



NEWSLETTER

JUNE 2021

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***JUST BECAUSE IT'S SUMMER DOESN'T MEAN YOU
CAN'T STILL BENEFIT FROM PHYSICAL THERAPY!***

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► With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At Therapy Solutions, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact Therapy Solutions today.

I'M HAVING TROUBLE FINDING TIME FOR PHYSICAL THERAPY – WHAT SHOULD I DO?

As the saying goes, “where there’s a will, there’s a way.” If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule. One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing

your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school. However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

PHYSICAL THERAPY IS STILL ESSENTIAL, NO MATTER THE TIME OF YEAR

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities. Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Ready to get back into your physical therapy sessions? Contact our physical therapists today at 701-483-1000 or visit our website at Therapy-Solutions.net to find out how we can help you stay pain free this summer!

MEET OUR LICENSED SPEECH PATHOLOGISTS

FOR SPEECH THERAPY MONTH



Jeanne Kilzer, MS CCC-SLP

My name is Jeanne Kilzer. I am an ASHA Certified Speech-Language Pathologist. I received my Master of Science degree in Communication Disorders from UND, Grand Forks, ND. I'm certified in LSVT LOUD and VitalStim therapy. I have worked in a wide variety of settings including acute hospitals, skilled nursing facilities, schools, home health, and in outpatient clinics. I've worked primarily with the adult population.

I enjoy working for a faith-based agency that is locally owned and invested in their community, clients served, and in their employees. I have a deep passion to provide quality care in assisting clients reach their highest level of function in a compassionate team environment. I strive to provide quality, individualized treatment of communication, cognitive, and swallow impairments in a wide variety of settings. Each person has their own story, method of learning, and goals to meet. It's rewarding to watch them make progress toward these goals and to reach their highest level of function using strategies taught in therapy.

Maria Fairfield, MS CCC-SLP

My name is Maria Fairfield. I am excited to join the Therapy Solutions family full-time. I am a speech-language pathologist, which on the surface, the title may be misleading. Many think we only help people with speech disorders; however, there is so much more. The depth and complexity of the various diagnoses and deficits we treat goes far beyond that. SLPs can also treat voice, speech, language, swallowing, memory, and cognition. I am lucky enough to have the opportunity to treat patients from birth to geriatrics and everyone in between. I am most passionate about pediatrics, but also enjoy seeing adult clients.

I am an upper peninsula of Michigan native, but attended UND in Grand Forks, ND for both my bachelors and master's degrees (go Sioux). I moved to Dickinson in 2018 upon graduation. I have worked in the school setting for the last two years and have done some PRN work as well for therapy solutions.

In my free time I enjoy travelling, riding snowmobiles, and spending time with my boyfriend and cat. I look forward to meeting new clients!



MEET OUR **WOMEN'S** HEALTH SPECIALISTS



Sasha Tsibur-Mayer, MPT

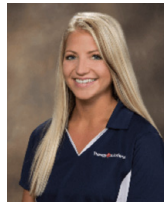
Sasha graduated from the University of Mary in 2000 with a master's degree in Physical Therapy. Sasha has been providing services in the area since graduating with her degree. Since joining the Therapy Solutions team, she has been a key component at our Richardton location, offering outpatient therapy and working when needed within the skilled nursing home facility.

"Therapy Solutions provides me the opportunity to work in a setting where I'm able to teach people skills to manage their aches and pains or avoid them altogether. You feel like you are making a difference when a client tells you they learned how to take care of themselves and feel much better."

Rachel Kottsick, DPT

Rachel graduated from the University of Mary in 2016 with a Doctorate of Physical Therapy, completing her clinical education in the areas of acute care, outpatient and pediatric therapy. Immediately after graduating, Rachel joined the Therapy Solutions team, providing services in our skilled nursing facilities and outpatient clinic.

"Therapy Solutions has given me the opportunity to grow my knowledge, skills and abilities. I have the ability to work with a variety of ages within different settings. Therapy Solutions offers an amazing work atmosphere with friendly, professional and highly trained staff who are willing to work together for the benefit of clients. It is very evident at Therapy Solutions that we are all passionate about our field of work."



JOIN U.S AT THERAPY SOLUTIONS FOR A 6 WEEK PREHAB PROGRAM!

Functional Movement Screen (FMS) is a screening tool used to evaluate and document movement patterns that are key to both nonnal function and sports activity. FMS was developed to expose functional limitations, asymmetries, and weakness. Following screening an individualized training program 1s created. The prehab program includes a screening test, individualized training workouts, and strength training workouts. This program will help improve poor movements with a main focus on reducing risk of injury and improving movement performance and agility.

This summer we will be offering a 6 week, 12 session individualized prehab program. The program is set to run on Tuesdays and Thursdays at 10:00 am from June 7th to July 30th. The program will be offered for a flat rate of \$150.00.

To confirm your spot, contact us at 701-483-1000 or scan the QR code to the right!





JUNE IS PTSD AWARENESS MONTH

Are you or a loved one currently recovering from a stressful or traumatic event? It doesn't matter how long ago it may have occurred; if you've noticed that your emotions are overwhelming you, or you're finding it hard to continue with your normal activities without experiencing anxiety, worry, or grief, you may be dealing with PTSD.

PTSD, or "Post-Traumatic Stress Disorder" is one of the many mental health conditions Therapy Solutions offers counseling services for. If you are struggling to process emotions or thoughts following a stressful life event or change, contact us today for an appointment.

WHAT IS PTSD?

Psychiatry.org defines PTSD as "a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, or rape or who have been threatened with death, sexual violence or serious injury."

Symptoms of this condition may vary from person to person, however, common signs that you or someone you love may be experiencing PTSD are as follows:

- ▶ Sudden or intense, disturbing thoughts and feelings related to their experience
- ▶ The sensation that you're constantly "reliving" the event through nightmares or flashbacks
- ▶ Pulling away from loved ones

- ▶ Feelings of depression, anger, sadness, loneliness, confusion, fear, and grief
- ▶ Avoiding situations or places that remind them of the event
- ▶ Strong aversions to loud noises

Post-traumatic stress disorder is very common. The good news is that a counselor at Therapy Solutions can help you with processing your thoughts, feelings, and memories of your experience in a healthier way that allows you to let go of behaviors or emotions that may otherwise be keeping you from living your life as you normally would.

HOW CAN THERAPY SOLUTIONS HELP?

Our clinic treats individuals of all ages and uses several kinds of treatment methods to cater to the specific needs of our patients with PTSD. These may include, but are not limited to:

- ▶ Cognitive-behavioral therapy
- ▶ Trauma therapy
- ▶ Motivational therapy
- ▶ Dialectical behavioral therapy
- ▶ Eye Movement Desensitization & Reprocessing (EMDR)
- ▶ Play therapy

Our therapists will listen to your experience, feelings, and things that you have found are triggering flashbacks or uncomfortable memories for you. This way, they can offer guidance on how to navigate your thoughts and emotions more effectively so that they don't dictate what you are able to do, places you're able to visit, or how well you can communicate with others.

CALL US TODAY

If you or someone you love is dealing with emotions of grief, anxiety, depression, or other mental health-related problems, it may be time to call in a professional. Therapy Solutions offers many types of counseling and therapy services to combat PTSD. Call our office today to schedule a consultation.

Source: <https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>

If you want to begin improving your quality of life and ability to do the things you love, contact us today to learn more about the benefits of therapy for PTSD, and how it can help you Take Your Life Back!

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.



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