



## Clinic Spotlight

### PRORehab™, p.c. Relocates Sullivan, Missouri Clinic



107 Progress Drive • Sullivan, MO 63080

Due to continued growth, PRORehab™, p.c. relocated its Sullivan, Missouri clinic on April 14, 2003. Conveniently located on 107 Progress Drive, the facility will provide easy access for patients and visitors. The gym, treatment rooms and staff offices now occupy 3,000 square feet of space.

Five years ago, PRORehab™, p.c. began providing outpatient rehabilitation services in Sullivan, Missouri. Sharon Titter, MPT (Clinical Director) is credited with PRORehab™, p.c.'s business growth in Sullivan. Her commitment to exceeding patient and physician expectations has been the cornerstone to the success of the clinic.

Sharon's dedication to providing one-on-one patient care will remain a valuable resource for physicians and their respective patients in Crawford County.

Have you visited our website recently?

Visit [www.prorehabpc.com](http://www.prorehabpc.com)

and

[impact.prorehabpc.com](http://impact.prorehabpc.com)

for more information on our services.

#### Inside this issue:

<i>Clinic Spotlight</i>	1
<i>Presenting PROPerformance</i>	1
<i>Stretch at Your Desk</i>	2
<i>Practice Update</i>	2
<i>Five PRORehab™, p.c. Therapists Seek CMPT Accreditation</i>	2
<i>Run 500 Miles (with the right shoes)</i>	3
<i>PRORehab™, p.c. Would Like to Welcome</i>	3
<i>PRORehab™, p.c. &amp; IMPACT Locations</i>	4

Presenting



# PROPerformance

## The New Performance Enhancement Program Offered by PRORehab™, p.c.



On June 2, 2003 PRORehab™, p.c. will unveil a new program to set the standard for improved athletic performance in the St. Louis area. This unique program, offered initially at the Ellisville and South County locations, will once again expand the service options at PRORehab™, p.c. to better serve its clients.

Each athlete who attends the PROPerformance program will undergo pre-testing and individualized goal setting prior to training. Nationally Certified Athletic Trainers will then develop and execute the program utilizing sound scientific principles and state-of-the-art equipment training techniques. Programs will range from 12-36 sessions and will focus on all aspects of athletic performance including: flexibility, cardiovascular and strength training, plyometrics, speed and agility training, biomechanics and sports specific training. Other program options will include ACL prevention, post-rehabilitation programs, and camps for speed and agility.

For more information on this exciting program for athletes of all levels contact Chris Reed in Ellisville 636-391-5400 or Shawn Garlock in South County 314-842-2990.

**No gimmicks, No easy road...GET READY TO SWEAT**

## Top Ten Exercises to Reduce Tension and Energize At The Office

Brian M. Kelly, MPT, CSCS  
South City

People often say, "Oh, I can't exercise. I don't have the time. I'm busy at work most of the day, and I have too much to do at night." Long-term effects of a sedentary lifestyle can have deleterious effects both physically and mentally. Remember, your body was not designed to remain in a seated position for prolonged periods of time without altering or changing positions.

Sitting for prolonged periods of time, especially with bad posture, can alter the body's alignment. As this occurs, these habitual activities, if not corrected, can lead to musculo-skeletal problems and postural abnormalities, which can be difficult and time-consuming to correct. Altering positions regularly in conjunction with gentle stretching exercises are a helpful way to avoid some of the effects of a habitual lifestyle and work environment.

A slow and gentle stretch, after a brief warm-up, can greatly improve the effects of these habitual activities. Stretching should be performed by slowly placing a muscle into its maximally lengthened position, without bouncing, for at least 30-45 seconds. As with any exercise program, develop a routine, and stick with it. Make exercise part of your daily schedule. The benefits of stretching and exercise are well documented, and include relaxing muscles, improving circulation, improving flexibility, increasing strength, increasing stamina, improving mental functioning, increasing energy levels, and increasing resistance to injury and illness.

While going to a recreational facility before or after work may not fit everyone's lifestyle, there are some less intrusive ways to become more active without a significant alteration in your daily routine. The following are some suggestions to improve your health, which may be helpful, but are by no means an all-inclusive list:

1. Park your automobile a bit farther away from your office.
2. Take the stairs instead of the elevator whenever possible or appropriate.
3. Frequently change positions. Get up and stretch for a few minutes each hour to refresh your body and your mind.
4. Go for a short walk at lunch to clear your mind and recharge your body, improving oxygen delivery and circulation, while at the same time reducing anxiety and depression.
5. Alter your workstation, ensuring that your back remains in proper alignment, with both feet flat on the floor, keyboard in proper position directly in front of your body, and computer monitor placed at eye level.

