

MakovickaPTNEWS

A Quarterly Physical Therapy Newsletter for the Community.



ISSUE 4 | SUMMER 2018

Fall Sports Injury Prevention

Now that we've entered summer, we know fall school sports season is only about a month or so away. Many athletes train during the summer, and the emergence of yearlong activity, along with more practice time and performances have increased the rate of injury in children. Children are now faced with more pressure to perform injured due to the higher level of competition. Parents and coaches need to be on the lookout for injury and allow full recovery to prevent more severe injuries.



Traumatic injury is always a concern with activity, but the real issue can be overtraining. Overtraining is the process where the body has difficulty with the recovery process due to consistent micro-trauma to the tissues. Symptoms of overtraining include weakness, unusual fatigue,



and mood changes. If these signs are present it is a good indication recovery time is needed.

In the past, complaints of soreness and pain were seen as a part of competitive activity. However, we have learned that the presence of pain or soreness can alter an individual's performance and create a chronic condition.

The biggest predictor of injury is a previous injury. Previous injury can often lead to asymmetrical movement patterns, which set the body up for failure. It is vital that if your child complains of an injury or exhibits the symptoms of overtraining have them screened for a movement disorder.

The ability to distinguish a movement dysfunction can be the difference

3 stages to help you identify your pain in relation to activities you are performing:

YES! If you can go through an activity without pain, then continue without modification. Keep moving as long as you are pain free.

CAUTION: Use caution when you have soreness during an activity, but the pain subsides immediately when the activity is ended. Pain should not return later in the day.

STOP! If you have pain during the activity and the pain remains or worsens after stopping, then you should put a hold on the activity until you can seek help from a professional.

of 48 hours of rest and corrective exercise, versus 6 months of post-operative rehabilitation. The Functional Movement Screen is a great tool to pick out dysfunction in a person's movement pattern.

Makovicka Physical Therapy utilizes this screen to ensure our athletes, performers, and weekend warriors are moving well during their activities. Any of our eleven clinic locations can schedule a short Complimentary Consultation to perform the Functional Movement Screen.

"Young athletes are under an increasing amount of pressure to focus on one sport, and practice and train year round. There is a misconception you need to hit 10,000 hours of training in order to excel in a sport. As a result, we are seeing a lot of sports-related injuries, and in younger and younger athletes."

– Curtis Basnett PT, DPT, AT, clinic director University Place, Lincoln

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

CLINIC SPOTLIGHT:

MIDTOWN CROSSING



The year was 2014, and a buzz was happening near Mutual of Omaha. Condos, restaurants, retail, and more were opening in the new area called Midtown Crossing. Makovicka Physical Therapy opened a clinic there in June that year, located conveniently near the parking garage, with street parking available as well. As the area continues to evolve, so has our clinic and offerings.

Along with our physical therapy services, including advanced treatment techniques in **Functional Dry**

Needling and Instrument Assisted Soft Tissue Mobilization (Graston™ Technique), we now offer **Vestibular Services** to individuals with balance, vertigo and dizziness issues.

Vestibular disorders can often times be debilitating and negatively impact ones day-to-day life. With our highly trained specialists on staff, Midtown Crossing is centrally located and easily accessible.

**Clinic hours are 7 a.m. to 6 p.m.
Monday through Friday.**

In The Community

SPRING WAS BUSY, AND THE MAKOVICKA STAFF WERE OUT IN FORCE.



Lincoln Running Club Event

Bellevue Kiwanis



Lincoln Chamber Ambassador Lunch



Omaha Farmer's Market

Introducing Our Newest Staff Members.

AMY MILLAR

PT
Director of Midtown Crossing Clinic



Amy is a native of Omaha, NE. She attended the University of Nebraska at Omaha, followed by the University of Nebraska Medical Center where she received her Masters of Physical Therapy degree. Amy has over 20 years of clinical experience, all in the metro Omaha area. She enjoys running, quilting, cheering her daughter in softball and chasing her 3 Labrador retrievers.

BRITNI KLOSTERMEYER

PT, DPT
Orthopedic Resident, Bellevue



Brittni was born and raised in Lincoln. She attended Nebraska Wesleyan University (NWU) and received a Bachelor's Degree in Exercise Science. She then attended UNMC and received her Doctorate of Physical Therapy. Brittni graduated with high distinction from both NWU and UNMC! Brittni is married to Thomas, and she is a member of the APTA and NPTA.

GABY VOGEL

PT, DPT, CEAS, CFCE
Director of Occupational Health



Gaby was born in Durango, Mexico, making her way to Nebraska after graduating from Dordt College in Sioux Center, Iowa. She attended Creighton University and received her Doctorate of Physical Therapy degree. Gaby is certified as an Ergonomic Assessment Specialist and a Functional Capacity Evaluator. She received the Multicultural and Community Affairs Award from Creighton University, and currently is the Executive Secretary of Centro Latino Board, Council Bluffs, Iowa.

