

**Join a free Arthritis Foundation Exercise Program.**

Joyner Therapy Services is offering free of charge; the Arthritis Foundation Exercise Program using certified instructors from Joyner Therapy Services. Group classes are free and open to the public. To register and obtain a release form call 618-998-9894 in Marion, Harrisburg 618-252-7171 or 618-683-2728 in Golconda.

Classes are available at the following locations:

- \* Illinois Centre Mall, 3333 DeYoung Street, Marion, IL, Heartland Regional Medical Center, next to Sears — Co-sponsored by Senior Circle—Mondays and Fridays from 10:00 a.m. to 11:00 a.m.
- \* McKinley Avenue Baptist Church, 410 Sloan Street, Harrisburg, IL —Tuesdays and Thursdays from 10:00 a.m. to 11:00 a.m.
- \* **New program**— Senior Citizens Center, Golconda IL—Six week program beginning May 4, 2009 to June 29, 2009—Tuesdays and Thursdays from 10:30 a.m. to 11:00 a.m.

**Joyner Therapy Services**

2907 Williamson County Parkway  
Marion, IL 62959  
Phone: 618-998-9894

**Joyner Therapy Services**

607 South Commercial Street  
Harrisburg, IL 62946  
Phone: 618-252-7171

**Joyner Therapy Services**

217 South Adams Street  
Golconda, IL 62938  
Phone: 618-683-2729

\* Physical Therapy \* Occupational Therapy \* Speech Therapy \* Massage Therapy \* Golf/Fitness Training \* Aquatic Therapy  
\* Urinary Incontinence Program \*

**April is Occupational Therapy (OT) Month. What is OT?**

Occupational Therapy enables people of all ages live life to the fullest by helping them promote health—or live better with—injury, illness or disability. Joyner Therapy offers occupational therapy in three settings: outpatient, home health and long-term care.

In the **outpatient setting**, occupational therapy typically treats those who have an injury to their upper extremities or arms. Common diagnoses treated in the outpatient clinic include shoulder pain, tennis elbow, carpal tunnel or fractures of the arm, wrist or fingers. Occupational therapy also treats individuals who have decreased coordination, strength or who have difficulty performing their activities of daily living. Joyner Therapy Services has three outpatient clinic locations, Marion, Harrisburg, and Golconda.

Occupational therapy in the **home health setting** focuses on improving one's ability to perform their activities of daily living such as dressing grooming, bathing and toileting. Occupational therapy concentrates on improving independence and safety in the home and seeks to help the individual meet their maximum level of function. Occupational therapy in the home setting centers on overall strength, as well as home management skills. Occupational therapist at Joyner Therapy Services completes evaluations for powered wheelchairs in the home setting as well.

Occupational therapist in a **long-term care setting** focus on improving an individual's independence and safety with their activities of daily life. Common diagnoses treated in this setting include generalized weakness due to the aging process, stroke, joint replacements, fracture, and amputations. Occupational therapy's goal is to help the patient return to their prior level of functioning.



**If you or someone you know may benefit from Occupational Therapy please call Joyner Therapy Services in Marion, Harrisburg, or Golconda.**

Written by Jami Thomas, Joyner Therapy Services — MHA, OTR/L

**Therapists ready to provide one to one care for you and your family!**

[www.joynertherapyservices.com](http://www.joynertherapyservices.com)



**Joyner Therapy Offers Job Site Analysis**

Joyner Therapy Services provides job site analysis. A work site analysis consist of a physical therapist and an occupational therapist visiting onsite to work places and filming job tasks performed on-site. The film is reviewed by the therapist and a written report is given to the administrative work site team. The report list recommendations of modifications to help prevent injury to employees and reduce the number of workman’s compensation claims. Worksite analysis are conducted in factories, warehouses, office areas, coal mines and anywhere heavy lifting or repetitive motion task are performed. If you would like to know more about this service, please contact Jami Thomas, MHA, OTR/L at 618-252-7171.

