



# THE VISIONS VIEW

FOURTH QUARTER NEWSLETTER • OCTOBER 2009

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

**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.

## FEATURED EMPLOYEES



**MELISSA GETER**

**Hometown:** Vicksburg, MS  
**Discipline:** Physical Therapist Assistant  
**Hobbies:** Working Out and Shopping  
**Words of Wisdom:** "Work Hard & Pray Harder"



**GLADYS MOSLEY**

**Hometown:** Jackson, MS  
**Discipline:** Physical Therapist  
**Hobbies:** Spending time with family, traveling, and playing tennis  
**Words of Wisdom:** "Patience is a virtue. A lot of time patients feel uncomfortable with their healthcare providers, so I make sure I'm patient and allow them to be open with me."

## FROM the MANAGER'S DESK

The year 2009 is vastly coming to a close. Where did the time go? Once again it has been an extreme pleasure to service you and your family's therapy needs. Please remember to monitor your eating and fitness activities in all aspects of what you do this upcoming holiday season.

-Terrence Kendrick, General Manager

## Fitness Thought

Nuts, sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise.



**TESTIMONIAL:** "I love the environment. It was nice. Thank you Visions for all your help. I will truly miss you." -Sheila L.



## THERAPY 101

### Learn the Terminology

1. **Balance**—a term to describe the dynamics of body posture to prevent falling.
2. **Contraction**—the act that muscle fibers generate tension which leads to the muscle shortening, remaining the same length, or lengthening.
3. **Ligament**—one type of dense connective tissue that is characterized by a cord-like fibrous structure and connects two or more bones.

**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



On August 13, 2009, Visions Physical Therapy was invited to attend the yearly health fair at the G.A. Carmichael Clinic in Canton, MS. Patients had an opportunity to learn about various health topics from all the vendors that were present. Pictured are Louis Newell, Visions Marketing Rep. and Dr. Janice Bacon, Executive Director for Yazoo County, Humphreys County, and Canton clinics.



On September 3, 2009, Visions Physical Therapy adopted all five schools in the Canton Public School District and presented them with a check for \$2,000.00. The funds were presented to the principals and assistant principals for Canton High, Canton School of Arts & Sciences, Nichols Middle School, Canton Elementary, and McNeal Elementary. This will be a yearly event going forward for the Visions Family as we are dedicated to giving back to the youth.



On September 16th—30th, 2009 Visions Physical Therapy took part in the construction of two green houses for the students of Canton School of Arts & Sciences. The green houses will be utilized by the students to grow and understand the science behind plants—how they live and reproduce.



On October 1, 2009 Visions Physical Therapy solidified an alliance with Medtran LLC, which offers medical transportation to individuals in the greater Jackson and surrounding areas. Transportation issues can happen to any of us from time to time. And it usually happens at the worst time. We are pleased to have a resource such as this available for our patients. Medtran is very reliable and is price competitive. If you need transportation for a visit in the future, Medtran can be contacted at 601-978-0526. For more information please visit their website at [www.MEDTRANMS.com](http://www.MEDTRANMS.com).

# WORD SCRAMBLE

1. LANBACE \_\_\_\_\_
2. NEWLSSEL \_\_\_\_\_
3. SRINSPA \_\_\_\_\_
4. BLIITMOY \_\_\_\_\_
5. NHLEAIG \_\_\_\_\_
6. YBOD \_\_\_\_\_

*Answers in next newsletter issue.*

## HEALTH STOP!

Numerous people wonder if they are a candidate for physical therapy, or if physical therapy can help their issue. For physical therapists; however, this is an easy a question to answer. Most people can benefit from physical therapy, whether their condition varies from a simple ankle sprain to a complex neurological disorder.

Physical Therapy can be described as a conservative treatment method addressing the management, healing, and prevention of injuries and disabilities. We believe this to be very true. Physical therapy uses non-invasive and non-medical tools to help improve total body function. Physical therapists focus on relieving pain, promoting healing, restoring function and movement, and facilitation and adaption associated with injury. Therapy also focuses on ergonomics or body mechanic training, fitness, and wellness. So, as you can see, physical therapy can play a role in most people's lives.

**A list of some of the most common reasons to seek physical therapy includes:**

- Neck pain and low back pain
- Arthritis in one or multiple joints
- Fractures and other orthopedic conditions
- Problems with balance or mobility
- Pre-and post-surgical conditioning and strengthening
- Cancer recovery
- Respiratory problems/poor cardiovascular endurance
- Knee, ankle and foot problems
- Wound care such as diabetic wounds and non-healing traumatic or post-surgical wounds
- Common sprains and muscle strains



**LOCATIONS:**

- CANTON CLINIC** 908 E. Peace Street, Canton, MS 39046 • Phone: (601) 859-1707 • Fax: 859-1757
- JACKSON CLINIC** 2475 Lakeland Drive, Suite A, Flowood, MS 39232 • Phone: 601-664-1022 • Fax: 601-664-1076
- ROBINSON ROAD CLINIC** 4700 Robinson Road, Suite 650, Jackson, MS 39204 • Phone: (601) 923-9823 • Fax: 601-923-9824
- VICKSBURG CLINIC** 110 Holt Collier Drive, Vicksburg, MS 39180 • Phone: (601) 634-6571 • Fax: 601-634-6572
- TOUGALOO CLINIC** 500 W. County Line Road, Health & Wellness Center, Tougaloo, MS 39174 • Phone: (601) 956-0131 • Fax: (601) 956-0139