



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

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

Joyner Therapy Services offers Flex/Stretch Program to Area Employers.

Jami Thomas, MHA, OTR/L and Rob Robinson, PT, are providing area employers the opportunity to provide their workers with an exercise program that reduces injuries and improves mental preparedness. Several area workplaces are using the **FLEX/STRETCH PROGRAM** implemented by Thomas and Robinson.

The Flex/Stretch program is a simple set of stretches performed before the work shift begins. Stretches are done throughout the day including cool down stretches at the end of a shift. The stretches are carried out as a group at the beginning of a shift with a designated person leading the stretches. This program has been shown to reduce injuries such as muscle strains and sprains. Repetitive motion injuries such as tendonitis, carpal tunnel, and tennis elbow have shown a decrease by using the flex/stretch program.

Other benefits of the flex/stretch program are team building, the opportunity for workers to interact, along with improved communication of an entire team during the exercises. Workers report more energy, improved mental preparedness, and better flexibility. Their improved health and well-being extend past their work environment to healthy habits at home.

The Flex/Stretch program is a huge benefit to employers. It can directly decrease workman's compensation claims. A healthier more flexible employee will have a more positive outlook that correlates to a positive workplace environment. Employers that implement this program can improve their communication with their employees and feel confident they are working to reduce injuries.

Joyner Therapy Services also provides job site analysis. Thomas and Robinson can film workers performing their jobs. They then make recommendations to administration in a written report. The report will list modifications to help prevent injuries to workers and reduce workers compensation claims.

The **Flex/Stretch program** and **work-site analysis** can both be performed in factories, warehouses, offices, coal mines, retail stores, restaurants, anywhere lifting and repetitive motion tasks are performed. If you would like to know more about how to implement this service in your workplace call **Jami Thomas** at 252-7171 or **Rob Robinson** at 998-9894.



Joyner Therapy Appreciates Our Occupational Therapy Team! April is National Occupational Therapy Month!

Joyner Therapy Services occupational therapist work in a variety of settings. The patients that come to our clinics usually are seen to treat diagnosis such as shoulder pain, tennis elbow, carpal tunnel, or fractures of the arm, wrist or fingers. We now have two staff OT's certified in the ASTYM method. Call any one of our three clinics to speak to an OT.

Our occupational therapists who see patients for Home Health focus on helping the patient's improve their activities of daily living such as dressing, grooming, bathing and toiletting. Improving the safety of one's home and helping patients maintain their independence is the goal of our therapist. Joyner Therapy has provided therapy in homes for seven years.

Occupational therapists in long-term care settings focus on improving a residents safety and independence. Many times the goal is to help the residents overcome generalized weakness due to strokes, joint replacements, fractures and amputations. JTS provides contractual therapy to five area nursing homes, two hospitals and one pediatric day care center.



Jami Thomas
MHA OTR/L



Angela Ogelsby
OTR/L



Sara Chick
COTA/L



Shayna Monroe
COTA/L



Karen Fulkerson
COTA/L



Chelsea Harbison
COTA/L



Casey Dunning
COTA/L



Amanda Martin
COTA/L



5th Annual Senior Fun Fest

Friday, May 13 2011
9:00 am to 2:00pm

This years theme will be "Healthy Seniors Luau".

Advanced tickets are required

Seating is limited to 300

- Entertainment
- Lunch
- Prizes
- Dance Contest
- Exhibits

Tickets are \$3.00 and available through The Second Act a free membership program of SIH—Call 1-877-480-4040 Joyner Therapy Services is a participant in the Senior Fest.



What is ASTYM?

What does ASTYM do? ASTYM stimulates the body to regenerate and heal, decreases pain, enhances mobility and keeps you active.

What is ASTYM? ASTYM is a treatment that stimulate regeneration of soft tissue structures including tendons and muscles. Unhealthy soft tissue is replaced with new. At Joyner Therapy Services a certified therapist will apply an instrument to the top of the skin to locate dysfunctional soft tissue. Therapy is typically provided twice weekly for three to four weeks and is done in conjunction with stretching, functional exercise, and activity

Call JTS today for a free ASTYM consultation. Relief from pain including: tennis elbow, carpal tunnel, knee, lower back, hip, shoulder, and ankle pain; Achilles tendonitis, plantar fasciitis and many more. Learn more at www.astym.com



JTS employees donates \$1000.00 to the Arthritis Foundation. Paula Reeve, Amber Sanders, Sara Chick and Jennifer Olsen.



Sue Knight was the winner of our door prize at the Saline County Chamber of Commerce Business Expo.



JTS, receptionist, Pat Shasteen, (standing) and massage therapist, Valerie Wheeler man the table at the 1st Pamper Yourself fair held at the Golconda Golden Circle.



New picture of our Harrisburg staff! Seated Left to right Dr. Noah Sterns, Dr. Brian Joyner, Back row L to R, Mary Kalert, April Roberts, Sherri Ramsey, Jami Thomas and Nita Schutt



Johanna Griener, JTS Home Health Director (left) presents a \$700.00 check to Margie Kemp, Shawnee Alliance for Seniors. The money is from JTS employees and will be used for emergency funding for area seniors.



Joyner Therapy Services is a member of the SIH Healthy Communities Coalition., Healthy Seniors Action Team Committee. The committee collected toiletry items to be divided between 6 area food pantries. JTS contributed items for the drive.



Join a free Arthritis Exercise Class!

Joyner Therapy Services is offering, free of charge; the Arthritis Foundation Exercise class and the free Arthritis Aquatic Program. Group classes are free and open to the public. To register or receive more information please call 618-998-9894 in Marion, 618-252-7171 in Harrisburg, or 618-683-2728 in Golconda.

Land exercise classes are available at the following locations:

- Aldersgate United Methodist Church, 1201 N. Fair Street, Marion, Illinois
Tuesday and Thursdays from 9:00 am until 10:00 am
- Golconda Senior Citizens
Tuesdays and Thursdays from 10:30am to 11:30am

Aquatic exercise class:

Country Inn and Suites Pool, 1306 Halfway Road, Marion, Illinois
Mondays and Fridays 9:00 am to 10:00 am
Class size limited

