

Makovicka PT NEWS

A Quarterly Physical Therapy Newsletter for the Community.



ISSUE 2 | WINTER 2018



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CLINIC SPOTLIGHT: BELLEVUE

Makovicka Physical Therapy opened a new clinic in Bellevue in December 2017. This location is the 10th clinic in 9 years. The clinic is located near the corner of Cornhusker Road and Fort Crook Road. As with all of the other Makovicka Physical Therapy locations, this clinic will be staffed with board certified orthopedic specialists who have advanced training and skills to maximize recovery.

The new Bellevue location offers advanced treatment techniques:

- Functional Dry Needling
- Instrument assisted soft tissue mobilization (*Graston™ Technique*)
- Vestibular rehabilitation

In addition, the clinic offers aquatic therapy in a warm water pool.

In the ever changing landscape of healthcare in our region, Makovicka Physical Therapy remains *locally owned and operated* by physical therapists, with unwavering focus on our patients. All of our clinics have dedicated staff and board-certified specialists to personalize care and maximize recovery. With 11 convenient locations in Omaha and Lincoln, we are always close to your home or office.

As we continue to grow, one thing we will never grow out of is our *Nebraska-bred, small town* feel where every person who walks through our door matters. Come in, sit down, and get to know us. Together we will improve your function, strength, and mobility, bringing enjoyment back to your life. We're here for you, now and long into the future.



Please visit our website for more information and follow us on social media.

LABOR FORCE READY—EXPANDED OCCUPATIONAL HEALTH PROGRAM

Did you know that you have a choice in selecting your provider(s) when you are injured on the job? That's news to many. Makovicka Physical Therapy provides all aspects of occupational health through its newly expanded Labor Force Ready program, so think about us when you get ready to schedule an appointment.

Labor Force Ready provides: Functional Capacity Examinations (FCE's), worksite evaluation, ergonomics assessment, and work hardening/conditioning. Using the state of the art OccuPro™ program, we will be able to identify, quickly and objectively, when it is time to initiate work simulated tasks or begin a work conditioning program. Conveniently scheduled through a dedicated occupational health coordinator, the Occupational Health Center is located at the Aksarben Clinic (63rd & Center) in Omaha or the West Pine Lake Clinic (25th & Pine Lake) in Lincoln with the potential for expanded locations in the future.

Employees receive a personalized program to improve function, strength and mobility to get them back to work quickly and safely, to minimize downtime.

Functional Capacity Examination (FCE)

The primary purpose of a FCE is to determine an individual's functional abilities and limitations in the context of a safe environment while focusing on productive work tasks. Makovicka Physical Therapy provides this service which is a valuable tool in assessing an employee's safe working abilities and/or establishing baseline abilities for disability evaluations. Our FCE correlates a client's functional abilities to the essential physical demands of their

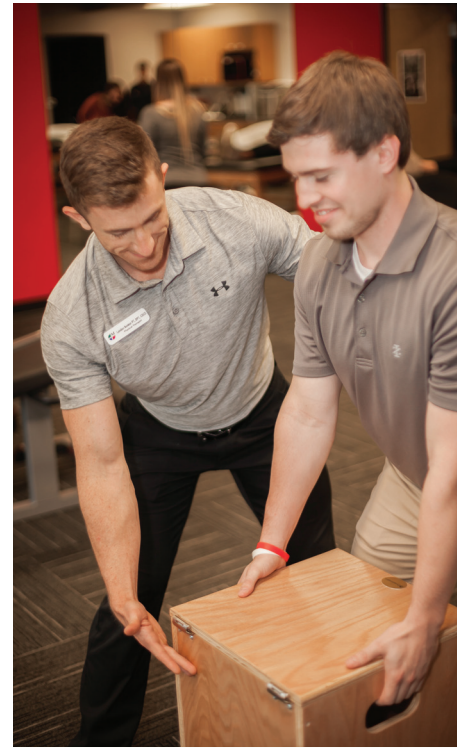
job to determine whether they meet these physical demands.

Consistency of effort and reliability of pain ratings are important elements of our evaluation, which is why over 70 separate criteria throughout the FCE help determine if a client is putting forth consistent effort and whether their subjective pain ratings are reliable.

Work Hardening/Work Conditioning

Work hardening/work conditioning is designed to comprehensively rehabilitate an injured worker to a physical level that allows full duty return-to-work. Our approach provides a solid team effort involving the treating physician, employer, and the insurance representative to return the client to productive employment in a cost effective and efficient manner. Communication is key! Progress notes will involve all members of the work comp team.

Makovicka Physical Therapy's Work Hardening/Conditioning program is intensive and goal orientated, specifically designed to restore systemic, neurological, musculoskeletal and cardiopulmonary functions. The program may be 4 to 5 days a week, for 3 to 6 hours as advised by the referring physician, until the worker reaches full duty return to work, or maximum medical improvement



There are two Makovicka Physical Therapy Occupational Health Clinics at this time that provided work hardening/conditioning. For more information, contact the occupational health coordinator at **402.884.7453** in Omaha or **402.420.4545** in Lincoln.

The Makovicka Difference

Makovicka Physical Therapy is locally owned and operated by physical therapists who are leaders in their profession. We strive to forge relationships with our patients and advocate for their care. All our clinics have board-certified specialists on staff, meaning you get the highest level of care to maximize your recovery to get you back in the game.

Together we will improve your function, strength, mobility and return enjoyment back to your life.

At Makovicka Physical Therapy, every day is game day.

Come in and feel the difference!