If you would like to learn more about the benefits of stretching, please visit:  
[www.prorehabpc.com](http://www.prorehabpc.com).

# PRACTICE Update

Bill Franzen, Jr., MHS, PT, President



A successful business is built through strategic planning, and implementation of proven 'best practice' methods; it becomes stronger by engaging in fair and ethically sound business. However, nothing is more important to business success than customer loyalty. In nearly every industry sector, competitive advantage is based on the ability to develop long-term relationships with highly valued customers. Gaining and retaining a loyal customer is the key corporate challenge in a competitive market place.

Fortunately, since its inception, PRORehab™, p.c. has adopted a strategy of stimulating loyalty by striving to consistently exceed customer expectations by offering superior value. In an ongoing attempt to meet the changing demands and expectations of the healthcare marketplace, PRORehab™, p.c. is developing a series of Customer Satisfaction

Questionnaires. The goal of the project is to solicit feedback from patients, physicians, case managers, adjusters and employers.

We are completing the first phase of the project—the Medical Case Manager/Adjuster Survey (MCMAS). Using our customer database, the goal is to randomly sample 10% of the MCMAS who refer patients to PRORehab™, p.c. The questionnaire has been designed to elicit feedback regarding the provision of rehabilitation services. The survey will be conducted on a quarterly basis.

The MCMAS will be arriving via e-mail or the United States Postal Service shortly. If you would like to be added to the MCMAS mailing list for the first quarter, please contact me at 314.238.2217 ([bfranzen@prorehabpc.com](mailto:bfranzen@prorehabpc.com)).

In closing, I would like to thank you in advance for providing feedback for our services.

## Five PRORehab™, p.c. Therapists Seek CMPT Accreditation



Ray Bauer, MS, PT  
Physical Therapist  
Festus



Mike Faris, MPT  
Clinic Director  
Washington



Brian Kelly, MPT, CSCS  
Physical Therapist  
South City



Scott Rose, RPT  
Clinic Director  
Bridgeton



Sharon Titter, MPT  
Clinic Director  
Sullivan

Five PRORehab™, p.c. therapists are participating in the North American Institute of Orthopedic Manual Therapy's (NAIOMT) curriculum program. The NAIOMT curriculum is a progressive series consisting of four levels. Each level builds on the previous. At the conclusion of the program, the graduates will have clinical mastery of mobilization / manipulative therapy techniques. These techniques are comprised of a continuum of skilled passive movements to the joint and/or related soft tissues that are applied

at varying speeds and amplitudes, including a small amplitude/ high-velocity therapeutic movement.

PRORehab™, p.c. is fortunate to have members of its staff participating in this prestigious program. Upon completion of the program, this elite group will be a minority among therapists in the state of Missouri who have attained manual therapy certification. Manual therapy has proven to be successful in the treatment of joint and soft tissue injuries.

# Run 500 Miles *(with the right shoes)*

Jason Bennett, MS, PT, ATC  
Associate Clinic Director, North County

Newton's Third Law: A Runner's Perspective

"For every action there is an equal and opposite reaction." – Sir Isaac Newton

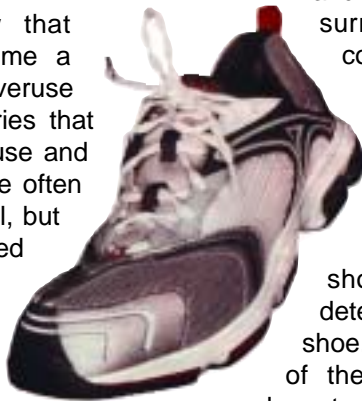
Picture Sir Isaac sitting under an apple tree after completing his first marathon, his long hair tied back in a ponytail, his arches aching and his shins throbbing, contemplating the forces involved during each heel strike of his run. Okay, so maybe he was actually thinking of the motions of stars and planets around the sun when that apple hit him on the head, but his laws of motion define physical interaction, including those encountered during running.

It's Newton's third law that comes to mind every time a runner presents with an overuse injury. Unlike acute injuries that involve an identifiable cause and effect, overuse injuries are often insidious and multifactorial, but ultimately can be attributed to the physical interaction of the foot with the ground. Foot structure, flexibility, running surface and body mass are just some of the common factors that determine how the foot reacts to the ground during running. Peak vertical ground reaction forces (VGRF) during recreational jogging are estimated to be 2 to 3 times body weight. So what can you do to help reduce the chance of becoming injured?

