

Get To Know The Tell city Staff

STEPHANIE HARTH, PATIENT CARE COORDINATOR

Where did you grow up/attend school?

I grew up in Tell City and attended Tell City High School.

If you had a job prior to coming to ARI, what did you do?

I was an Administrative assistant for a contracting company at AK Steel.

What is your favorite flavor of ice cream? Strawberry

What is the craziest food you've ever eaten?

Chocolate covered crickets

What tv show are you currently addicted to?

Grey's Anatomy and Station 19

What 3 things would you need on a deserted island?

My boyfriend Adam, tacos, and my eyelashes!

When did you join ARI?

September 2020



SAY GOODBYE TO THE PAINS IN YOUR NECK & HELLO TO A NEW YEAR

Inside:

- Relieve Your Neck Pain With Advanced Rehabilitation
- Free Workshops
- Patient Success Spotlight
- Healthy Recipe



Debbie Reed, PT, Owner

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week?

If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall wellbeing.

Fortunately, physical therapy can help resolve all the pains in your neck. Contact Advanced Rehabilitation today to schedule your consultation.

Why does neck pain occur? The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.

- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues.

The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull.

When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our necks.

Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

Discover natural pain relief. Contact us today to schedule an appointment!
Tell City 812-547-7770 | Jasper 812-482-7755 | Santa Claus 812-937-4970

RELIEVE YOUR NECK PAIN WITH ADVANCED REHABILITATION

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs.

Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible.



If your neck pain has been limiting your daily life, don't wait any longer to seek help. **Contact us today to schedule an appointment. At Advanced Rehabilitation, we are dedicated to providing you with the tools you need for recovery and relief!**

Contact a clinic nearest you today to schedule an appointment!

Healthy Recipe

WINTER CITRUS SMOOTHIE

INGREDIENTS

- 2 1/2 cups pineapple juice
- 2 1/2 cups freshly squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon, plus more for

INSTRUCTIONS

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl, and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from freezer and top with orange ice mixture. Garnish each glass with cinnamon and a slice of an orange, if desired. Share with your friends before it begins to melt!

www.marthastewart.com/315212/winter-smoothie



www.arirehab.com



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- ✓ Neuropathy
- ✓ Headaches
- ✓ TMJ
- ✓ Back Pain
- ✓ Sciatica
- ✓ Arthritis
- ✓ Bursitis
- ✓ Disc Injuries
- ✓ Shoulder Pain
- ✓ Migraines
- ✓ Plantar Fasciitis
- ✓ Carpal Tunnel
- ✓ Sports Injuries
- ✓ Soft Tissue Damage
- ✓ More...

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FREE WORKSHOPS

ATTENTION PAIN SUFFERERS!

JASPER • ARTHRITIS PAIN **TELL CITY • ROTATOR CUFF**
FEBRUARY 6TH • 10:00AM **FEBRUARY 20TH • 10:00AM**

The Arthritis Pain Workshop will be held Saturday, February 6th at 10am at the Jasper clinic. The Rotator Cuff Workshop will be held Saturday, February 20th at 10am at the Tell City clinic.

REGISTER BY FOLLOWING THE LINK BELOW:

www.arirehab.com/health-tips/workshops/

JASPER
 255 West 36th Street #100
 Jasper, IN, 47546

TELL CITY
 1020 11th Street #C
 Tell City, IN, 47586



Patient Success Spotlight

"I am very grateful with all the therapists at ARI because they are very professional with the care they provide their patients. Thank you very much for helping my shoulder and hand pain, it was a very enjoyable experience being your patient. Thank you, Alfredo and Becky!!" - **Margarita B.**

"Estoy muy agradecida con todo el personal de ARI porque son muy Profesionales con el trato que le dan sus pacientes. Muchísimas gracias por ayudarme con el dolor de mi hombro y de mi mano. Fue una experiencia muy agradable haber sido su paciente. Gracias Alfredo, Becky!!" - **Margarita B.**

Sudoku Puzzle

5		7						
3			5	8		4		
	2						5	
9		4	3			6		
	5		8		6		7	
		8			4	1		9
	4						1	
		5		4	8			3
						9		2

<http://1sudoku.com>

n° 327893 - Level Hard



Becky. I am very grateful for the slow down in life, the extra time we had with one of our daughters as she finished her junior year of college at home, the lengths that ARI went to, to keep all of us safe, our patients safe and to keep all of us working. On the other hand, there have been disappointments for us all too. I did not get to see my oldest daughter graduate from IUPUI nursing school and pinning ceremony, felt all of the disappointments of all the cancellations, businesses lost, lives lost, the sadness of some of my elderly relatives that are in the nursing home and the devastation and divide of this country. My hope for 2021 is that we all have learned to appreciate things a little more and we all come out of this pandemic better than before. I hope you had a very Merry Christmas and a Happy New Year!



Meghan. This year has been less eventful than most, because well... 2020. We have been enjoying our family time though and have played more games, colored together, baked together, and gone on more bike rides and walks together. We had to cancel our Disney trip in June but my husband and I were able to get away to Gatlinburg with friends in July. Gavin is in 3rd grade this year. He tried out flag football this year and also played soccer and is now in basketball. Baseball season was canceled over the summer and we were all bummed about that. Reese is in kindergarten this year and is loving it. She played soccer, does gymnastics, and is excited about basketball and t-ball. Oaklyn is now 17 months old and walking/running everywhere. She is babbling a lot as well and has a big personality! We sure do stay busy! We wish everyone a happy holiday season and a safe and healthy 2021!



