

FOR YOUR HEALTH

July/August 2015



BST Welcomes New Physical Therapist

Chad Lauseng PT, PRC

Chad joined the therapy team at Big Stone Therapies in June. Chad is a native of Watertown and brings a wealth of clinical knowledge and experience from a variety of multidisciplinary settings. He is certified and specialized in **Postural Restoration** and enjoys working with all musculo-skeletal and orthopedic diagnoses. To schedule an appointment with Chad call 753-5400 or stop by our clinic at 8 5th St. SE, Watertown.



Chad Lauseng, PT, PRC



As we celebrate the 25th Anniversary of our company and nine years in Watertown, we thank our patients, families, area physicians and community partners for your support.

Celebrate with us!

**25th Anniversary Open House
and Ribbon Cutting Ceremony**

**Thursday, Aug 20th
4:00 to 6:30 PM**

**Join us for appetizers, refreshments,
clinic tours, BST gifts and more!**

*Learn more about our specialty services
while visiting with our Watertown specialty
trained therapy experts and staff!*

To date, Big Stone Therapies now serves 29 communities in South Dakota, Minnesota and North Dakota, providing rehabilitation services for patients of all ages. Our mission is to provide excellence in rehabilitation through caring, hands-on healing services. We look forward to fulfilling our mission in Watertown for many years to come!

Specializing in Postural Restoration

Postural Restoration is a physical therapy technique that can restore a more neutral body position.



Signs and Symptoms:

- ◆ Abdominal, chest wall, and rib cage strains
- ◆ Difficulty breathing or shortness of breath
- ◆ The feeling of being "out of alignment"
- ◆ Shoulder impingement or tendonitis
- ◆ Scoliosis, curvature of the spine
- ◆ Stress related muscle tension
- ◆ Cervical pain or headaches
- ◆ Hip, pelvic, low back pain
- ◆ Knee and foot injuries

Treatment: Postural Restoration is a type of physical therapy technique used in conjunction with other forms of treatment. Options include treatments for pain, inflammation and muscle spasms, such as heat and massage or modalities such as iontophoresis, ultrasound, and electrical stimulation. A specific individualized home exercise program along with strength and range of motion training may also be appropriate for a patient receiving Postural Restoration treatment.

ELITE PERFORMANCE ATHLETIC ENHANCEMENT PROGRAM

July 6 thru August 14
7:30 to 9:00 AM

Monday, Wednesday, Friday
Great Plains Lutheran High School

Open to all area student athletes
entering 7th-12th grade



Wade Fligge, PT, DPT, oversees this 6-week, high intensity, performance enhancement program, designed to **increase speed, power, agility, strength and coordination** in student athletes. Our program is timed that it will lead right into fall sports so athletes are in top playing condition. As an added benefit, the Functional Movement Screen (FMS) will be completed with each student, setting a baseline and providing a means to measure individual performance and identify potential risk of injury.

GRASTON[®] TECHNIQUE

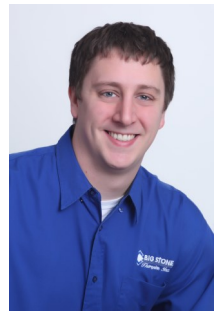
More therapists trained in Graston Technique[®] Therapy!

Congratulations Billi Whempner, PTA, and Adam Fischbach, PTA, for successfully completing the 12-hour M1-Basic Training in the Graston Technique[®].

We now have five therapists who are trained, two of whom are certified, in the Graston Technique[®] method of instrument assisted soft tissue mobilization, which includes diagnostic and therapeutic applications and procedures. The course was held June 7th and 8th in Big Stone City, SD. Graston Technique[®] enables therapists to address scar tissue and fascial restrictions during rehabilitation. This non-invasive technique uses specially designed stainless steel instruments to identify and treat areas exhibiting soft tissue fibrosis or chronic inflammation. Graston Technique[®] is clinically proven to achieve faster and better patient outcomes in scar tissue, pain in the foot, knee, back, neck, shoulder, elbow, headaches and temporomandibular joint.



Billi Whempner
PTA



Adam Fischbach
PTA



*Improving Injury Treatment and Rehabilitation
with Faster and Better Patient Outcomes!*

FAMILY ANNOUNCEMENTS

It's a BOY... It's a GIRL!



**Ryder John
Rieffenberger**

Trisha Rieffenberger, PT, Co-Owner, and husband Greg welcomed a baby boy, Ryder John, into their family on May 28th. Ryder weighed 7 lbs. 8 oz. and was 19 inches long. Congratulations and blessings to Trisha and Greg and big sisters Gabby and Maddy!

Adam Fischbach, PTA, and wife Samantha welcomed a baby girl, Ellesyn Lucille, into their family on June 10th. Ellesyn weighed 7 lbs. 6 oz. and was 18.5 inches long. Congratulations and blessings to Adam and Samantha and big sister Everlie!



**Ellesyn Lucille
Fischbach**



Follow us on
Facebook!

—Outpatient Therapy Services Include:—

Physical Therapy ♦ Occupational Therapy ♦ Speech-Language Pathology

