



# THE VISIONS VIEW

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

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.

## 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.

## FROM THE MANAGER'S DESK

February is Heart Month so if you haven't started your exercise regimen it's not too late. Simple things like taking the stairs versus the elevator, or walking in place while watching your favorite television show. These small steps can help in more ways than you can imagine. Let's all make a commitment now to do something different for the overall health of our body.

**Terrence Kendrick, General Manager**



Don't let the winter months deprive you of exercise. It's so easy to use as an excuse. Find a relative, co-worker, or neighbor you can have as a workout partner. You will find that your workout can be more enjoyable with a partner.

## SPOTLIGHT

*Bobbie Hydricks*



Hometown: Florence, MS  
 Discipline: Receptionist  
 Hobbies: Outdoors, feeding birds, decorating, growing flowers and house plants  
 Words of Wisdom: *"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."*  
 -Joshua 1:9

*Jay Thompson*



Hometown: Natchez, MS  
 Discipline: Chaplain  
 Hobbies: Hunting, traveling, playing the guitar, spending time with family and friends, and playing video games  
 Words of Wisdom: *"Success is a journey without a destination (Author: Me) you haven't failed until you've given up."* -Author Unknown

## TESTIMONIALS

I have been coming to Visions Physical Therapy for 8 months and have enjoyed every moment. The staff is fantastic and is like a part of my family. Physical therapy has helped me tremendously. I would refer Visions to my family and friends, and gladly return myself.

**-Jennifer B.**

I received very excellent service at Visions Physical Therapy. They were professional and prompt. I will highly recommend them to every one of my friends

**-Kenneth K.**

## In The Know

# Health Stop

### "EAT A HEART HEALTHY DIET"

- In the Summer of 2009 Visions Physical Therapy initiated a partnership with the Jackson Public School District to provide physical therapy to students across several elementary, middle, and high schools in the Jackson Metro Area. Through much hard work and dedication of the therapists and staff Visions Physical Therapy was given an opportunity to also provide Occupational Therapy services to the district.



Currently Visions Physical Therapy provides quality therapy services to the Jackson Public School District and is proud to have had the opportunity to change the lives of over 50 children from our professional therapy services. Pictured below is Ms. Dories Esco, JPS Patient Care Coordinator. Her responsibility is to manage the student assignments to the therapists. She verifies that students currently receiving therapy are scheduled and tracked within the Visions database. Students that may miss a treatment session are monitored to make certain that each missed therapy session is rescheduled and completed. She also makes monthly rounds to all the JPS schools that Visions provides therapy to meet with that school's exceptional education coordinator to make certain quality service is maintained.

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*Some cholesterol is made by your body. The food you eat is responsible for the rest. Food products from animals contain cholesterol — including meats, poultry, shellfish, eggs, butter, cheese and whole or 2 percent milk. And any type of food can also contain saturated fats and trans fats, which cause your body to make more cholesterol.*

*The American Heart Association recommends that you keep your intake of total fat to between 25 percent and 35 percent, your saturated fat consumption to less than 7 percent and your intake of trans fat to less than 1 percent of your total daily calories.*

*At the same time, limit your intake of cholesterol from food to less than 300 mg per day. People with high LDL (bad) blood cholesterol levels or who are taking cholesterol medication should consume less than 200 mg of cholesterol per day.*

*Eat at least 25 to 30 grams of dietary fiber each day — preferably from whole grains, fruits, vegetables and legumes.*

*To combat high blood pressure and for overall cardiovascular health, limit sodium to 2,300 mg or less per day. Some people — African Americans, middle-aged and older adults, and people with high blood pressure — need less than 1,500 mg per day. And if you drink alcohol, do so in moderation (no more than one drink a day for women, no more than two for men).*

*But a heart-healthy diet isn't just about what you shouldn't eat. It also means eating a diet rich in vegetables and fruits, with whole grains, high-fiber foods, lean meats and poultry, fish at least twice a week, and fat-free or 1 percent fat dairy products. Also, the diet should be low in saturated fat, trans fat and cholesterol.*

*By learning to make smart choices — whether you're cooking at home or eating out — you can enjoy flavorful foods while you manage your cholesterol.*



## Therapy 101

### Learn the Terminology

1. Tendon – a band of viscoelastic fibrous tissue that is located at the end of a muscle and connect muscle with its bony attachment.
2. Scaphoid Fracture – fracture at the scaphoid of the carpal bone, resulting from falling on an extended and radially deviated wrist.
3. Kinesiology – the study of human movement.

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

### WORD SEARCH

- Cholesterol
- Fitness
- Fruits
- Healthy Diet
- Kinesiology
- Smart Choices
- Tendon
- Vegetables

### 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

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