

Physical Therapy & Pediatrics, cont'd

in this condition to educate the parents on stretching, proper positioning, and play tasks to improve strength, flexibility, and to help develop motor skills. Babies with this neck tightness are often delayed in accomplishing sitting balance, as well as standing, and walking skills.

Other diagnoses that benefit from pediatric physical therapy include: cerebral palsy, developmental coordination disorder or "clumsy child," low muscle tone, and babies or children that are delayed in accomplishing motor milestones such as rolling, sitting, crawling, running, jumping, hopping, etc.

If you feel your child may benefit from physical therapy please give **Tanya** a call at **231-238-4880** or **Stacey Mapes, OT, in our Cheboygan office** at **231-627-7201**.



Tanya and Eva having fun while stretching.

Peak Performance Olympics!!

We all got into the spirit of the 2008 summer Olympics at Sports Medicine. Our summer conditioning program, Peak Performance, hosted the first ever **PEAK OLYMPICS!**

Peak Olympics was a day of fun, competitive games between the Peak schools, those schools that hold the Peak Performance Program. Petoskey, Harbor Springs, Indian River, Cheboygan, and Charlevoix all came with teams to compete. 50 athletes in all.

The games consisted of relays, balance challenges, obstacle course, core strength challenges, tug of war, and even a tire flip.

The teams were very competitive and the day ended with a water balloon fight.

Left to right - Brad Lehtky, Mara McMurray, Devan Arms, Jeff Dekoski, ATC, Dick Dinon, Brad Ling, Halley Shaw, Sarah Shafer, Alex Lehtky, Anthony Bear, Patty Schmidt, ATC, and Nate Greenwell in front.



The Petoskey Team won the Olympics and will proudly hang the Olympic banner at their school until next year's summer Olympic Games.

The team from Cheboygan was strong in many of the challenges.



Indian River teamed up with Harbor Springs to win the tug of war competition.



Health & Healing

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FALL 2008



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Physical Therapy & Pediatrics

WATER AEROBICS: Splash Into Shape

Hiking For Health

Cheboygan Garden

First Annual Kayak Race!!

20th Anniversary

Peak Performance Olympics

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Physical Therapy & Pediatrics

Written By Tanya Ruddy, MPT

Pediatric physical therapy is an area of specialization within physical therapy. Tanya Ruddy, MPT, who recently joined the staff of Indian River Physical Therapy, was an integral part of developing the pediatric program at a large hospital in Southern Michigan. She has taken several pediatric courses and has treated patients with a wide variety of diagnoses. This became a special interest to her after the birth of her twins.

Pediatric physical therapy involves using play and manual therapy to accomplish goals, which may include improving their ability to function at home or school, as well as the development of motor milestones such as walking, crawling, and standing. Parents are an integral part of the treatment program and are shown a home exercise program, which will include play activities to assist with accomplishing goals.

Pediatric physical therapy involves the treatment of patients from birth to 18 years of age. There are wide varieties of conditions that may benefit from physical therapy. Torticollis, or tightness of the neck, is a common problem in infants which can be caused from positioning within the mother or from positioning after birth. This problem has become more common since babies started sleeping on their backs to decrease the risk of SIDS or Sudden Infant Death Syndrome. This neck tightness is often found in combination with flattening of the head. Physical therapy is important



Tanya working with her daughter, Eva.

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WATER AEROBICS: Splash Into Shape

By: Stephanie Robladek

Aquatic aerobic workouts have become a vital part of relaxation and exercise, because it's an activity everyone can enjoy regardless of age or physical condition. Current research has shown water aerobics to improve cardiovascular conditioning, muscular strength/endurance, flexibility, and balance.

Water aerobics are ideal for all ages; a person who is submerged in chest deep water has approximately 85 to 90 percent of their body weight supported while exercising. As a result, it is less stressful for persons with medical conditions such as arthritis, neck and back pains, and obesity.

The average person burns 450 to 700 calories during one hour of water aerobic activity.

In Cheboygan and Indian River, we are privileged to have heated therapeutic pools located in the clinics. You can experience all the benefits of this aerobic exercise with our very own instructors. Classes are available and forming. Please contact the Cheboygan or Indian River clinics for more information.



Fall schedule offers noon and evening classes.

Monday/Wednesday

or Tuesday/Thursday

Indian River pool class

Tuesday & Thursdays

8 am, 11:45, 1 pm

Hiking For Health

Come join us on Saturday, October 4th at 10:00 am for a healthy fun filled hiking adventure on Black Mountain.

We want you to discover the health benefits of hiking in beautiful northern Michigan. Enjoy the fall colors and the scenic views of Lake Huron and Black Lake from the ridges of Black Mountain.

Learn how hiking can help you strengthen your legs, heart, and lungs. It can also lower your blood pressure and help you shed unwanted pounds. We will demonstrate the proper ways to stretch your legs to prevent injuries.

One of our staff members will lead the hike through Black Mountain Recreational Area starting at the Twin Lakes trail head off Twin Lakes Road.

The hike will offer a 6 mile and a 3 mile length depending on your fitness level. Cider and water bottles will be offered compliments of Cheboygan Physical Therapy and Sports Medicine.

Please call (231)627-7201 to sign up



Cheboygan Garden

Not only does our Cheboygan Clinic have a great view of a historic barn, but our staff has joined together to plant a vegetable garden. It has been entertaining to our patients to watch how fast it grows each week.

We have already harvested onions and broccoli. The peppers and cabbage are not far behind.



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First Annual Kayak Race!



The day started out with a crack of thunder, a down pour of rain, and then by the time the kayak race was to start, the sun was shining.

The race which had 22 participants started at City Beach, then went up the Cheboygan River to Court St., and returned to finish at the beach. The 3.5 mile race had a Men's and Women's division. (16 men, 6 women)

Dennis Paul won the men's race with a scorching time of 31:53 minutes.

2nd place	Mark Oberman	36:30 minutes
3rd place	John Sullivan	36:13 minutes
4th place	Steve Webster	37:16 minutes
5th place	Mitch Freel	43:59 minutes.

Stacey Ostrowski placed 1st in the women's division with a time of 48:52 minutes.

2nd place	Peg Wilcox	50:20 minutes
3rd place	Deb "Phoenix" Smith	50:26 minutes
4th place	Joan Rogers	50:36 minutes
5th place	Kelli Sue Stachon	50:38 minutes.



Left to right is John Sullivan, Mark Oberman, and Dennis Paul.



Left to right, Peg Wilcox, Stacey Ostrowski, and Phoenix Smith.

Prizes went to 1st, 2nd, & 3rd places in each division \$100 for 1st, \$50 for 2nd, \$25 for 3rd.

A great time was had by all! We were fortunate to have good weather conditions and many spectators came out to cheer on the racers all along the river. The race helped celebrate the last day of the week long Riverfest sponsored by the Cheboygan Chamber of Commerce. Cheboygan Physical Therapy & Sports Medicine organized and sponsored the race.



20th Anniversary

Rogers City Physical Therapy began offering physical therapy services in 1988, originally located in the Rogers City Hospital. RCPT then moved to its current location directly across the street in 1993. To celebrate our 20th Anniversary, an open house was held on July 16, 2008. We had a great turn out including many of our friends made over the years, past patients, Mayor Beach Hall, City Manager Mark Sloan, Rogers City Chamber of Commerce members, The Advance, Tendercare, and Rogers City Rehabilitation Hospital to name a few. We would like to thank the community for helping us make the last 20 years possible and look forward to serving you in the future.



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