

VISIONS VIEW



Spotlight

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 The new year is upon us—2010!! I want to sincerely thank you for your patronage last year. We have fostered some great relationships as a result of your friendship. Your referrals to friends and family have allowed Visions Physical Therapy to become a household name, and I really appreciate it. We look forward to providing you quality service this year and many more years to come. Happy New Year! *Terrence Kendrick, General Manager*



RICHARD ROWE

Hometown: Slidell, LA

Discipline: Physical Therapist Assistant

Hobbies: I have 3 boys and truly enjoy my family. They are the best hobby to have. I really enjoy playing all sports either on land or in water, coaching little league sports, working out and watching a good movie.

Words of Wisdom: *“Belief is truth held in the mind; faith is a passion in the heart. I believe with faith in God and prayer we find happiness.”*



LOUIS NEWELL

Hometown: Greenville, MS

Discipline: Marketing/Invoicing

Hobbies: Fishing, camping, traveling and spending time with my little brothers.

Words of Wisdom: *“It’s not what comes your way, but how you respond to what comes that makes you the man or woman that you are.”*

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

Fitness Thought

Force yourself outside the door, once you're out, that's the hardest bit of the workout over and done with.



Therapy 101—Learn the Terminology

1. **Palpation**—A method of ‘feeling’ with patients during a physical examination by touching and feeling with fingers or hands.
2. **Translatory Motion**—A motion in which all parts of the moving body move toward the same direction.
3. **Erect Posture**—The posture that an individual is standing at attention or told to “stand up straight”.

TESTIMONIALS

Visions Physical Therapy was a friendly place to come. Everybody was kind and concerned with your problems. Darryl and Katrina were so patient with me. They did what they were supposed to do with me. If you had questions, they did not mind explaining to you about it. Since I have been coming it did help. I do more now than before. I thank God for Darryl and Katrina. **-Joyce M.**



Visions was a lifesaver. After my accident, pain was part of my daily existence. Playing with my grandchild was a chore of pain. She did not understand why her Nana was not chasing her, rolling on the floor with her or throwing her in the air. Thanks to Visions, especially Darryl and Katrina, this past Saturday we played kick ball, went walking and chased each other in the backyard. Visions gave me the ability to do what I love best. Thanks! **-Evelyn S.**

In the KNOW



On October 31, 2009, Visions Physical Therapy had an opportunity to attend the BET Women's Health Symposium at Jackson State University. Visions spoke with numerous attendees regarding Fibromyalgia, Osteoporosis, and Overall Health. Pictured are Louis Newell, Visions Marketing Rep. and Terrence Kendrick, General Manager.



On November 13, 2009, Marcus Harris, PT with Visions Physical Therapy spoke to a group of students at the University of Mississippi Medical Center. The students were being recognized for their academic achievements in their respective disciplines. The students were very receptive to the needed motivational speech.



On October 26, 2009 employees released pink balloons in observance of Breast Cancer Awareness Month. This release was done by numerous businesses and organizations across the state. We were honored to have had the opportunity to do the same.

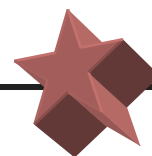


On December 8, 2009 Visions Physical Therapy completed a two-week program with the 5th grade science classes at Canton Elementary. Six classes of students were taught how to set up an aquarium as well as understanding the term "aquatic environment". The program ended with the stocking of two aquariums with fish that the students would care for going forward.



On December 11, 2009, the Visions Physical Therapy Family participated in the Salvation Army's Adopt A Family Program for the second consecutive year. Two buggies were filled with gifts from donations. Four children were blessed with a Merry Christmas!

Health Stop



One of the most dangerous aspects of hypertension is that you may not know that you have it. There are generally no symptoms of high blood pressure, so you usually don't feel it. In fact, nearly one-third of people who have hypertension don't know it. The only way to find out if you have high blood pressure is to get your blood pressure checked on a regular basis. This is especially important if you have a close relative who has high blood pressure.

If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in your chest, neck, or ears



If you have any of these symptoms, see a doctor immediately. You could be having a hypertensive crisis that could lead to a heart attack or stroke.

WORD SEARCH

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

Answers from Word Scramble

1. Balance 2. Wellness 3. Sprains 4. Mobility 5. Healing 6. Body

Chest Pain
 Doctor
 Fatigue
 Headache

Heartbeat
 Quality Service
 Referral
 Workout

LOCATIONS:

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