Selecting appropriate footwear can help minimize ground reaction forces and offer control of normal or excessive motions of the foot during contact with the ground. Running shoes combine different materials, designs and technology to offer you a number of shoe types. Identifying what shoe is right for you will help to absorb GRF and offer motion control features that may be the key in preventing injury. Common shoe types include: cushioned shoes for rigid foot types (moderate to high arches) designed to emphasize shock attenuation, motion control shoes

designed to inhibit excessive rearfoot motion (flat feet, heavy runners), and stability shoes designed to control pronation (the normal flattening of the foot from heel strike to mid-stance).

Explanation of a few terms and materials may help you determine what shoe is best for you. Outsoles (bottom of running shoes) are composed of blown rubber (expanded or mixed with air to make it lighter and offer more cushion) and/or carbon rubber (mixed with carbon additive to increase durability). Ethylene Vinyl Acetate (EVA) is the most common midsole foam (layer between outsole and upper) used in running shoes, while a polyurethane midsole is denser and heavier. The heel counter surrounds the heel and controls rearfoot motion, and a medial post helps control overpronation by adding material to the inner side of the shoe. The shoe last (curved, semi-curved and straight) is what the shoe is built on and determines the shape of the shoe, and the toe box is the front of the shoe and should allow adequate room for your toes.



Follow these tips when selecting your shoes:

- Find a running store with a knowledgeable staff of running experts (New Balance and Fleet Feet are stores I recommend)
- Research the latest models and shoe types, and identify features that you feel are important for your needs (Runner's World and Running Times are excellent resources)
- Wear your running socks when trying on shoes
- Fit your shoes at the end of the day when your feet are the largest
- Take your old shoes with you to show the salesperson
- Take any orthoses or inserts you plan to wear during running

Finally, alternate between a second pair of running shoes and limit the life of your shoes to 500 miles.

PROrehab™, p.c.  
Would Like to Welcome



Brook Kalisiak, PT  
Floater

## Upcoming Events of Interest

May 14, 2003

### "Controlling Workers' Compensation Costs for Employers in Missouri"

Vic Zuccarello, OTR/L, C.E.E.S., ABDA will be a featured speaker. Please visit [impact.prorehabpc.com](http://impact.prorehabpc.com) for details.

June 24-28, 2003

### National Athletic Trainers' Association Annual Meeting

America's Center - Downtown St. Louis  
[www.nata.org](http://www.nata.org)





**PRORehab**<sup>TM</sup>, P.C.




**IMPACT**  
INJURY MANAGEMENT PREVENTION AND CONSULTING  
Division of PRORehab, P.C.

**WEST**

**Ellisville**   
Phone 636-391-5400  
Fax 636-394-9674

**Brentwood**   
Phone 314-961-3804  
Fax 314-961-1147

**Brentwood Industrial Center**   
Phone 314-781-0679  
Fax 314-781-3448


**NORTH**



**Bridgeton**  
Phone 314-739-1123  
Fax 314-739-1173


**Florissant**   
Phone 314-972-1442  
Fax 314-972-1533

**SOUTH**

**South County**   
Phone 314-842-2990  
Fax 314-842-5162

**Fenton**  
Phone 636-349-8060  
Fax 636-349-9171

**Arnold**  
Phone 636-461-0900  
Fax 636-461-0047

**Festus**   
Phone 636-931-2100  
Fax 636-931-2300


**ST. LOUIS CITY**

**South City**   
Phone 314-351-7172  
Fax 314-351-6885


**ILLINOIS**


**Fairview Heights**   
Phone 618-624-9300  
Direct Dial from St. Louis  
621-1416  
Fax 618-624-9330

**ST. CHARLES COUNTY**

**St. Peters**   
Phone 636-477-9911  
Fax 636-477-9929

**RURAL**

**Washington**   
Phone 636-239-9979  
Toll Free 888-411-2990  
Fax 636-239-5442

**Sullivan**   
Phone 573-860-5901  
Fax 573-860-5903

**Potosi**  
Phone 573-436-2500  
Fax 573-436-0314



Hand Rehabilitation



Aqua Therapy



**IMPACT** Work  
Hardening/Conditioning  
FCE

Administrative Office  
13537 Barrett Parkway Drive, Ste. 105  
Ballwin, MO 63021

**PRORehab**<sup>TM</sup>, P.C.

