

JOINT EFFORT NEWS

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There's always a lot to be Thankful for if you take the time to look for it.

The good, green earth, beneath our feet. The air we breathe, the food we eat. Some work to do, a goal to win, a hidden longing deep within that spurs us on to bigger things, and helps us meet what each day brings.

All these things we should be thankful for, and something else we should not forget, that people we've known or heard of or met, by indirection have had a big part, in molding the thoughts of the mind and heart.

And so it's the people who are like you, that people like us should give thanks to. For no one can live to himself alone and no one can win just on his own.

By: Helen Steiner Rice

We here at Joint Effort Rehab wish you and

Take Care of Your Feet

For some reason we expect our feet to walk, run, jump, hop and skip for 70 + years without complaining. Unfortunately, this is rarely the case. Statistics show that 75% of Americans will suffer from foot pain at some point in their lives. And we must remember that whatever happens at the foot level affects the rest of the body up above.

Custom orthotics are a device created specifically for your feet to correct biomechanical abnormalities. We have used them to treat foot, ankle, knee, hip, and back pain. Orthotics help give control, arch support and shock absorption. They are designed for each individual based on activity level, shoe wear, diagnosis and need.

If you feel you may be a candidate for custom orthotics, feel free to call one of our offices for a consultation. Don't forget to take care of your feet!

Kevin Hyland, P.T.

Meet our two Orthotic Specialists:

Kevin Hyland, P.T. graduated magna cum laude from the University of Wisconsin in 1993. He received his Physical Therapy degree and National Certification in Athletic Training. Kevin has been practicing in town for the past 11 years. Kevin joined the Joint Effort team in 2001, and is at our South Office. His experience and expertise in athletic injuries, manual spine therapy, and custom orthotics has been a valuable addition.

Brandi Carter, P.T., joined the Joint Effort team in August 2004 and is at our North Office. She has 5 years experience with treatment strengths in Spine and Lower extremity Biomechanics. She received her Bachelors of Science in Physical Therapy in 1999 from Northeastern University in Boston, MA.

Joint Effort is happy to provide you with the convenience of an Orthotic Specialist at each location.

Joint Effort Thanks You!!!

- We all would like to take the time to Thank You for your referrals and continued confidence in us to care for you and your family, and friends. The highest compliment our patients can give is the referral of their family and friends. **Thank you for your trust.**
- Both of our locations are here to serve you:
North Office (719)-533-1318
2835 Dublin Blvd.
South Office (719) 527-9331 2989 Broadmoor Valley Rd.
- We wish you and your families a wonderful Thanksgiving holiday.