

**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: 618-683-2728

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

**Joyner Therapy Services finds success with the use of Anodyne Therapy.**

“The use of Anodyne Therapy for the treatment of neuropathy has been very successful for our patients,” says Dr. Brian Joyner. Our program can help increase circulation, reduce pain and may help decrease the need for medication. Symptoms depend on the type of nerve affected and where the nerve is located in the body. Muscle weakness, cramps, and spasms are associated with motor nerve damage. In some cases there can be loss of balance and coordination. Sensory nerve damage can produce tingling, numbness and pain with a feeling of wearing an invisible “glove” or “sock”. Autonomic nerve damage can affect abnormal blood pressure and heart rate, reduced ability to perspire, constipation and bladder dysfunction.

The Anodyne therapy system is an infrared medical device that aims to increase circulation and decrease pain. It is non-invasive and uses infrared photo energy .

**Ask yourself if Anodyne Therapy is for You?**

- 1.) Does pain keep you from completing your daily tasks?
- 2.) Are you unable to walk as far or as fast as you would like?
- 3.) Does a non-invasive pain-management program sound appealing?
- 4.) Do you have problems sleeping because of your pain?
- 5.) Would you like to rely less on medication to reduce your pain?



**Our program of 10 to 12 therapy sessions may include:**

- *Anodyne Therapy to reduce pain and increase circulation.*
  - *Stretching and strengthening exercises.*
    - *Balance and walking exercises.*
  - *Massage and other therapeutic modalities for pain.*
- *Sensory integrative techniques that help it all work together.*

## Meet Our Patient Care Liaison/ Human Resources Leader.

Debbie Housewright is a very busy lady. She takes care of all of the JTS staff and the patients. As Patient Care Liaison she is the first to greet new patients. She reassures them that they should contact her if they have any problems or concerns.

Debbie oversees everything from billing to prescriptions and is the liaison between the patient, the therapist and the doctor. She follows each patient from admission to discharge. When a patient is discharged they receive a patients result form to be completed and given to their doctor. She then stays in touch with each patient and follows their progress. Debbie is also the supervisor for Marion, Harrisburg and Golconda admissions personnel, she insures that each office follows these patient care guidelines.

As Human Resources Director for all three clinics, our home health staff, and nursing home personnel Debbie is responsible for keeping every-



one current with their license, certification, and all required paperwork.

The amazing thing about all of these responsibilities is that Debbie manages to do all of these things

with a smile on her face and is always

concerned about the patients and the employees. She sends birthday and get-well cards to all of our patients and plans birthday parties, baby, and wedding showers for staff. Debbie is always busy and always has time to talk to any one about their concerns. **What a great asset to Joyner Therapy Services.**

## Osteoporosis and Men

Osteoporosis - the thinning of bones that is associated with the loss of calcium and bone minerals largely affects women. However the osteoporosis foundation estimates that nearly 2 million men currently have the disease. Men are typically under diagnosed and under treated. They need to be aware that they too can be at risk.

Osteoporosis is a silent disease. Men who are taking certain medications (such as steroids) or who have a chronic disease of the lungs, kidneys, or intestine are at risk. Also men who smoke, drink alcohol excessively, or who are sedentary are most likely to develop osteoporosis.

If you feel you may be at risk talk to your doctor. It is never too late to start building strong bones with a osteoporosis management plan. Part of that plan could be seeing a physical therapist to learn safe exercises for strengthening your bones.

### Lite and Easy Chicken Pot Pie

2 sprays of butter-flavored Pam — 2 cups mixed vegetables  
1 tsp butter — 1 cup chicken broth (light)  
1 small onion chopped — 3 cups cooked chicken breast  
2 cups mushrooms sliced — 2 tbsp all-purpose flour  
1/4 tsp paprika — 1/2 cup fat-free evaporated milk (divided)  
1/4 tsp dried thyme, crushed — 4 reduced fat crescent rolls  
1/2 tsp table salt — 1/4 tsp black pepper

Preheat oven to 375° F. Spray a 10-inch round pan with Pam.  
Melt butter over medium heat. Add onions and mushrooms, cook 5  
Minutes. Stir in paprika, thyme, salt and pepper. Add vegetables, broth  
and chicken. Cover and simmer for 15 minutes.

Combine flour and 1/4 cup of evaporated milk in a small cup, stir into  
chicken mixture. Cook over medium heat until thick, about 2 minutes.

Stir remaining evaporated milk, stir 2 or 3 minutes more until thick.  
Spoon into baking dish. Unroll crescent rolls and arrange around edge of  
baking dish to form a border leaving a hole in the middle.

Bake 15 minutes until rolls on top are browned.

Cut into 6 pieces.



### Joyner Therapy Services Valentine Massage Special

#### “Heartfelt Expressions”

( gift certificates available)

1 hour massage \$45.00

30 minute neck/back

\$20.00



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

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

Classes are available at the following locations:

- \* Aldersgate United Methodist Church, 1201 North Fair Street, **Marion**, Illinois  
Tuesdays and Thursdays from 9:00 am to 10:00 am
- \* McKinley Avenue Baptist Church, 410 Sloan Street, **Harrisburg**, Illinois  
Tuesdays and Thursdays from 10:00 am to 11:00 am
- \* Carrier Mills Nursing and Rehabilitation Center, 6789 U S 45 South, **Carrier Mills**, Illinois  
Tuesdays and Thursdays from 2:00 pm to 3:00 pm
- \* Saline Care Center, 120 S. Land Street, **Harrisburg**, Illinois  
Mondays and Wednesdays from 10:00 am to 11:00am
- \* Brookstone Estates Assisted Living, 165 Ron Morse Drive, **Harrisburg**, Illinois  
Tuesdays and Fridays from 11:15 am to 12:00 pm