REACHING YOUR GOALS IN 2018

Physical Therapists Want to Help You Meet Your Health Goals in 2018.

Celebrating the end of one year and the beginning of a new one has become synonymous with establishing resolutions for the 12 months ahead. Marking the new year with a list of goals—whether lofty or simple—is a chance to improve upon the year prior.

The practice requires a bit of personal reflection to identify the areas of life that weren't quite up to snuff and a commitment to making changes. Either way, resolutions aren't for the faint of heart, as the follow-through might be the hardest part of the whole process.

A mere 8% of people achieve the goals they set for themselves on New Year's Eve, according to research out of the University of Scranton.

As physical therapists, we acknowledge that we can do better, too. Whether it's spending more time with our families, adhering to a more consistent sleep schedule, or learning a new sport, we scratch out the same lists everyone does at this time of the year. On a professional front, we've added a new goal for 2018: attaching a better definition to the term "physical therapist."

Chances are you know someone who recently had physical therapy, or maybe you even went yourself. But we are willing to bet you'd have trouble coming up with a quick way to define the service.

We're here to help! By background and training, physical therapists are movement specialists. Simple, right? *We specialize in movement.*



We spend our days helping those who are having trouble moving due to a variety of causes. We diagnose, evaluate, educate, treat, and prevent depending on the individual case. We teach patients how to prevent or manage their conditions in order to achieve long-term health benefits.

Most of all, physical therapists help patients return to the activities they once enjoyed: time with family, school, work, and physical activities. Much of the work in physical therapy involves setting goals for patients to reach. We develop plans to reduce pain, promote movement, and restore function and we help you meet those goals one step at a time.

Let's work together to reach our goals in 2018, and keep each other on track!

What Our Patients Are Saying...

"I enjoy my sessions at Makovicka. They are working hard to get me back to normal. They have a great sense of humor and good conversation. I recommend them if you need it."

– Randy R.

"I highly recommend this facility. Everyone is knowledgeable and friendly and makes you feel good about having to be there. Let's face it, we are going because we don't feel well. So to be around people that want us to get better and know just how to do that is AWESOME!!"

– Lisa M.

"Love the casual friendly atmosphere at the Makovicka Midtown location. All and the rest of the team are great. Professional, genuine, and caring."

– Liz D.



YOUR HEALTH. YOUR CHOICE.

At Makovicka Physical Therapy, we want you to know you have a choice when it comes to your physical therapy provider, so choose us. With an active life, we believe every day is game day, whether on the field or getting the kids out the door.

Our dedicated therapists will take the time to get to know you. We will listen, evaluate your symptoms, and create a personalized physical therapy program to meet your needs.

Together, we will improve your function, strength, and mobility, bringing enjoyment back to your life. With our conveniently located clinics, we are always close to your home or office.

Makovicka Cares!

Makovicka Cares! is a program that was created to show our support for various nonprofit organizations that do so much for people in need in our community, whether through volunteer opportunities or charitable monetary donations.



Recently Makovicka has collected donations for the hurricane relief. Kits (towel, washcloth, soap, tooth-brush,

band aids, comb, and other personal hygiene products) were put together and donated to the *Orphan Grain Train*.

During the holiday season, donations of toilet paper were collected and donated to the *Open Door Mission in Omaha* and *People's City Mission in Lincoln*. A total of **3,100 rolls** of toilet paper were collected!



Makovicka In The Community

2017 Streets Alive-Lincoln



2017 Boo at the Zoo-Lincoln



2017 Corporate Cycling Challenge



2017 Strike Out Hunger

Food Bank for the Heartland-Back Pack Program



2017 American Lung Association Corporate Cup

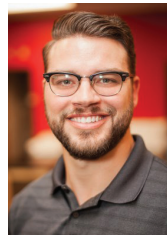


NEW THERAPISTS AT MAKOVICKA PHYSICAL THERAPY

Makovicka Physical Therapy is pleased to announce they've added two new physical therapists to their staff.



Ashley Daily, PT, DPT, is working at the Pacific Springs clinic. Ashley attended Doane College where she played college basketball all four years. She received her master's degree in athletic training from University of Nebraska at Omaha, and received her physical therapy degree from Creighton University. Ashley is from Holdrege, Nebraska, and most recently worked as a physical therapist in Nebraska City.



Marcus Palimenio, PT, DPT, is working at the 90th Street clinic. Marcus attended University of Nebraska at Omaha where he received his Bachelor of Science in Athletic Training. He received his physical therapy degree from Creighton University. Marcus was born and raised in Omaha. Most recently, he worked as a Lab Tech in the research lab at Creighton, focused on neuromuscular consequences following knee arthroscopic surgery.

Convenient Locations Close to Your Home and Where You Work.

OMAHA LOCATIONS

North 90th Street	90th & Boyd	402.934.0045
Aksarben	63rd & Center	402.884.7453
Bellevue	Cornhusker & Fort Crook	402.614.4300
West Maple	168th & Maple	402.502.2290
Midtown Crossing	32nd & Farnam	402.932.9300
Millard	157th & Harrison	402.933.5448
Pacific Springs	178th & Pacific	402.933.3036
Papillion	72nd & Giles	402.991.2745

LINCOLN LOCATIONS

West Pine Lake	25th & Pine Lake	402.420.4545
University Place	48th & Huntington	402.325.6341
70th & L	333 South 70th	531-500-4160

SURROUNDING AREAS

Valley	402.934.3345
Wahoo	402.443.4555
Waverly	402.786.0476
Yutan	402.625.2030

Stop By and See One Of Our Specialists Today!

Please visit our website for more information and follow us on:

