



PHYSICAL THERAPY SPECIALISTS

Greater Dedication. Greater Results.

August 2010

Volume 12 Issue 2



Keeping American Workers Injury Free

Did you know that 10 percent of the American workforce is physically not capable of performing their jobs, and 75 percent of work related injuries occur among that SAME ten percent? With the rising costs of health care, employers cannot afford to have unnecessary claims. That's why PTSC is dedicated to helping employers make better decisions when it comes to their employees.

From new technology to a global economy, the workplace has changed, and fast. Yet, one thing that hasn't changed much is the need to take care of employees, but how we do it has shifted significantly. PTSC helps employers focus on keeping workers well by PREVENTING injuries, instead of treating them after the fact.

No matter how you calculate it, reducing costs through the prevention of injuries, illnesses and deaths is a major factor American employers need to take priority on. Not to mention, the huge role it plays in American businesses to remain competitive in world mar-

kets. Whether the concern is economic cost or human cost, PTSC will address an employer's needs and develop a program that focuses on the areas of highest risk first, with attention to a well rounded sustainable program that will offer long-term benefits to employers and their employees.

PTSC utilizes WorkSTEPS® to help employers implement ergonomic programs aimed at reducing the frequency and severity of work-related musculoskeletal disorders. Secondary benefits to these programs include reduced turnover, improved performance, and a safer working environment. PTSC helps employers educate their employees on safe practices, such as proper lifting, identifying and assessing risks, and early reporting of cases.

Employers should be focused on preventing injuries and illnesses as much as possible, and in returning injured workers back to duty as soon as possible. That is what PTSC's industrial rehab program is designed to help them do. An-

other building block for the structure of safety in the workplace is a wellness program. PTSC's Wellness & Prevention Program is customized to meet the specific needs of each industry's work environment and employee population. PTSC's Wellness Program provides personalized coaching, education classes, challenges, health risk assessments, testing and group activities to keep employees engaged and help them continue to make progress towards better health. By identifying risks and taking action early, life threatening illnesses and diseases can be caught and controlled. Not only will a wellness program help employees improve their health, but they will live longer and have a better quality of life.

Good safety and health will result in a reduction in workers' compensation costs and an increase in productivity, therefore creating a competitive advantage for your workplace. Visit PTSC's website to learn more about how you can start making changes that will help your workforce, or call us today for a free consultation to learn how incorporating a prevention program into your organization can save you money.

Inside this issue:

Local Therapist Receives Award	2
New PTSC Employees	2
Physician SPOTLIGHT	3
Scholarship Winners	3
Dig For a Cure	4



"When I started going to the Clinic I was walking with a crutch. After 8 weeks, they had me walking without pain. Also I can climb stairs now. I am really pleased." -PTSC Patient

Local Physical Therapist Receives Award

Vallie Rogers Hoerning, physical therapist and clinic manager of Physical Therapy Specialists Clinic in Mountain Grove, received the Outstanding Service Award for her contributions in the area of Patient Care from the Missouri Physical Therapy Association (MPTA) at the 2010 MPTA Spring Conference on Saturday, April 17th in St. Louis, MO. The award honors contributions of an outstanding MPTA member who has consistently provided quality physical therapy services.

John Paul Miller, West Plains Clinic Manager for PTSC, presented the award to Rogers Hoerning, stating, "As her co-worker I have had the opportunity to work with Vallie for eight years and see firsthand her desire to be the best and push everyone else to be their best."

"I have been passionate over the years about being a better physical therapist, a resource for people and bringing quality rehab to rural southern Missouri," said Rogers Hoerning after receiving the award. "Thanks to Mary Sheid and PTSC for giving me the opportunity to return to my hometown of Mountain Grove to help develop the clinic and educate the com-

munity and area health care providers about the physical therapy profession and what we are capable of in the healthcare world. I could tell you a lot of stories about how we have impacted people's lives by having facilities in Mountain Grove and West Plains; it has been a rewarding experience for me personally and professionally."

Rogers Hoerning received her B.S. in physical therapy from Southwest Baptist University in 1994, and has been practicing in the physical therapy field since January 1995. She helped start PTSC in Mountain Grove in September 1996 and has continued to develop the practice as clinic manager and clinical specialist over the past 15 years. In September 2000 she became the only McKenzie Diplomat in southern Missouri and remains to be one among less than 300 McKenzie Diplomats worldwide.

David Barbe, MD, wrote a letter of support for Rogers Hoerning's nomination stating, "I can't think of another consultant that I use who generates as many positive comments from the patients we have in common. You can tell from the inter-

actions she has with her patients that she not only loves her practice but takes great satisfaction in providing the highest quality of services to her patients."

The honor of being selected by her peers in the profession throughout the state of Missouri speaks volumes of the exceptional care and leadership that Rogers Hoerning has shown. Since the inception of the Patient Care award in 1980, only 16 individuals in MO have had the honor of being a recipient.



Pictured: Mary Sheid and Stacey Teeple also received the outstanding service award in past years.

