and only reach down as far as you can keeping your knee only slightly bent and your back flat.

As you progress, you can first increase the number of touches to each cone and then start by holding something with weight in your reaching hand (soup can, water bottle, ankle or wrist weight, etc.).



I would recommend this facility because of the friendly staff and caring service. You get results! -Renee Gnam, Whitefish

Stretch of the Month: Piriformis

This month's stretch is aimed at reducing the tightness of the piriformis muscle, which is an external rotator of the hip.

This muscle runs from the front of your tailbone to your femur, and tightness is often felt in the buttock region.

Tightness in this muscle can reduce the range of motion in your hip and cause anywhere from a dull ache to a sharp pain that runs down the leg.

To begin this stretch, lie down on your back on a bed, floor, or other flat surface.

Then, using both hands, bring one knee toward your chest and then pull toward your opposite shoulder until you feel a gentle stretch in the buttock region.

Make sure to not let your lower back arch.

Hold this stretch for 30-60 seconds and repeat 2-3 times with each leg.



Remember: Stretches prevent injuries!

Make a habit to start each day with a focus of what meaningful daily goal you want to accomplish. String together a few weeks like that and you'll become very accomplished. —Larry Winget

Free Twice-Monthly Orthopedic Screening Clinics

Starting in November, Whitefish Therapy will be offering a free orthopedic screening clinic between the hours of 4 – 6 pm on the first and third Thursday each month.

If you are experiencing an ache or pain that is interfering with your life, we invite you to come and have it evaluated. There is no need for a Doctor's referral for this clinic where you will receive a head to toe evaluation to determine the source of your problem.

You will also receive advice on treatment options which can include self treatment through exercise prescription.

All ages are welcome to take advantage of this service and you don't have to be a past patient either.

So if you, a family member or friend are experiencing an ache or pain due to injury or other factors we invite you to give us a call at 862-9378 to make an appointment.

If you are unable to make it in during this time or you don't want to wait until the next clinic, give us a call and we will make every effort to get you seen and evaluated in a timely manner.

SPORTCENTER

Speech • Physical • Occupational • Rehabilitation • Training

2006 Hospital Way, Whitefish, MT 59937

Call us at 406-862-WFPT (9378) or 862-8250.

<http://www.whitefishsportscenter.com>

More runs, more fun!

Get ready for snow at
SPORTCenter
Ski Conditioning Class

Class runs Oct 7 through Dec 4
Tuesdays and Thursdays

Times : 12:00 – 1:15 PM and
6:00 – 7:15 PM

Call 862-8250 for more info.

Inside this month: Meet Faith, SPORT Center update and a Dead Lift

What's Happening in Mike's World?

It's been a busy last few months for me since we got moved into the new building. Since the move-in day it's been a delicate balance between work and family that seems to be never ending.

Since July, my oldest daughter Shaniya has still been playing soccer almost non-stop. She has been to Missoula for the Griz soccer camp, and played in 3 tournaments for a team in Missoula and is now playing rec league soccer.

She has also started running x-country for Kalispell Middle School and is busy with the life of a teenager, which means of course that Kim and I get drug along in her wake.

Our youngest is also playing rec league soccer right now and is getting ready to start basketball. And both are enjoying being back in school hanging out more with their friends and less with mom and dad.

In August I went up to Palmer, Alaska for three weeks where I worked as the Parking and Traffic Manager for their state fair. I know, you are saying to yourself, "He was doing what?" But yes, that wasn't a misprint. This was my 8th and final year going up to act as the full time

manager for them.

I'll definitely miss the people I've met & worked with over the years, but more importantly, I'll miss bringing home a cooler of fresh caught and filleted salmon.

I didn't have much of a chance to throw a line in the water this year & when I did, the rivers were too high and the fish weren't biting.

My wife Kim just returned from a trip to Vegas with her grandmother, mother and all of her aunts and cousins. They had a good time catching shows, going out & doing "a little gambling" as she puts it.

Now as winter approaches, we are hoping that things will slow down a bit so that we can catch our breath, but then again, hunting season is just about here and the girls want to learn to ski and snowboard this year.

Well there goes that idea of slowing down...