TAYLOR CECH

PT, DPT
University Place



Taylor was born and raised in Osceola, Nebraska. She attended UNMC where she earned her Doctor of Physical Therapy degree. Taylor is a member of both the American Physical Therapy Association-Orthopedic section, and the Nebraska Physical Therapy Association. Taylor is married to Marcus, and she enjoys hiking, running and spending time outdoors with friends and family.

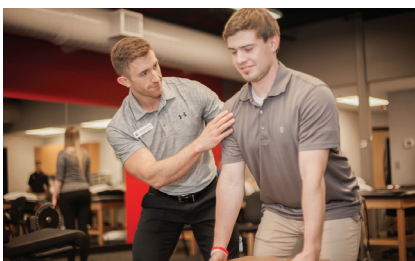
Prevent Workplace Injuries

As Makovicka Physical Therapy's Occupational Health program—**Labor Force Ready**—continues to evolve, there are many prevention focused opportunities for companies to engage our services, in addition to our current menu of services.

Ergonomic Assessment: An ergonomic assessment, or work station assessment, ensures the employee's workstation is designed to minimize injury and maximize productivity.

Job Demand Analysis: This analysis quantifies and evaluates all of the physical and environmental demand components of all essential and non-essential tasks of a job. It is completed to develop a post-offer screen and be able to determine what abilities employees need to have to perform the required job.

Fit For Duty: Per OSHA, "Fit For Duty (FFD) means that an individual is in a physical, mental and emotional state which enables the employee to



"Ergonomic assessment of the workstation is one of the most cost-effective ways to maximize productivity and minimize risk of injury."

Gaby Vogel PT, DPT, CEAS, CFCE,
Occupational Health Director

perform the essential tasks of the work assignment in a manner which does NOT threaten the safety or health of oneself, co-workers, property, or the public at large."

Post-offer Screens: Allows employers to, once a bona fide offer has been offered and accepted, collect information on the candidate to determine their safe work ability which can include medical information. Objective evidence of pre-existing conditions that establish imminent risk if placed or inability to safely perform job functions can be documented and the offer could be rescinded to protect the at-risk employee.

Preventive Services: In clinic therapeutic exercises and training to prevent discomfort from becoming an injury.

For more information, contact our Labor Force Ready office at 402-884-7453.



Here's What Our Patients Are Saying...

WEST MAPLE

"These folks are a class act; knowledgeable, patient, encouraging, great senses of humor balanced in with diligent instruction, super helpful. I came in with a decade-old injury (neck fracture) that had started acting up and making life very difficult. Eight weeks later, I've got a normal range of motion — something my doctor at the time of the injury said would probably never happen. There aren't enough words to describe how grateful I am to these folks for everything they've done and helped me with." *Bridgette W.*

MIDTOWN CROSSING

"Everyone here is incredibly friendly and excellent in their work. I was especially grateful to have AI as my physical therapist as he is highly personable and knowledgeable. I'm definitely returning if I ever need physical therapy again!" *Melissa H.*

AKSARBEN

"Attention to detail, professionalism and knowledge is second to none. I was losing hope of ever finding a physical therapist that could help me get to the root of the issue that has been hampering me for so long, then I found Makovicka. I can't recommend them highly enough." *Grant R.*

2018 HUSKER FOOTBALL

HOMEGROWN IN NEBRASKA

N	OPP	N	OPP
9/1 AARON	10/13 NORTHWESTERN		
9/8 COLORADO	10/20 MINNESOTA*		
9/15 TROY	11/3 OHIO STATE		
9/22 MICHIGAN*	11/10 ILLINOIS		
9/29 PURDUE	11/17 MICHIGAN STATE*		
10/6 WISCONSIN*	11/23 IOWA*		

HUSKER TRIVIA:

- How many times did Coach Tom Osborne call the "Fumblerooski" play?
- How many games where the Fumblerooski was used did the Huskers win the game?
- What year did the NCAA ban the Fumblerooski?

Makovicka PHYSICAL THERAPY
MakovickaPT.com

Homegrown. Locally Based.

Husker Football Schedule

Our annual *Husker Football Schedule* is out, and much like the excitement around the Huskers, they are very popular. Stop by any of our 11 clinics to pick yours up now.

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- What year did the NCAA ban the Fumblerooski?

Trivia answers: 1. Three: 1979, 1984 and 1992 2. Two: 1984 and 1992 3. 1992

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.

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
West O/Elkhorn	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	N. Spruce & W. Church	402.934.3345
Wahoo	W. 15th & N. Locust	402.443.4555
Waverly	Cornhusker Hwy & Guildford	402.786.0476
Yutan	2nd & Vine	402.625.2030

Stop By and See One Of Our Specialists Today!

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



10831 Old Mill Road
Omaha, NE 68154

Every Day is Game Day.