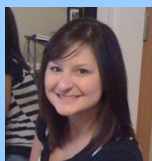
Welcome Our New PTSC Employees



Kim Lunday

Received Doctor of Physical Therapy in 2010 from Southwest Baptist University and a BS in Psychology from Missouri State University in 2007. She is from West Plains, MO and enjoys camping, traveling, teaching Zumba, reading, and hanging with family and friends. Kim will be treating patients in the Mountain Grove Clinic and is a wellness coach.

Graduated from Missouri State University-Springfield with a BS in Marketing/Advertising. Her hometown is Blue Eye, MO and she enjoys hanging with friends and family, traveling, and reading. Claire is working with local physicians, case workers, and business leaders out of the West Plains and Mountain Grove clinics.



Claire Johnson

Wellness Challenge Winners



Jan Greiner was also the June Strength Challenge winner. Way to go Jan!

1 Mile Challenge Winners- July
They both improved on the time it took to walk /run 1 mile.



Jan Greiner



Susan Courter

Physician SPOTLIGHT: Dr. Aaron Mills



Aaron Mills, M.D. is a board certified family physician at Burton Creek Medical Complex, where he has been practicing medicine for 3 years.

Dr. Mills graduated with his undergraduate degree from the University of Missouri and attended medical school at the University of Nebraska. He then completed his residency in South Carolina. Dr Mills is involved with the community through the First Baptist Church and also enjoys hiking and floating down the river.

Originally from West Plains, Dr. Mills says that the most fulfilling part of his job

is “seeing patients that he has known all of his life come to the clinic and get well again.” When asked about changes in healthcare he says that he has noticed that more people are unable afford healthcare due to the down economy. Because people can’t afford as much, he has had to investigate other more cost effective treatment options, making his job both challenging and rewarding.

He and his wife reside in West Plains, MO with their 2 young boys. They recently returned from a family vacation to Disney World.

Congratulations to Our 2010 Scholarship Winners!

The Physical Therapy Specialists Clinic (PTSC) Memorial Scholarship Program handed out eight \$1,000 scholarships in April at the Annual Memorial Scholarship Reception. This year, the scholarship board reviewed 71 applications from students in Douglas, Howell, Oregon, Shannon, Texas and Wright counties. Since the Memorial Scholarship Program’s inception in 1998, \$92,000 in scholarships have been awarded to local students.

Of the eight scholarships awarded, five are non-restricted scholarships for high school

seniors, and three more can be awarded, at the board’s discretion, to either past recipients of a PTSC scholarship or to high school seniors. Seven high school seniors accepted their award with their families and counselors present. One renewable scholarship was presented to Sarah Warner, currently attending Missouri State University-Springfield, making it her third year to receive a scholarship. Scholarships are awarded in honor of: Christel AraSmith-Chester, Cynthia Holloway, Julie Lynn Douglass, Julie McGolrick, Kyle Gilliam, Marisa Hathcock, Megan Spence, Mynde Tarter, and Tyler Simer.



Jacob Nicholson



Sarah Warner



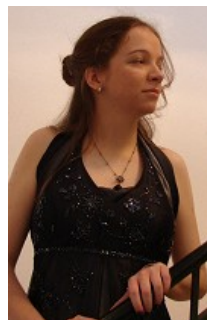
Andrew Carlsen



Ashley Applegate



Chelsea Dooms



Elizabeth Baker



Elizabeth Chappell



Katy Shannon

The Celebrity Dinner is on September 16th at 6pm at the West Plains Civic Center. Come enjoy Broadway entertainment performed by WPHS students and local celebrities! The Nathan Murphy Memorial Scholarship, which is awarded to someone who is pursuing a career in law enforcement, will be announced at the Celebrity Dinner. Tickets are \$25-call PTSC to reserve your seat. 800-695-5899

Physical Therapy Specialists Clinic

1480 W. 8th Street
West Plains, MO 65775

Phone: 417-256-5669
Fax: 417-256-5699

Visit us online at

www.ptsonline.com



**PHYSICAL THERAPY
SPECIALISTS**
Greater Dedication. Greater Results.

PTSC Hosts Dig for a Cure

Put on your pink and join PTSC as they host the 3rd Annual Dig for a Cure in West Plains and Mountain Grove in support of Breast Cancer Awareness Month (October). Fundraising efforts include t-shirt sales, collecting spare change, selling ribbons in honor and in memory of breast cancer victims, and individuals or businesses can make a pledge per dig at either game. All donations will be given to the Susan G. Komen Foundation and the American Cancer Society. Breast cancer survivors will get free admission into the game, will be recognized and can sit in a designated survivor section.

September 30 – Mountain Grove Panthers vs Ava Bears @ MGHS

October 5 – MSU Grizzlies vs Indian Hills Warriors @ West Plains



Program includes:

- Blood Work
- Biometric Measurements
- Cardiovascular Step test
- Health Risk Assessment
- Monthly Education
- Wellness Coaching
- Goal Setting & Improvements
- Cooking Demonstrations

Sign up before August 31st, 2010 and



**Get 1 Month
FREE**

Valued at \$25. Must sign up for 1 year of the PTSC Wellness & Prevention Program to be eligible. Redeem coupon at a PTSC location. Coupon expires 8/31/10.