



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

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**
www.joynertherapyservices.com

Sanders Receives Certification as a Personal Fitness Trainer

Amber Sanders, a Licensed Massage received her certification as a **Certified** classes in St. Louis at the Aerobic and She is available at the Marion Clinic goals. You may call the clinic or e-mail **Personal training** classes are available



Classes can be in 30 minutes, 45 minutes or one hour time slots. One of Sanders goals in teaching **Personal Fitness** is to teach people that they don't need a lot of equipment to work out. She can teach participants to use their own body to create resistance and become fit. Sanders currently teaches the JTS Arthritis Foundation exercise class at Aldersgate Methodist Church in Marion and the JTS Arthritis Foundation Aquatics program at the Country Inn and Suites pool in Marion. These classes are free and open to the public. Call to register for a class.

Therapist, with Joyner Services recently **Personal Trainer**. Sanders attended Fitness Association of America. **618-998-9894** to discuss your fitness her at remba.s@live.com

for individuals or groups of two or four.



OUR ASTYM THERAPY TEAM!

We now have six therapists certified in ASTYM therapy. ASTYM treats tennis elbow, carpal tunnel, knee, lower back, hip, shoulder and ankle pain, achilles tendonitis, planters fasciitis and many more. Be free of pain! Call for a free ASTYM consultation today.

Toys for Lutheran Social Service

Once again, Lana and Brian Joyner, the staff and patients of Joyner Therapy Services will be collecting toys for **Lutheran Social Service of Illinois**. Collection barrels will be placed in the lobby of the Marion, Harrisburg and Golconda Clinics. Unwrapped toys can be brought to any of our Monday, through Friday, during regular Help us to in Southern clinics beginning November 21st December 16th, clinic hours. help children Illinois.



Merry Christmas and Happy Holidays!



Harrisburg High Homecoming Parade!
JTS staff had a great time participating !



Arthritis Foundation Aquatic Program
Thanks to County Inn and Suites for donating their pool for this free class!



Valerie Wheeler, massage therapist, at the Harrisburg Clinic, provides massage therapy on Wednesdays and Fridays from 9 to 5.



JTS, Amber Sanders, personal fitness trainer and massage therapist. Marion Clinic.



Front row from left, Braxton Joyner, Lana Joyner, Dr. Brian Joyner, and Jami Thomas along with JTS staff.



Josie's Giants, JTS employees joined Josie's Giants for the Heart Walk held at John A. Logan College.



Managing Your Stress is Important to Your Health!

Stress is a normal part of life. Too much stress can increase pain and make it harder to deal with the challenges of arthritis or other health issues. Stress is the body and mind's reaction to everyday tensions, changes and pressures. Stressful events are not always negative events. Weddings, vacations and births are happy occasions that can also be stressful.

Learning how to cope with and manage your stress is vital to your good health. The key to managing stress is to make it work for you instead of against you. Learn your body's signals of stress. Do your muscles tense? Does your heartbeat and breathing increase?

The first step in managing stress is to put what is happening into perspective. What are you afraid of? Are you blowing things out of proportion? What is the worst that can happen? Usually we imagine things to be a lot worse than they actually are. Are there other ways to look at the situation?

Realize that there are always things we may not be able to change. Being flexible helps you develop a healthy attitude. To be healthy you should balance your positive and healthy thoughts. Utilize stress-relieving activities such as writing in a journal or exercising. Developing a support system is very important. Talk to your family, friends, clergy or others who are good listeners and can help you see ways to handle your concerns.

If you have arthritis or fibromyalgia, talk to your physician about seeing a physical therapist regarding your exercise program or join an Arthritis Foundation exercise class. Aquatic Therapy at Joyner Therapy Services benefits our patients by reducing pain and relaxing muscles. It will also improve balance and circulation while improving the body's circulation. Exercise not only relieves stress, it will naturally improve your sleep. To talk to a therapist about a program for you, call any of our JTS clinics today!

Fall Prevention and Balance Training Program at JTS

Our Physical Therapists at Joyner Therapy Services can provide a comprehensive evaluation to provide educational, conditioning and balance retraining. Our physical therapy approach helps people regain control of their lives and prevent falls. Dizziness and balance problems can be treated with this comprehensive program.

Our training program provides:

- ◆ Strengthening of key muscle groups.
- ◆ Improving balance reactions.
- ◆ Integrating vision, sensation and vestibular information.
- ◆ Anticipating balance challenges. (Curbs, lighting, uneven surfaces)
- ◆ Fall prevention education.



For more information on this program call our Marion Clinic and ask for Director of Rehab, Rob Robinson. If you are a resident of Harrisburg or Golconda call Director of Rehab, Dr. Noah Stearn at the Harrisburg Clinic.



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 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

This class has openings.

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

There is currently a waiting list