**3rd Annual Senior Fun Fest**

Joyner Therapy Services is proud to be a sponsor of the 3rd annual senior fun fest. This years event will once again be held at John A. Logan College. The date is Wednesday, May 27th from 9:00am to 2:00pm. It is a full day of fun with entertainment, music, a dance contest, door prizes, a wonderful lunch and lots of health information provided by the many sponsors and venders. This years event will kick off with an early bird walk with anyone who wants to participate. Salsa dancing and lessons will also be part of the program this year. As always the dance contest is a big hit with two winners receiving \$100.00 in gift certificates and trophies.

Advanced tickets are required and seating is limited so get your tickets soon. The price of the ticket is a suggested \$3.00 donation. Rides Transportation will provide bus transportation if you need a ride to the event. Call 618-993-1900 or toll free in Jackson County 1-877-743-3402. Rides will also provide a shuttle service from the parking lot to the door for this event. Look for the shuttle in the main parking lot. This event is a project of the Franklin/Williamson Healthy Community Coalition’s Healthy Seniors Action Team.

**Tickets available through The Second Act a free membership program of SIH call 1-877-480-4040.**

**Golf Fitness and Performance Class**

Dr. Brian Joyner, Physical Therapist, and Josh Allen, Certified Strength and Conditioning Specialist will be teaching a six week Golf Fitness and Performance class at John A. Logan college this summer.

The date, time and classroom location will be announced in the summer 2009 Continuing Education catalog. Josh Allen currently works with the John A. Logan College men’s golf team offering his fitness and conditioning expertise to the team.

JTS offers a Golf Performance program at our clinics in Marion, Harrisburg, and Golconda Golfers who take this class will experience improved fitness and balance. Fitness training can reduce your physical limitations and help you optimize your golf swing pattern. Training enables more efficient transfer of momentum, which translates into increased club head speed at impact.

Dr. Joyner and Josh Allen can evaluate the physical factors that can cause power gaps and inefficient moves, which can result in poor shots.

Call today to improve your golf game; play stronger, hit longer.  
Marion—993-9894 Harrisburg—252-7171 Golconda—683-2728



**Friday, May 29th is “Williamson County Parkway Day”**  
**Visit Joyner Therapy Service from 2:00pm to 4:00pm**  
**2907 Williamson County Parkway**

**food and fun**

**Marion, Illinois**

**free massage**

**Visit all of the Williamson County Parkway Businesses**

**Old National Bank**

**Liberty Village**

**free financial info**

**Humana Insurance at JTS**  
**Air Evac Life Team at JTS**

**golf tips**

**JTS Announces New Urinary Incontinence Program**

Lori Conley, PTA, for Joyner Therapy Services has several years experience in urinary incontinence. Lori received training in biofeedback and electrical stimulation in 2000. As a Physical Therapy Assistant Lori has treated a variety of illnesses and injuries that require the strengthening and re-education of various muscle groups. In treating urinary incontinence Lori uses biofeedback, bladder retraining, electrical stimulation and specific exercise prescription.

- Biofeedback—for evaluation and a tool to teach patients how to use their pelvic floor muscles.
- Electrical stimulation—to strengthen the muscles and to decrease unwanted bladder contraction.
- Bladder retraining—to decrease the intake of bladder irritants and to progress to a normal voiding interval.
- Specific exercise prescription—a written exercise program for the individual patient.

If you are worried about rushing to the bathroom and are avoiding going out with family and friends, you are not alone, an overactive bladder affects 1 in 6 men and women in the United States. If you want to avoid surgery and taking medication talk to your physician about our urinary incontinence program.

An initial evaluation with objective findings, assessment and treatment plan are sent to your physician. A progress report for each follow-up visit and a discharge summary when treatment ends are also sent to your physician.

**Call Lori with any confidential questions you may have.**  
**Marion 998-9894—Harrisburg 252-7171—Golconda 683-2728**

**Stay Safe During the Coming Storm Season**

- Lightening can travel through wiring and pipes, unplug appliance and avoid taking a bath or shower during a storm.
- Don’t use a corded telephone or electrical appliance during a thunderstorm.
- Turn off your air conditioner to spare the compressor from a potentially dangerous power surge.
- Keep a storm safety kit with a flashlight, batteries, candles, matches and a small battery operated radio in a safe place.
- Buy a weather radio programmed to turn itself on as severe weather approaches.
- Know where you are going in case of a tornado, have a designated safe place.