



April Newsletter

Prairie Rehabilitation Services will be a leader in rehabilitation and wellness. Through a steadfast quest for excellence, we will have a positive impact in the lives of those we serve.

Worthington Locations

Therapy and Fitness: 315 Oxford St. 372-2232

Therapy: 1216 Ryan's Road 3rd Fl. 343-0068

24-Hr. Fitness: 1530 Rowe Ave 727-9009

www.PrairieRehab.com



Staff Spotlight



Janelle Saufley

Occupational Therapist

"I have worked as an OT for 18 years and have worked for Prairie Rehab & Fitness for 20 years.

Originally as a therapy aide from 1995 to 1998, then as an OT since 1999. I was the first employee hired by PRS in 1995. Currently I work in our outpatient clinic in Worthington where I treat patients with hand/wrist/forearm/elbow/shoulder problems. I also see patients who have lost their ability to care for themselves either from a stroke, brain injury, or aging. I also see pediatric patients who have developmental delays. I love helping my patients and I love all my colleagues I get to work with every day!! I have been married to Dave for 31 years. We have lived in Worthington since 1987. We have a son who is married and has 3 children and also a daughter who is also married and has 2 children. Our oldest grandchild is 7, with the next 4 grandchildren being 2 and under. So, our house gets very busy when the kids and grandkids come for a visit!"◊



Tasha Winch

Physical Therapist Assistant

"I was born and raised here in Worthington, MN and graduated from PTA school at Lake Area Technical Institute in 2005. I worked with Prairie Rehab right out of school until I married and moved to the twin cities where I worked for almost 3 years at Sister Kenny Institute inside of Abbott Northwestern Hospital in Minneapolis, MN doing aquatic therapy and orthopedic outpatient care. After my divorce, I moved back to Worthington, MN and returned to Prairie Rehab. This September will mark 10 years with Prairie Rehab. I see a little of everything in the outpatient world from pediatrics, geriatrics, MVA, work injuries, orthopedics, cardio and pulmonary patients, sports rehab and more! My favorite would be orthopedics and sports rehab. I remarried 4 years ago to Eric Winch and we have one son, Kaleb. My husband and I also have one foster son, Tank, that has been with us for 8 months. We have 4 dogs: Mocha (shitzu/poodle mix), Benelli (black lab/German short hair mix), Remington and Zeus (both Rottweiler/bull mastiff mix). We currently live in Wilmont, MN. In my free time I enjoy reading, writing poetry, spending time with my husband and boys, playing sports and being outdoors."◊

Do You Have Back Pain?



Reasons to see your Dr. and request referral to Physical Therapy:

- * Pain that last more than 2 weeks.
- * Pain that limits your everyday activities.
- * Radiating pain from lower back that travels into your Legs or Buttock.
- * Radiating pain that causes headaches and tension in shoulders.
- * Unable to tolerate sitting or standing for extended amounts of time.
- * Back pain that increases while at work.

Physical Therapy can help to reduce pain through:

- *Modalities - ultrasound, iontophoresis, combo estim, TENS, NMES
- *IASTM (instrument assisted soft tissue mobilization), TPR (trigger point release), MFR (myofascial release)
- *Stretching
- *Strengthening for core stabilization
- *Body mechanics training

A Physical Therapist or Occupational Therapist can perform workplace assessment if approved by your company.

Contact your Dr. Immediately if your back pain accompanies and of these symptoms:

- * Weakening of extremities.
- * Numbness in hands or feet.
- * Unexplained weight loss
- * Light tapping of the spine is painful
- * Unexplained fever or chills
- * Difficulty with urination
- * Incontinence
- * Numbness around the groin
- * Severe back pain that does not change with a change in positioning. ◇



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www.facebook.com/PrairieRehabFitness

A Word from Marc:

Silver & Fit

This program is designed for silver & fit members, those who are Medicare eligible and are 65 years and older with BCBS as a supplement. It is an individualized program set up to meet each person's needs. To start the program, we will first find out if you qualify for Silver & Fit. Once approved, we have you sign the contract and schedule a time to meet with me (Marc).



At the first meeting, we will start with assessing vitals - blood pressure, body fat, heart rate and training zones. Then a series of tests are completed: balance, upper body strength and lower body strength. Based on the results that are found, an individualized program is created for you to complete over the course of the next month with goals set in place. We encourage those in the program to be consistent with coming to Prairie Rehab 2-3 times per week to work on their program and be consistent. Marc will meet with each participant monthly to review their program and assess progress. Occasionally we will re-test to assess progression with status. Please contact Marc if you are interested in seeing if you qualify for Prairie Rehab and if you would like to initiate the program!

~ **Marc Gustafson**: Fitness Manager and Personal

Fitness Hours:

Monday - Friday: 5:00 AM to 8:00 PM

Saturday: 10:00 AM through 4:00 PM

Sunday: Keycard Access Only

Keycard Price \$10.74– This is a one time fee that allows you access to the fitness center from 4:00 AM until 11:00 PM Sunday through Saturday.

Prairie Rehab staff will gladly assist with any questions you may have.

Reminder to all members:

FREE classes are held during the week. Classes are held Monday at 6:00AM and 5:15PM & Friday at 6:00PM.