



**Therapy Solutions**  
TAKE YOUR LIFE BACK.

APRIL 2024

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Michael Miller

**MARCAIL'S  
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COOKIE BROWNIES

**PHRASES TO HELP  
YOU SPEAK UP**



*This April, We're Getting  
BIG and LOUD!*



Scan the code with  
your camera app,  
and schedule your  
appointment with  
us today!



**WE ARE HERE FOR YOU! CONTACT US TODAY!**

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Did you know April is Occupational Therapy Month and Parkinson's Disease Awareness Month? At Therapy Solutions, we love that these campaigns fall at the same time because occupational therapy plays a crucial role in helping Parkinson's patients live full, active lives.

That's why we want to spend some time this month to share more about the Parkinson's-focused occupational, physical, and speech therapy services we offer at our clinic, including the LSVT LOUD and BIG programs.

*Want even more information? Call us today to schedule an appointment.*

## LSVT LOUD: HELPING PARKINSON'S PATIENTS FIND THEIR VOICES

Parkinson's disease can change the way someone talks. Often, a person's voice becomes quieter, breathier, or more monotone. LSVT LOUD is an evidence-based speech therapy program that helps patients find their voices once again.

### Five Facts About the LOUD Program

- 1.It's named after a patient.** LSVT stands for Lee Silverman Voice Treatment, after a patient the program's founder worked with in the '80s. That work went on to become the basis for the program.
- 2.It's all about recalibration.** LSVT LOUD focuses on helping Parkinson's patients retrain their perceptions of their voice, allowing them to speak at a normal loudness level.
- 3.It differs from typical speech therapy programs.** Historically, speech therapists have focused on improving articulation in Parkinson's patients. LOUD focuses on vocal loudness—hence the name.
- 4.It goes in-depth.** To deliver the best results, LOUD utilizes intensive, one-on-one treatment to help patients achieve their speaking goals.
- 5.It's tailored to suit your needs.** Every patient is different—which means their treatments should be different, too.

## LSVT BIG: LET'S GET MOVING!

The success of LSVT LOUD led to the development of LSVT BIG, a physical and occupational therapy program that uses the same principles to help Parkinson's patients improve their movement.

### Five Facts About the BIG Program

- 1.It helps people at all stages of the condition.** Because we customize LSVT BIG to your needs, it can help no matter how severe your symptoms are. However, when started early enough, it may help slow the progression of Parkinson's disease.
- 2.It invites you to "Think BIG".** People with Parkinson's disease experience "shrinking" movements: for example, steps and arm swings get smaller, making overall movement a challenge. The program aims to "embiggen" those movements for improved balance and mobility.
- 3.It helps you rediscover what movement feels like.** As with LSVT LOUD, BIG focuses on recalibration, helping you adjust to the feeling of larger movements, even if they might feel odd at first.
- 4.It focuses on progression.** We start slowly and incorporate lots of repetition of movements to help you remember how to perform those larger movements, slowly increasing the difficulty as needed.
- 5.It helps with both types of motor skills.** LSVT BIG will help improve fine motor skills (using utensils, buttoning up a shirt) and gross motor skills (walking, getting up from a chair).

## OUR PROGRAM IS GROWING! MEET CHELSEA THEILER



As a testament to the success of the LSVT LOUD and BIG movements, we're expanding our services! Chelsea Theiler completed her certification in LSVT BIG in August 2023 and is accepting new patients.

As an occupational therapist, Chelsea has experience working with older patients in various settings, including outpatient clinics, home health, assisted living facilities, and nursing homes. She's excited to collaborate with other healthcare providers on the Therapy Solutions team to provide personalized care for her patients so they can live their lives to the fullest.

### CALL TODAY TO GET STARTED

Do you think LSVT BIG or LOUD might benefit you or a loved one? The best way to find out is to visit our clinic for an in-depth assessment.

