

**INSIDE THIS ISSUE:**

<b>Charlie Bigelow, PT</b>	<b>2</b>
<b>Fitness Addition</b>	<b>2</b>
<b>Patient Spotlight</b>	<b>3</b>
<b>PRS Values Cont.</b>	<b>3</b>
<b>Facilities</b>	<b>4</b>
<b>Employee</b>	<b>4</b>

**New Clinic in Harrisburg, SD**

Prairie Rehabilitation Services has recently expanded with the opening of a new clinic in Harrisburg, SD. The clinic started taking patients on April 1, 2009.

The lead therapist is Lori Johnson, Physical Therapist, who is a resident and native of Harrisburg. Lori has been with Prairie Rehabilitation for seven years and has special interests in women's health, low back pain related to pregnancy, and is a certified lymphedema therapist.

Also seeing patients at the Harrisburg clinic is Gidget McAreavey, Occupational Therapist who has been with Prairie Rehabilitation for eight years. She has special interests in geriatrics, working with hand dysfunctions, wheelchair positioning and pressure mapping. Gidget is certified in performing ASTYM™ treatment., which

creates new, healthy, functional tissue from chronically injured tissue.

Speech therapy is also available at the clinic, provided by Aimee Morrill, Speech Language Pathologist as needed. Aimee has special interests in geriatric cognitive rehabilitation and dysphagia.

There will be an open house and ribbon cutting ceremony Thursday May 21st from 11:30 am to 1:30 pm. The public is welcome to join and celebrate Prairie Rehabilitation's newest location.

Prairie Rehabilitation Services is very excited to provide services in the growing community of Harrisburg.

**Open House:**

**Harrisburg Clinic**

**Thursday May 21st**

**11:30am — 1:30pm**

**Ribbon Cutting at Noon**

**412 N. Cliff Ave.**

**Harrisburg, SD**



*"Everyone I work with truly cares about every patient."*

*~Becca Bates, PTA~*

How our values guide our organization and employees...

**Prairie Rehabilitation Value:**

**We will demonstrate Christian values in our daily work, treating all people with compassion, dignity, honesty, and respect. We believe in the Golden Rule "do unto others as you would have them do unto you".**

**Company Values: What They Mean to Employees**

"Prairie Rehabilitation strives to focus on the person and help to improve the condition. Patients don't walk into a PRS facility and get referred to as, "my three 'o clock shoulder." They come in and are welcomed by name. We strive to make the life of the patient better in whatever way we can; whether it has to do with the diagnosis on the doctor's order or not. Nowhere else that I've worked have I felt that everyone I work with truly cares about every patient as a person, and not just another appointment."

**Becca Bates, PTA for Hartford, Marion and Canistota, SD locations**

## Who's Who: Charlie Bigelow, PT

Charlie Bigelow, physical therapist with Prairie Rehabilitation Services, is one of the founding partners of the company. He graduated from the University of North Dakota physical therapy program in 1981. Charlie has orthopedic training in manual therapy for the back and neck as well as specialized training in Rehab Medicine Compliance, neurological rehab, geriatric rehab and Graston. He is a member of the American Physical Therapy Association and the Minnesota Physical Therapy Association.

Charlie's hobbies include gardening, oil painting, and reading books on history, religion, and human relationships. His wife, Kari, is a senior accountant at Metabank and they have three children: Nicholas, 24, Jacob, 22, and Isaac, 17.

His favorite part of his job is helping patients reach their full potential and

helping coworkers become better at their jobs. He also enjoys having the freedom of an independent company and not being controlled by a large hospital group. Charlie sees patients mainly in Fulda, MN at the Maple Lawn nursing home, but goes "anywhere the wind might blow him" on a particular day. His goal as a therapist has always remained the same, "to help everyone I can get better". To Charlie the process of therapy is not the best part; the enjoyable part of his job is seeing a good outcome in his patients.

Charlie's goals for Prairie Rehabilitation Ser-



**"The enjoyable part of my job is seeing a good outcome in my patients."**

vices (PRS) mirror the mission and value statements of the company. He wants to have a highly educated group of therapists that provide excellent care to patients. The Golden Rule is especially important as he thinks it is important for PRS therapists to treat patients and coworkers with the passion, respect, and dignity that they would expect. Charlie's main goal for Prairie Rehabilitation is to do whatever it takes to help patients have a good outcome from therapy. For Charlie, Prairie Rehabilitation and therapy are personal things and an "extension of his personality".

## A New Endeavor in Jackson- Prairie Rehabilitation & Fitness

Since November 2002, Prairie Rehabilitation Services has established a name in the Jackson community as a leader in rehabilitation services. As of January 2009, Prairie Rehabilitation added "wellness" to their list of services with the purchase of the Jackson fitness center from MC Fitness.

Prairie Rehabilitation and Fitness is approximately 6,000 square feet and overlooks the west fork of the Des Moines River. Members of the fitness center have 24-hour keycard access to a variety of cardio machines, Cybex weight machines and free weights. The facility also offers tanning, massage therapy, step aerobics, and body flow yoga. 55 new members have signed up

since Prairie Rehabilitation took over ownership, with six of those members transitioning directly from therapy.

The fitness center is currently managed by Melanie

Pohlman. Kristin Krahrmer is the contracted massage therapist and also works part-time hours at the fitness center. Jen Muchlinsky, a long-time member of the fitness center, is working toward her personal training certification and currently works with new members on entry-level exercise programs.

The fitness center has received quite a facelift since January with extensive remodeling to the bathroom and aerobics room,

painting, and the re-location of the therapist's office. The facility is currently under renovations which will include a dressing room for members with rentable lockers and a third treatment room for therapy. Fitness members and therapy staff alike have been very pleased with the improvements!

Prairie Rehabilitation and Fitness plans to have an open house in the September/October time frame to advertise the fitness center and therapy clinic!

Article Written By: Melanie Pohlman

## Patient Spotlight

Last August Nora was on vacation in the Ozarks enjoying a hike and fell leaving her injured. At first she did not believe it was serious, but she later learned that she had torn the cartilage in her knee. Later that month she had surgery performed on her knee. After surgery Nora received physical therapy within the Worthington area. At the end of her therapy program she was still using her crutches and in severe pain.

In mid-November Nora decided to try physical therapy with Prairie Rehabilitation Services at our Worthington outpatient location. At the beginning of her therapy sessions she states that she was in a state of "clinical depression" and really needed a lift along with specialized care. Nora was seen at Prairie Rehabilitation for a total of four months. During this time, she felt that Troy Van Orman, physical therapist, really "took her under his wing".

Throughout her treatment Nora received a specialized treatment plan specially made for her including: ultrasound, taping of the knee, ASTYM™ treatment, various exercises, and many other therapy techniques. There were a number of other therapists that assisted Troy with Nora's care including Kristin Fox, physical therapist, Kevin Sobolik, physical therapist, and Jason Rostomily, physical therapist assistant. With the help of this therapy team Nora was able to feel the best that she has felt in years and lose 50 pounds since her fall.

Troy Van Orman, PT says that, "Nora's dedication and effort into her recovery



were the key". He continues, "She continued to move forward and work extremely hard to get herself where she is today. She was an ideal patient to work with and an example that we can all refer back to down the road when things may get rough for us."

Nora states that she would definitely recommend Prairie Rehabilitation to others who are in need of therapy. She says that she prays for Troy and the rest of the staff everyday and she tries to direct people to Prairie Rehabilitation whenever she can. When asked if therapy was beneficial to her in the recovery process, Nora states that "Troy saved me".

## Company Values: What They Mean to Employees, Cont.

How our values guide our organization...

**Prairie Rehabilitation Value:**

**We will demonstrate Christian values in our daily work, treating all people with compassion, dignity, honesty, and respect. We believe in the Golden Rule "do unto others as you would have them do unto you".**

One way we try to follow this value is by scheduling patients as soon as possible. This is sometimes inconvenient to our therapist's schedules, but the patient and their needs truly do come first, as the therapists have been so willing to put their own needs aside and make time to accommodate the patient.

