



# The VISIONS view

*Visions Physical Therapy* prides itself in meeting the needs of the patient. Over the years, we have provided physical therapy services to a large number of people with a variety of problems limiting functionality. It is our primary goal to assist all of our patients in the highest quality of health care therapy services. We have recently extended our services to include the occupational and speech therapy sectors.

**Mission Statement:** Visions Physical Therapy exists to help people in need of physical therapy return to or improve their functional mobility thereby improving their quality of life. It is our endeavor to meet those needs through physical therapy, education and maintaining an atmosphere conducive to healing. Visions Physical Therapy stands on the principles that all men (and all patients) were created equal and should be treated as such regardless of race, creed, color, financial or social standing, or religious affiliation.

## THERAPY 101

### LEARN THE TERMINOLOGY

- 1. Active Range of Motion**  
The motion caused by muscle contraction.
- 2. Dependent Arm Position**  
The position that the arm is hanging down by the side of the trunk.
- 3. Anatomic Position**  
The position that an individual stands upright with feet together and straight ahead, eyes looking forward, and arms straight down by the side of the body with the palm facing forward.

### FEATURED EMPLOYEE

**Jimmy Ferrel**



**Hometown:** Vicksburg, MS  
**Discipline:** Physical Therapist  
**Hobbies:** Surfing, Wakeboarding, Hunting, and Fishing  
**Words of Wisdom:** The combination of strong faith and perseverance enriches one's life and all the lives of those around you.

## Testimonials

*"The therapists are doing a great job. It's always good to feel comfortable while being in treatment. Keep up the great work. The environment is very pleasant."* -Daphania R.

*"Progress has been good because pain that was in my lower back is gone. If I had not come I would still be hurting. Physical Therapy has been effective."* -Tintico W.

*"Physical Therapy has helped me at the office and at home. I feel that the therapy will heal my feet."* -Cindy L.

### QUARTERLY SCRIPTURE

*"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."*  
-3 John 1:2



### FROM THE MANAGER'S DESK

The first quarter 2009 has come and gone. Spring has arrived! We at Visions Physical Therapy are continually pleased to serve your therapy needs. With the onset of warmer weather please be mindful to act safely as you embark on increased physical activities around your home and communities.

**Terrence Kendrick, General Manager**



Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. -Plato

**Fitness Thought**

## WORD SEARCH

Z F J E F X V H U F E Y  
 L F A Y N A W E S R I G  
 S Z Y I W C I A P K O N  
 S E S W R T O L R B P I  
 E P Z N N I W T I O J G  
 R G N Y O V G H N Z R G  
 G B M A W I T P G M V O  
 O N O L P T T G R O I J  
 R P S D A I P I X T W Z  
 P C U H O E X R S I D B  
 E O B O Z S V V E O P W  
 D J K B I X J J Z N P R

ACTIVITIES  
 FAIR  
 HEALTH  
 JOGGING

MOTION  
 POSITIONS  
 PROGRESS  
 SPRING

## IN THE KNOW

On March 2, 2009, Louis Newell, Marketing Specialist, was the guest speaker at a seminar held by "Seniors Walking By Faith" of Jackson, MS. Louis discussed and demonstrated proper stretching techniques that should be considered prior to any walking or jogging activities. The group was very receptive to the information. We look forward to being a part of next year's seminar.



Word of Faith Church hosted its Annual Women's Health Fair on March 7, 2009. Nikki Bailey, Office Manager, and Terrence Kendrick, General Manager, were pleased to have an opportunity to share information with the numerous attendees.



## Visions Physical Therapy

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PLACE  
 STAMP  
 HERE