*Call us today, and we'll get you on the schedule!*

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!  
701.253.0942**



## ERGONOMICS PART II:

### TIPS TO REDUCE STRESS DURING OFFICE WORK

#### Work-Station Set-Up

- **Desk:** You should have enough leg space under the desk to position your legs comfortably with your feet flat on the floor, or on a footrest, with your knees/hips pointing forward and bent to approximately 90 degrees. The work surface should be at approximate elbow level, with clearance for your legs, reducing forward bending and/or reaching.
- **Keyboard and Mouse:** Your keyboard and mouse should be positioned at approximate elbow level, directly in front of you and as close as possible, to maintain relaxed shoulder posturing and to minimize reaching/forward bending.
- **Computer monitor:** The monitor height should be set so the top third of the screen is in line with your eye level to promote upright posturing of your head/neck. The monitor should also be positioned within arm's reach, reducing strain on your eyes to effectively read the screen. The computer keyboard and monitor should be positioned in line with each other to promote midline posturing of your trunk and neck.
- **Paperwork:** Position your paperwork as closely to the computer monitor as possible when referencing and/or writing during computer work to minimize reaching, as well as excessive head movement.
- **Phone:** If you are on the phone frequently while completing computer work, consider use of a headset to eliminate awkward neck posturing associated with cradling the phone between your shoulder and head.
- **Chair:** Your office chair should promote safe body positioning during seated work. The seat height should be set to allow for firm positioning of your feet on the floor or on a footboard, with knees bent at approximately 90 degrees. The seat depth should allow you to sit with your back against the backrest while allowing space between the back of your lower legs and the front edge of the seat. The backrest should be contoured supporting the curvature of your spine. The armrests should be set at the correct width and height to support your arms at your sides with your elbows bent to approximately 90 degrees and shoulders relaxed.

Stay tuned for Part III for more tips about how to reduce work-related discomfort.



#### APRIL'S MENTAL HEALTH TIP OF THE MONTH PHRASES TO HELP YOU SPEAK UP

Do you have a tendency to not speak up for yourself or not to express your needs? You think that filtering your needs and keeping to yourselves helps to keep everyone happy. You want to be "nice."

Learn to speak up respectfully and effectively and get your needs met. It is crucial for your mental and physical health. Here are 3 ways to effectively speak up:

1. When someone says or does that hurts your feelings, don't keep it bottled up inside. Instead say something like, "I'm sure you didn't mean anything by this, but when you did \_\_\_\_ or said \_\_\_\_, I felt hurt. What did you intend to mean by that?"
2. When you and another person have differing needs, ask the questions, "What can we do to get everyone's needs met?" This helps convey that there are options and that no one's needs are less important than the others.
3. Create a routine with the people you are in relationships with. Both agree to ask each other, "What can I do to make your day better?" This makes it easier for us to ask for something when a need arises.

If you would like to learn better ways to improve your communication and speak up, call today to schedule an appointment with one of our amazing mental health counselors and Take Your Life Back!

#### CLIENT SUCCESS STORY

"I use Therapy Solutions for both physical therapy and mental health therapy. Both of my therapists are well educated in their field and have helped tremendously. I think there should be more operations like this around the country. Having both therapies in one office is genius. Mental health and aches & pains are greatly related."

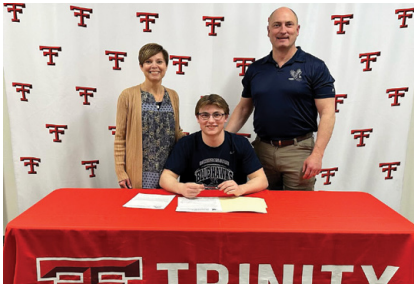
— Elaine H.

## CONGRATULATORY CORNER:

### STAFF KIDS' LETTERS OF INTENT: ERIC/TERRY, DOUG, AMANDA



**Ethan Halverson** (son of Eric & Terry Halverson) will be playing football at the University of Jamestown.

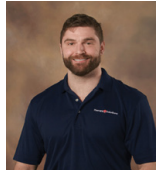


**Jeremiah Jilek** (son of Doug Jilek) will be playing football at Dickinson State University with his brother Nathaniel.



**Mara Ellerkamp** (daughter of Amanda Ellerkamp) will be swimming at the University of the Cumberlands next fall.

## STAFF SPOTLIGHT: MICHAEL MILLER, DPT



We would like to welcome Michael Miller to our Therapy Solutions Team!

Michael is a physical therapist (PT) and started with us in February. He graduated from the University of North Dakota in 2018 with a Doctorate of Physical Therapy. Michael's areas of expertise include orthopedics, geriatrics, and aquatic therapy. As a member of the Therapy Solutions team, Michael will be based out of our Killdeer location in Hill Top Home of Comfort, providing outpatient services and therapy for residents.

Michael is originally from Dickinson and currently lives in Killdeer. In his spare time, Michael enjoys hunting, fishing, mixed martial arts, and computer games.

## MARCAIL'S RECIPE: COOKIE BROWNIES

- 1 box brownie mix
- eggs, water, oil for brownies
- 1 package refrigerated pre-made chocolate chip cookie dough



### Directions:

- Preheat the oven to 350 degrees
- Grease a 9x13 baking dish
- Combine the brownie mix, water, oil, and eggs in a large bowl
- Once the batter is all mixed, use a rubber spatula to add the batter into the greased dish
- Open the cookie dough package and break apart the cookie squares
- Flatten the cookie dough and place it on top of the brownies
- Bake for 25-30 minutes
- Let them cool and ENJOY!!