

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

www.joynertherapyservices.com

***Physical Therapy * Occupational Therapy * Speech Therapy * Massage Therapy * Aquatic Therapy
 Therapists ready to provide one on one care for you and your family!**

As fall arrives, we find ourselves looking forward to a new season and to the upcoming holidays . Thinking ahead to Thanksgiving reminds us of how thankful we are to have a wonderful business, with wonderful patients. We are also fortunate to have such a caring and professional staff that truly cares about the health and well being of all of their patients.

This year has been a year of truly outgrown our Harrisburg beautiful new building. With the we have added a new full-time Myers. The overwhelming re- is wonderful” or “she has great feel “holiday stress” or have please contact the Harrisburg magic. Fortunately for us and our Marion and Valerie in Golconda, who are licensed Massage Therapist, as well.



good fortune and growth. We had clinic and now find ourselves in a additional space in our new location, licensed Massage Therapist, Kendrea sponse received from patients is “she hands”. So if you are beginning to some uncomfortable aches and pains, office and let Kendrea perform her patients we still have Jaymie in

As we approach the holidays let’s all keep in mind how blessed we are to live in a free country. Remember our soldiers and their families., please look around your community and see what you can do to brighten the season for others. Contribute to a food pantry, support one of the many programs that provide Christmas gifts for children or volunteer your time at a homeless shelter. Most of all enjoy the season with your family and friends.

With many thanks...Happy 2010 from Lana and Brian Joyner.

Aquatic Therapy at JTS Marion Clinic

“**Nothing hurts in the water**” is a common response from many people receiving aquatic therapy. Some of the benefits of water therapy include reduced pain, increased muscle relaxation and flexibility, reduced swelling, enhanced balance reactions, and increased strength of the primary muscles of the body. These effects are due to the dynamic and unique properties of water. These properties, including buoyancy, traction, 3-dimensional resistance, viscosity, and hydrostatic pressure, act on the patient to aid in rehabilitation.

Call the Marion office at 998-9894 or ask your physician to schedule an aquatic evaluation.

JTS Participates in Community Events!



JTS, PTA, Liz Przygoda, demonstrates her face painting skills on Dylan Marie Gass at the first **Williamson County Parkway Business Alliance Passport event.**



Joyner Therapy Services staff participated in the 1st **“Build a Nest for The Homeless”** event at Illinois Centre Mall from left to right are Misty Quint, Speech Therapist, Debbie Housewright, Patient Advocate, Jaymie Cashion, Business Manager, Heather King, Speech Therapist, and Donna Cunetto, Business Development



Massage Therapists, Kendrea Myers, treats Marsha Hayes, an employee from Autumn Ridge Supportive Living, to a massage at the recent SIC health Fair.

Harrisburg High School



Standing left, Michaela King, JTS Rehab Tech, Tammie McGuire, Patient Care, Jami Thomas, OT, in car with son Gage, and OTA, Lisa McRoy standing right, enjoyed participating in the parade.



Harrisburg Mayor, Valerie Rose Mitchell, signs a proclamation for **“Physical Therapy Month.”** Carrier Mills Nursing and Rehab Center, Fountain View Nursing Home, Harrisburg Medical Center staff and administration were in attendance along with our own Dr. Brian Joyner.

Arthritis And Physical Therapy

There are over 100 types of arthritis but the two most often treated in physical therapy are osteoarthritis and rheumatoid arthritis. Recent studies have found that combining manual physical therapy with supervised exercises by physical therapist improves functional independence better than no treatment and may also defer or decrease the need for surgical intervention. Although there is no cure for arthritis, physical therapy can make living with arthritis easier and less painful.

Treatment techniques vary due to the individual's need and the severity of arthritis. However there are some general treatment options. The use of ultrasound and e-stim helps reduce pain and inflammation around the effected joints. Manual therapy techniques address key joint restrictions at the primary joint and related muscular-skeletal structures.

Joyner Therapy Services provides many programs and services that benefit people with arthritis. Our aquatic therapy programs improve freedom of movement and reduces pain surrounding the arthritic joints.

Physical therapy helps by reducing symptoms around the joint and improving walking tolerance in patients with osteoarthritis of the knee and hip. Therapist use modalities for pain control, stress patient education in proper body mechanics and posture and instruct core stability and hip flexibility exercises.

Occupational therapist work closely with patients to educate patients in joint protection and proper exercise to improve flexibility of the fingers, hand and wrist.

Joyner Therapy Services has therapist trained in the treatment of arthritis; contact us to learn more about how we can help you in the fight against arthritis

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 and obtain a release form call
618-998-9894 in Marion, Harrisburg 618-252-7171

*Aldersgate United Methodist Church, 1201 N. Fair Street, Marion, Illinois
Tuesdays and Thursdays from 9:00am until 10:00am.

*McKinley Avenue Baptist Church, 410 Sloan Street, Harrisburg, Illinois
Tuesdays and Thursdays from 10:00am until 11:00am



Joyner Therapy's Lumbar Spine Rehabilitation Program produces results.

Patient's who are suffering from back pain benefit from our Lumbar Spine Rehabilitation Program. Our therapists are dedicated to treating spinal disorders.

In Phase 1 the patient's symptoms of pain are managed by providing optimal care and rehabilitation. The patient becomes independent in a stretching program.

In Phase 2 the patient is able to be independent in a mild lumbar strengthening program without exacerbation of their symptoms. The patient then becomes able to maintain an aerobic program for up to 15 minutes without increasing their symptoms.

In Phase 3 the patient combines the aerobic and strengthening programs without symptoms before discharge from physical therapy.

Our Patient Care Liaison, Debbie Housewright, follows each patient as they progress to discharge. The patient is asked to complete a "patients results" form informing their physician of their improvement throughout their therapy program. The form is then mailed to their physician at the patients discharge from treatment. We are thrilled with the positive results we have received from our Lumbar Spine Program.

Patients are encouraged to follow through with a home exercise and a management program for their condition.

**If you have been injured or have a spinal condition call Joyner Therapy Services
Marion 998-9894, in Harrisburg 252-7171 and in Golconda 683-2728.**