



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 Staff Adds Certified ASTYM Therapists

We have recently added four more therapists to our **ASTYM** team. Dr. Brian Joyner, owner of Joyner Therapy Services, and Rob Robinson, Director of Therapy Marion Clinic, were previously certified in the **ASTYM** therapy method.

Those recently certified in the **ASTYM** method are Jami Thomas, Occupational Therapist, Sara Chick, Occupational Therapy Assistant, Dr. Lucas Alstat and Dr. Noah Stearns, Physical Therapists. The three day certification training was held in Indianapolis, Indiana. All four have begun treating patient with the **ASTYM** therapy method.



(L to R) Dr. Brian Joyner, owner JTS, Rob Robinson, Director of Therapy Marion, Dr. Noah Stearns, Director of Therapy Harrisburg, Dr. Lucas Alstat, Jami Thomas, OTR/L JTS Director of Rehab, and Sara Chick, OTA, make up Joyner Therapy's **ASTYM TEAM**.

Dr. Brian Joyner says, "We have had such outstanding success in treating patients, relieving their pain and increasing their mobility, that we needed more therapists certified." Dr. Joyner stresses that **ASTYM** has been successful because the **ASTYM** certified therapist delivers a specific treatment process that stimulates a healing response in the involved soft tissues. **ASTYM** treatment is an evidence-based rehab program specifically designed to treat degenerative tendinopathies and scar tissue that can interfere with recovery after surgery or injury. **ASTYM** stimulates the body to regenerate and heal, decreases pain, enhances mobility, and keeps patients active. **Call for a free ASTYM consultation today!**

Key Points About ASTYM:

- **Provides a non-invasive solution (no needles, no surgery, no drugs)**
- **Encourages patients to stay active throughout treatment.**
- **Solves the actual problem, not just the symptoms.**
- **Works rapidly within 7 to 10 ASTYM treatments and provides long-lasting results.**
- **Can only be performed by ASTYM-certified clinicians.**
- **Developed by medical professionals through years of research.**
- **Works even where other methods have failed.**
- **Works for new injuries, as well as chronic, nagging conditions.**



Golconda Deer Festival



Dr. Lucas Alstat
Resident Santa



Golconda Therapy Staff



Harrisburg Therapy Clinic



Dr. Brian Joyner, owner Joyner Therapy Services, is an avid hunter.



Marion Therapy Clinic



Lana Joyner, owner and administrator of Joyner Therapy Services with her first deer after firing her first shot.



MAKE EXERCISE A HABIT IN 2011!

Starting a new exercise program in 2011 is easy and can provide improved range of motion and flexibility. The Arthritis Foundation Exercise Program is offered at several locations in southern Illinois at **no cost to you**. You can exercise at a program that provides participation in a class designed to exercise at your own pace or choose to exercise in one of the local pools offering the Arthritis Foundation Aquatic Program.

Whether you move in the water or on land, movement really is the best medicine for fighting arthritis pain. As the New Year begins, why not make a resolution to join an Arthritis Foundation Exercise Program in your hometown. **Joyner Therapy Services currently teaches classes at Aldersgate United Methodist Church in Marion and the Senior Center in Golconda.** If you would like to host a class with a certified Arthritis Foundation instructor call Donna Cunetto at Joyner Therapy in Marion (998-9894).

ARTHRITIS FOUNDATION EXERCISE PROGRAMS

- Anna** — Union County Hospital — 618-833-4511
- Marion** — Aldersgate United Methodist Church — 618-998-9894
- Carterville** — Dee Brown — 618-549-4440
- Carbondale** — Prairie Living — 618-351-7955
- Elizabethtown** — Golden Circle Center — 618-252-5555
- Golconda** — Senior Citizens Center — 618-683-2728
- Harrisburg** — Senior Center — 618-253-7671
- McKinley Avenue Baptist Church — 618-252-5555
- Brookstone Estates — 618-252-5555
- Herrin** — Williamson County Programs on Aging — 618-988-1585
- Hurricane Creek — 618-988-9540
- Carrier Mills** — Municipal Building — 618-252-7171
- Galatia** — Community Center — 618-252-5555
- Eldorado** — Golden Circle — 618-252-5555
- Ridgeway** — Golden Circle — 618-252-5555
- McLeansboro** — Hamilton County Hospital — 618-643-2361
- Norris City** — Senior Citizens — 618-252-5555
- West Frankfort** — Aquatics Center — 618-942-2736



ARTHRITIS FOUNDATION AQUATICS PROGRAM

- Carbondale** — SIU-C Pulliam Pool — 618-536-5531
- Life Community Center — 618-549-4222
- Centralia** — Recreation Center — 618-532-9622
- Ina** — Rend Lake College — 618-435-2817
- West Frankfort** — Aquatic Center — 618-937-1665

Call any of the numbers listed to join a class or call the Arthritis Foundation office at 618-993-1777 or e-mail preeves@arthritis.org



Massage Therapy Services

30 Minute Relaxation Massage (Back and Neck)	\$25.00
45 minutes Relaxation Massage	\$45.00
1 Hour Relaxation Massage	\$55.00
30 minute Deep Tissue Massage (Back and Neck)	\$35.00
45 minute Deep Tissue Massage	\$55.00
1 Hour deep Tissue Massage	\$65.00
30 minute hands and feet	\$25.00
30 minute hot stone	\$40.00
60 minute hot Stone	\$70.00
Add a 15 minute hot pack	\$10.00

Gift certificates available at all JTS clinics.

Marion—998-9894 Harrisburg—252-7171 Golconda—683-728