

**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



Dr, Brian Joyner PT, DPT and Rob Robinson, PT, have recently become certified in the **ASTYM** system. The **ASTYM** system is a therapy approach that addresses problems such as scarring, fibrosis and degeneration that occur in soft tissues.

These problems may develop as the result of trauma, surgery or overuse. The System is effective for new injuries as well as chronic, nagging conditions. The **ASTYM** system uses instruments along the surface of the skin to locate these problem areas and start the body's healing system. This proven treatment helps countless patients everyday. Don't live in pain call any of our three clinics today.

- The **Astym** System is a form of non-invasive soft tissue therapy designed to stimulate your body's natural healing process. It has the ability to address the underlying problems, not just the symptoms.
- This technique allows you to feel the soft tissue restrictions that may be contributing to your problem and you will notice that as the tissue smoothes out, your pain will decrease and your function will improve.
- The **ASTYM** system is breaking down the adhesions that form after injury and is stimulating the healing process. Therefore, you may experience some soreness to touch or bruising after treatment. The **ASTYM** treatment may be somewhat uncomfortable for the first few sessions, but this will improve as treatment progresses.

**Diagnosis that respond well to the ASTYM system include:**

**Trigger finger**

**Carpal tunnel**

**Shoulder pain**

**Wrist sprain's**

**Lateral epicondylitis**

**Medial epicondylitis**

**DeQuervain's tenosynovitis**

**Plantar fasciitis**

**Chronic ankle sprain**

**Achilles tendonitis**

**Shin Splints**

**Patellar tendonitis**

**Hamstring strains**

**IT band syndrome**

**Post surgical scarring**

**Post surgical fibrosis**

**Hip pain/ with**

**trochanteric bursitis**

**SI and low back pain**

**Soft tissue changes/ ass.**

**with degenerative arthritis**

## **Start Walking!**

Are you wanting to begin a walking routine, but don't know where to start. walking is an easy, inexpensive way to help lower your risk of heart disease and stroke, reduce the effects of stress, to lose weight, and increase your flexibility. For every hour you walk you gain two hours of life expectancy.

Southern Illinois Healthcare and the American Heart Association together with the Jackson County Healthy Communities Coalition and the Franklin-Williamson Healthy Communities Coalition are bringing the American Heart Association's Start Walking program to the local paths and parks.

To find a local indoor or outdoor start walking path in your community go to:  
**[www.heart.org/Start](http://www.heart.org/Start)**

Walking paths are sponsored in part by:

**American Heart Association, Southern Illinois Healthcare  
Healthy Communities Coalition of Jackson and Williamson Counties**

## **Planning a Family Road Trip This Summer?**

Plan ahead and make healthy, inexpensive snacks part of your trip. If we pack our own healthy snacks we can avoid the gas stations and fast food chains with there unhealthy fare. You and your family will arrive at your destination feeling better. Don't forget to do some stretching exercises when you stop for breaks and drink plenty of water.

1. Fresh fruit. (apples, pears, and citrus survive long trips best.)
2. Baby carrots and grape tomatoes.
3. Homemade trail mix (low-salt peanuts, raisins, and mini chocolate chips.)
4. Pistachio nuts.
5. Freeze dried or dehydrated fruit.
6. Turkey jerky.
7. Granola bars or energy bars.
8. Roasted sunflower or pumpkin seeds.
9. Bagged popcorn. (the low-sodium variety)
10. Pretzels
11. Baggies of healthy cereal
12. Sugarless gum.

Just remember the fast food restaurants are offering healthier choices. Stay with grilled chicken sandwiches, salads, low-fat yogurt ice cream, and fruit as well as nutritious sub sandwiches to avoid feeling sluggish.

**Enjoy your summer and be healthy on the road or at home!**



## JOYNER THERAPY HOME HEALTH STAFF

WE PROVIDE HOME HEALTH SERVICES INCLUDING:

PHYSICAL THERAPY, OCCUPATIONAL THERAPY, AND SPEECH THERAPY

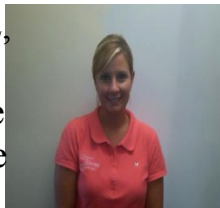
IN THE FOLLOWING AREAS:

JACKSON, WILLIAMSON, FRANKLIN, SALINE, GALLATIN,

JOHNSON, POPE, AND HARDIN COUNTIES

### **Jami Thomas is promoted to Regional Director of Joyner Therapy Services**

Jami Thomas, MHA, OTR/L, was recently promoted to **Regional Director** for Joyner Therapy Services. She has been with Joyner Therapy Services since 2005. She graduated from the University of Indiana with a Masters in Occupational Therapy and a B.S. in Healthcare. She will continue to see patients as she takes on more corporate responsibility at the three Joyner Therapy Services locations.



was recently promoted to **Regional Director** for Joyner Therapy Services. She has been with Joyner Therapy Services since 2005 and was Director of Rehab until her promotion. She graduated from the University of Indiana with a Masters in Occupational Therapy. She will continue to see patients as she takes on more corporate responsibility at the three Joyner Therapy Services locations.

Jami resides in Harrisburg, with her husband Garrett and 2 year old son Gage.

**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 618-252-7171 in Harrisburg—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 10:15am to 11:00am**  
**from June 8th until July 15th**  
**Harrisburg classes will resume in the Fall**