

# Joyner Therapy Services News

Therapists ready to provide one on one treatment for you and your family!

Fall 2010



### Joyner Therapy Services

2907 Williamson County Parkway

Marion, IL 62959

Phone 618-998-9894

### Joyner Therapy Services

924 South Commercial Street

Harrisburg, IL 62946

Phone: 618-252-7171

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

### Joyner Therapy Services

217 South Adams Street

Golconda, IL 62938

Phone: 618-683-2728

\* Physical Therapy \* Occupational Therapy \* Speech Therapy  
\* Massage Therapy \* Aquatic Therapy \* ASTYM Therapy



# ASTYM™

*freedom of movement, freedom from pain*

**FREE**dom of Movement

**FREE**dom from Pain

**FREE CONSULTATION!!!**

Now you can see if you're a candidate for this NEW medical therapy at no cost to you. Call Joyner Therapy Services to schedule your FREE appointment today.

Get relief from many types of pain including: tennis elbow; carpal tunnel; knee, lower back, hip, shoulder and ankle pain; achilles tendinitis; plantar fasciitis; and many more.

**Marion, 998-9894**  
**Harrisburg, 252-7171**  
**Golconda, 683-2728**

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



Joyner

Therapy

Services



## Massage Therapy Services

30 minute Relaxation Massage (Back and Neck)	\$25.00
45 minute Relaxation Massage	\$45.00
1 Hour Relaxation Massage	\$55.00
30 minute Deep Tissue Massage (Back and Neck)	\$35.00
45 minute Deep Tissue Massage	\$55.00
1 Hour Deep Tissue Massage	\$65.00
30 minute hands and feet	\$25.00
30 minute paraffin dip and hand massage	\$ 25.00



GIFT certificates available at all locations.



**Rob Robinson, PT, demonstrates ASTYM Therapy for LaRhonda Lambert at the weekly Marion SINA meeting at Mackie's Pizza.**



**Joyner Therapy Services had a fun booth at Harley Davidson's Family Fun Day. The kids loved winning prizes for throwing wet sponges at their family members.**



**JTS Occupational Therapist, Jami Thomas, demonstrates back pack safety at the Black Diamond Harley Davidson Family Fun Day. Harley Davidson gave away 1000 back packs.**



**Our newly painted bench at the Harrisburg Football stadium. Go Bulldogs!**



**Our staff collected children's underwear and diapers for The Night's Shield Shelter in West Frankfort.**



**We love our new sign in Marion!**



## Do you need to start an Exercise Program?

Have you been unable to start an exercise program? Let our occupational and physical therapists at JTS help you get started. We regularly see patients in our aquatic therapy program that have been unable to exercise in the past. Experience the warm water of our aquatic therapy pool. Patients living with muscle spasms, back pain, fibromyalgia, arthritis, healing bone fractures and those who are overweight find aquatic therapy helpful.

The buoyancy provided by the water is one of the benefits of Aquatic Therapy. Buoyancy assists in supporting the weight of the patient and decreasing the stress placed on the joints. Ask your physician about starting a fitness program that includes aquatic therapy to reduce pain, improve cardiovascular endurance, improve balance and coordination, as well as improved circulation. Ask your doctor if **aquatic therapy** is right for you!

**JTS Physical and Occupational Therapists can go in the water with patients who are not comfortable alone. Patients who have not regained the ability to walk on land can walk in the pool with the aid of a therapist. Their walking skills redevelop more quickly in the JTS endless wave pool.**



## Occupational Therapy at JTS

The purpose of occupational therapy is to help our patients achieve a maximum level of independent living by focusing on the patients capacity to function in the activities of daily life. Occupational therapy is needed when an individual's ability to live independently, to care for personal needs and to participate in work, school, family and community life is disrupted by illness or injury.

Common problems seen by occupational therapists include stroke, developmental disabilities, work injuries, arthritis, traumatic injuries, dementia and other problems associated with aging. The focus is always to return the patient to the highest level of function as possible. This may include performing activities of daily living such as dressing, grooming, bathing and eating. Adaptive equipment and other modifications may be used to enhance performance in personal care, home management, meal preparation, and play or leisure activities. In addition to personal care, the therapist assist the patient in developing skills to manage everyday situations needed to live and work in their communities. If you feel you need help with any of these activities call any of our three clinics to discuss your needs with an occupational therapist.

**Joyner Therapy offers 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 call 618-998-9894 in Marion — and 618-683-2728 in Golconda

- **Aldersgate United Methodist Church, 1201 N. Fair Street, Marion, Illinois**  
**Tuesdays and Thursdays from 9:00am until 10:00am**
  - **Golconda Senior Citizens Center**  
**Tuesdays and Thursdays from 10:30am to 11:30am**  
**Beginning October 5th and will continue until November 18th**