



JUNE 2023

WHAT'S INSIDE

VOLUNTEER SPOTLIGHT

Lori Weiler

RECOVERING FROM PREGNANCY WITH PT

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Schedule Today!



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Therapy Solutions

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*Reach Your Peak
Performance With
Athletic Training*



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Reach Your Peak Performance With Athletic Training



If you're a practicing athlete, you're probably searching for ways to improve your physical abilities. Athletes commit to lots of demands and stress on the body, which is why working with an expert athletic trainer is an essential part of the game.

Whether you've recently sustained a sports injury or are conditioning for a new event, we have just the solution you're looking for! Our Therapy Solutions athletic trainers can help you prevent injuries and heighten your athletic performance. Your goals matter to us, which is why we aim to create stronger and healthier athletes!

Call us today to get started!

HOW CAN AN ATHLETIC TRAINER HELP ME?

Our Therapy Solutions athletic trainers are highly qualified individuals who help develop better-rounded athletes with the prevention and rehabilitation of sports injuries. Some ways that an athletic trainer can benefit you include:

- **Rehabilitation and Injury Management:** If you do sustain an injury, our athletic trainers can provide immediate care and first aid. We can evaluate the extent of an injury, create a proper rehabilitation plan, and guide you through the recovery process.
- **Developing healthy habits:** Our athletic trainers focus on improving all aspects of your health and physical performance by educating you more about training, a healthy diet, and how to stay hydrated on and off the field!

- **Improving your strength:** Strength is essential for each and every sport, plus, it plays a vital role in your overall health. Part of an athletic trainer's job is to improve your strength and physical functioning, which is essential for both sports performance and injury prevention.
- **Injury Prevention:** Athletic trainers can identify areas of weakness or imbalance and design specific exercises and training programs to help prevent injuries. They can also educate you on proper warm-up techniques, sports-specific exercises, and other preventative strategies.

DON'T MISS OUR SUMMER FMS PROGRAM!

Our Therapy Solutions summer Functional Movement Program is starting on June 12th! This 8-week (2x week) custom training series will grant you access to:

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

Plus, you'll receive a free T-shirt to symbolize your progress!

Call Therapy Solutions to learn more about our training program, and don't forget to register by June 7th!

RECOVERING FROM PREGNANCY WITH PHYSICAL THERAPY



Rachel Kottsick (Physical Therapist) recently returned from maternity leave. After welcoming her beautiful baby girl, Rachel can provide a unique perspective on treating pregnancy-related women's health issues.

Continue reading the article below to find out more about how physical therapy can help you recover from childbirth!

It's no secret that pregnancy takes a toll on a woman's body. And while the process of carrying and delivering a baby is incredibly rewarding, you may be experiencing pain and discomfort during pregnancy and postpartum.

HOW CAN PHYSICAL THERAPY HELP ME?

Throughout pregnancy, a woman's hormones change, physical demands increase, and the body's structure has to adjust. Each of these changes can cause a woman to feel pain, discomfort, and other physical challenges. Fortunately, physical therapy is an effective way to improve the body's functions and reduce pain during and after pregnancy. Our therapists at Therapy Solutions treat a variety of issues, such as diastasis recti and low back pain, with effective techniques and evidence-based clinical knowledge.

Typical patients who would be strong candidates for our pelvic floor rehabilitation treatments include:

- Pregnant women (hip and pelvic pain, round ligament pain, low back pain)
- Postpartum women (diastasis recti, pelvic floor rehabilitation, posture and regaining core muscle strength)

If you are expecting to be a new mom or have recently given birth, our team at Therapy Solutions can help! We'll work to enhance your pregnancy and make your delivery as comfortable as possible. In addition, we can address postpartum concerns.

Call us today to schedule an appointment!



Rachel's newest addition, Chloe Lynn Kottsick.

GASLIGHTING

What is **"gaslighting?"** The term "gaslighting" comes from the movie "Gaslight," (1944) in which a man manipulates his wife into thinking she is losing her mind.

Victims of gaslighting are deliberately and systematically fed false information that leads them to question what they know to be true, often about themselves. They may end up doubting their memory, their perception, their reality, and even their sanity. Over time, a gaslighter's manipulations can grow more complex and potent, making it increasingly difficult for the victim to see the truth.

Here are some ways you can communicate with someone who is trying to make you question your reality:

- "I know what I experienced."
- "We remember that differently."
- "I hear you, and that is not my experience."
- "My feelings (thoughts, memories, experiences) are valid."
- "My emotions (thoughts) are not up for debate."
- "I can accept your faulty perception of me."

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IN THE COMMUNITY



This April, Sasha Tsibur-Mayer (Physical Therapist) shared her talents with the community by making Ukrainian Pysanki Easter eggs. These beautiful creations are made by hollowing out eggs and decorating them using the wax-resist method.

Sasha and her daughters showed residents at the Richardton Health Center how to make their own pysanki eggs.



She also made pysanki at St. John's in Belfield during a Prairie Public documentary filming, which was included in their segment airing on Ukrainian Catholic Easter Traditions.

Thank you, Sasha, for sharing your beautiful creations with the community!

WRITE YOUR OWN SUCCESS STORY!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



VOLUNTEER SPOTLIGHT: LORI WEILER (BILLING SPECIALIST)



Lori Weiler (Billing Specialist) is a dedicated volunteer for the Furever Full Pet Food Bank. From sorting food and hauling litter to helping customers, Lori does it all! She also helps organize a pick-up table in coordination with the Dickinson Public Schools Pantry. We are so proud of Lori for her dedication to volunteering in the community!

If you, or someone you know, is struggling to afford pet food or necessities, please stop by the pet food bank during open hours. Furever Full is located at 2798 5th Ave West in Dickinson. Open hours are the 1st and 3rd Tuesday of every month from 4:00pm-6:00pm. Check out their Facebook page for additional open hours, pop-up distribution dates and locations, and for more information: facebook.com/fureverfull.

If you would like to make a donation to Furever Full, check out their registry on Amazon using the QR code below, or on Chewy.com. You can also purchase items at Runnings in Dickinson and leave them with the cashier.



CONGRATULATORY CORNER



Chelsea Theiler (Occupational Therapist) was recently honored by CountryHouse in Dickinson for always bringing sunshine to her clients. We are so proud of Chelsea and the top-notch services she provides throughout the community!

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