

NEWSLETTER



JUNE 2022

WHAT'S INSIDE

THERAPY SOLUTIONS

At The North Dakota
Athletic Trainers
Symposium

PATIENT SUCCESS SPOTLIGHT

Hear Why Our Patients
Love Us!

SHARE YOUR SUCCESS STORY!

We Make It Easy to
Leave A Review!



Scan the code with your camera
app, and post your success story
on our Google reviews page!



Stuttering:
**When Is It
“Normal”?**

Stuttering: **WHEN IS IT “NORMAL”?**



Stuttering is a speech disorder that involves frequent and significant problems with normal fluency and flow of speech. People who stutter know what they want to say, but often have difficulty saying it. For example, they may repeat or prolong a word, a syllable, or a consonant or vowel sound. Or they may pause during speech because they've reached a problematic word or sound.

Stuttering is common among young children as a normal part of learning to speak. Young children may stutter when their speech and language abilities aren't developed enough to keep up with what they want to say. Most children outgrow this developmental stuttering. Stuttering usually starts between 2 and 6 years of age. Many children go through normal periods of disfluency lasting less than 6 months. Stuttering lasting longer than this may require treatment by a professional.

Sometimes, however, stuttering is a chronic condition that persists into adulthood. Stuttering is more than just disfluencies. Stuttering also may include tension and negative feelings about talking. It may get in the way of how you talk to others. You may want to hide your stuttering. So, you may avoid certain words or situations. For example, you may not want to talk on the phone or public speak if that makes you stutter more. Additionally, stuttering can change from day to day. You may have times when you are fluent and times when you stutter more. Stress or excitement can lead to more stuttering.

Did you know?

- ▶ There is no one cause of stuttering.
- ▶ Many people who stutter have a family member who also stutters.
- ▶ People who stutter may have small differences in the way their brain works during speech.

NORTH DAKOTA ATHLETIC TRAINERS SYMPOSIUM



Our athletic trainers, Tori Nelson and Victoria Kuntz, had the great opportunity to join other North Dakota athletic trainers at this year's clinical symposium and business meeting in Fargo at the beginning of April. During the symposium, they were able to attend multiple different speakers and continuing education opportunities. Some of the sessions included Stop the Bleed, Prevention and Treatment of Hip Pain, Substance Abuse

Recognition, Nutritional Education, and COVID-19 Updates and Return to Play.

This year's Dr. Dennis "Izzy" Isrow Above and Beyond the Call of Duty Award was presented to all athletic trainers who continued to work and give care through the pandemic. Both Tori and Victoria were presented with this award during the business meeting for their work efforts. Tori was nominated and accepted the position as Chairperson of the Early Professionals Committee for the NDATA. Victoria accepted a position within the committee of Secondary School Athletic Trainers. We would like to congratulate Tori and Victoria on their awards and new positions for the NDATA. Our athletic trainers are looking forward to bringing back what they learned from this symposium to serve our community.



PATIENT SUCCESS SPOTLIGHT



Tori has always been helpful and patient with me over the years. Always offering fun and effective ways to get the work done. My hip problems were only the beginning for us. The "FMS" program has helped with

balancing out my hip strength and mobility, that I had little of before. Effective workouts and stretching based off my personal FMS program really helped me show improvements during off season. It was never repetitive with this program. My results are improving, and I can make it through a day without hip pain. Overall being able to perform my best. Tori has gone above and beyond with finding new ways to help. My time with Tori at Therapy Solutions has been full of laughs and nothing less than great.

- ▶ Boys are more likely to continue stuttering than girls. Data are currently limited to individuals who identify as male or female.
- ▶ More than 70 million people worldwide stutter, which is about 1% of the population. In the United States, that's over 3 million Americans who stutter.
- ▶ Emily Blunt, Shaquille "Shaq" O'Neal, Ed Sheeran, James Earl Jones, John Stossel, Bill Walton, Mel Tillis, Winston Churchill, Marilyn Monroe, Carly Simon, Annie Glenn, Ken Venturi, Bob Love, John Updike, King George VI -- all are famous people who stuttered and went on to have successful lives.

Information adapted from ASHA.org, stutteringhelp.org, and Mayoclinic.org.

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



Therapy Solutions would like to wish good luck to the Badlands Big Sticks 2022 season!

Therapy Solutions

TAKE YOUR LIFE BACK.

Learn more by visiting our website at Therapy-Solutions.net or schedule your consultation today by calling 701.483.1000!

Therapy Solutions

TAKE YOUR LIFE BACK.



UNLOCK YOUR POTENTIAL

GET SCREENED AND BEGIN PERFORMING AT YOUR BEST

FMS move well. move often

7

SEVEN MOVEMENTS



CUSTOM PROGRAMS



TRACKABLE PROGRESS

Functional Movement Program SUMMER 2022

\$250
per person

Therapy Solutions

8 Week Custom Training Series

2x per week

SPOTS ARE LIMITED

June 6th-August 4th

Session 1: M&W @ 9:30am

Session 2: T&Th @ 10:00am

Session 3: T&Th @ 2:00pm

Session 4: By Appointment

Participant Prescreenings & Meetings

June 1st & 3rd, 12pm-2pm

WHAT YOU WILL GAIN:

- Baseline Assessment and Progress Assessments
- Increased Mobility, Stability, and Functional Movement
- Increased Sports Performance and Agility
- Reduced Injury Risk
- Education on Healthy Movement and Exercise

To register, call 701.483.1000
or stop by and see us at
Therapy Solutions!

How you move matters!

Therapy Solutions • Office 701.483.1000 • Fax 701.483.1001
email: myhealth@therapy-solutions.net • website: therapy-solutions.net



Learn more by visiting our website at Therapy-Solutions.net or schedule your consultation today by calling 701.483.1000!