We also try to treat the whole person. Many patients are in pain or have been in pain and sometimes just need someone to listen to them and give them encouragement to help them cope with their situation. When treated with this respect they feel better emotionally when they leave our clinic which aids in their healing process and they tend to respond better to their therapy program.

Also, with the "do unto others" attitude we are reminded to treat co-workers as we want to be treated and try to make their job and responsibilities easier, take the opportunity to thank them for their efforts, and also to make sure our choices and actions reflect the positive vision and values of Prairie Rehabilitation Services.

**Jill Homer, Brandon, SD Receptionist**

I do my best to treat all patients with respect & dignity no matter what religion they or I may be. I always keep in mind while treating patients with severe dementia, that no matter how difficult it may be, everyone is someone's father, brother, mother, sister, etc... and continue to treat with compassion as if they were family.

**Mandy Lund, PTA Windom and St. James, MN locations**

"no matter how difficult it may be, everyone is someone's father, brother, mother, sister, etc..."

~Mandy Lund, PTA~



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article ideas to Editor, Becky  
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PRAIRIE REHABILITATION  
SERVICES

www.prairierehab.com

**Prairie Rehabilitation Services provides  
quality physical therapy, occupational  
therapy, speech therapy and hand therapy.**

**Additional Outpatient Facilities Include:**

<b>Brandon, SD</b>	<b>Hartford, SD</b>	<b>Worthington, MN</b>	<b>Jackson, MN</b>
605-582-3103	605-528-1900	507-372-2232	507-847-4333
<b>Harrisburg, SD</b>	<b>Tea, SD</b>	<b>Fulda, MN</b>	<b>Lakefield, MN</b>
605-767-3008	605-368-9897	507-425-2571	507-662-6646

We also see outpatients, long-term care, and home health patients in the Canistota, Marion, Garretson, and Flandreau, SD areas, the Edgerton, Fulda, Lakefield, Luverne, Pipestone, Jackson, Mountain Lake, St. James, Westbrook, Windom, and Worthington, MN areas and the Estherville, and Lake Park, IA areas. All services are provided with the cooperation of local skilled nursing facilities.

## Employee Years of Service

### April

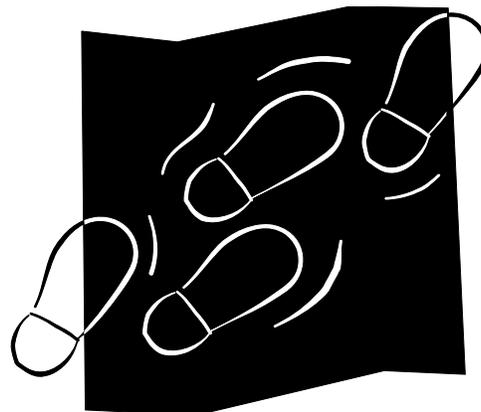
- ◆ Lori Dvorak, PTA 13 years
- ◆ Megan Johnson, General Office 3 years
- ◆ Becky Peppel, OTR/L 3 years
- ◆ Kathy Smith, PT 3 years
- ◆ Michele Sunde, PT 3 years

### May

- ◆ Candace Kaffar, PTA 2 years
- ◆ Jason Rostomily, PTA 5 years

### June

- ◆ Andy Dickhaut, SLP 9 years
- ◆ Jennifer Estwick, PT 1 year
- ◆ Kristin Fox, PT 2 years



- ◆ Kayla Greenway, COTA 1 year
- ◆ Marcia LaVelle, OTR/L 1 year
- ◆ Aimee Morrill, SLP 1 year
- ◆ Sheri Porter, COTA 1 year
- ◆ Heather Smith, COTA 2 years
- ◆ Kevin Sobolik, PT 1 year
- ◆ Diane Stoltenberg, OTR/L 2 years