Tina. What can I say about 2020? It has been a challenging year for all of us for sure. I hope everyone is doing well. As for me, my only child graduated from Perry Central. She was able to graduate in the Top 10 in her class. She also graduated with an Associates from Ivy Tech. As of August, Kaitlyn is now living and going to school at USI. This has been a life changing experience for my husband and me, but we are adapting. She is doing well. My mom had back surgery last year and went to stay

in a nursing home for a while following. She was able to move out of the nursing home and move in with my husband and me just a couple of weeks before Covid really started to be more prevalent here in Perry County. We lost my mother in law earlier in the year to Dementia. So, my mom being able to move in with us was a blessing. So far, my family and I have managed to avoid getting sick, thank God. Plus, I still have a job, and the girls I work with are hilarious! They keep me laughing. I am blessed to have such a wonderful work family. I have been working at both the Santa Claus and Tell City office. So, I get the best of both worlds there. I hope everyone stays well and safe. Happy Holidays! Keep in touch with your family and friends, and go virtual if you have to. Take Care!



Dawn. 2020 flew by! My husband, Chase, and I were able to get some projects completed around the house, both inside and out. We also got to go on vacation to Colorado during the summer. It was our first time visiting and will not be our last. Our family enjoyed the extra downtime together where we did a lot of outside activities as well as camping. Our daughter, Scarlett, keeps us on our toes with all the adventures of a 5-year old. In the fall, Scarlett started her second year of preschool at Tots Lots. She is also participating in gymnastics and hip-hop classes at Dance Haven. I am looking forward to the adventures 2021 will bring. Hope everyone stays safe.



Adam. Well, 2020 was a pretty calm year with very few events...said no one anywhere. It was an exciting year at the Gilbert household as Kinzie (my oldest of the twins) prepared for her last of 3 planned open-heart surgeries. With the sudden changes related to COVID, we had to put her surgery on hold and for that reason, I decided to quarantine with my family to keep them as safe and healthy as possible. This provided me a chance to spend more time with my family which turned out to be a great experience. This also provided me a chance to improve my knowledge by taking several continuing education courses, in particular running gait analysis, assessment and treatment of running related injuries. It was decided Kinzie could have her surgery and while we prepared for this, she experienced a major seizure resulting in her being air lifted to Cincinnati Children's Hospital the week before her surgery. She was still able to undergo the surgery and only gave us a few scares this time around. While Kinzie was brave and battling everything, her twin sister Kylie, and little brother Lukas were constantly supporting and keeping prayers sent to Kinzie. She is doing great and even tells me she will be faster than me someday. I had the honor of assistant coaching the Jasper High School Cross Country teams again this year with one of the most successful seasons in school history. Both the boys and girls

teams qualified for the state finals for the first time in school history. At the state meet, we had 2 kids reach the podium and get all state honors leading the teams to finishes several places higher than projected. My own training went well despite all the races being cancelled. Even without a race on the calendar, the best way to better yourself is to keep an internal goal and always try to make yourself better.



Kelsey. What a year! 2020 was full of many unexpected changes and I think we can all agree that it has been a year of many firsts. This year definitely kept me busy though! From starting a new job, to moving into a new home, and learning how to parent a two-year-old, the time has gone by quickly. My daughter KJ always keeps me on my toes, and it has been amazing watching her learn and grow. I can't wait to see what 2021 has in store for us!



McKenzie. 2020 has brought many hardships to all of us due to the pandemic, but it has also brought me some of my most joyous memories. I was married at the end of December 2019 so this was our first year of marriage. If we made it through this year, we can make it through anything! I also graduated with my Doctorate in Physical Therapy at the beginning of May and started working at ARI in June! After seven years of college, I am finally finished with school! YAY! However, the absolute best thing 2020 brought me was my daughter, Elouise Marie. Our little chunky monkey has turned our world upside down. She is the sweetest little girl with a perfect hint of sassiness. I am more than ready to see what 2021 has in store!



Kelley. 2020 has been a crazy busy year but has treated me well overall. I started the year by marrying my husband, Travis, on January 4th with all our family and friends by our sides. We made the decision to move back to Ferdinand and get a puppy in March and made both a reality in May when we brought home our basket hound, Cassi, and moved into our first house together. While our honeymoon to Canada in May was postponed and then cancelled, we made the best of our rescheduled vacation to Idaho in August. While there, I received news that I had passed my boards and am now officially a licensed PT. Upon our return home, I started full time at ARI. It's been a great year and has definitely changed my life. I can't wait to see what the new year has in store!



Stephanie. While 2020 was a challenge, I was able to find solace in learning new recipes and enjoying a quieter pace of life. We adopted a new kitten, Tillie, that has become a great addition to the household. But the highlight of the year was beginning a new journey here at Advanced Rehabilitation, Inc.



Ashley. 2020...what a year... This year has been full of new things for our family including a new baby, a new school and a marriage proposal. In January we welcomed our son, Alexander Michael, into our family and we could not imagine our life without him. My daughter, Mackenzie, began school at Ferdinand Elementary as a big kindergarten and is doing very well - though annoyed that we will not let her participate in extra school activities this year (thanks Covid). My significant other, Mark, proposed and gave me a beautiful ring, in the shape of a flower, and said that he was sorry it took him so long to give me a flower but that he hoped it made up for the wait - I was overjoyed and assured him regular flowers would have been great but his was even better! Although 2020 has presented with many difficulties overall this year has taught me that good can be found in even the hardest of times and that we should cherish the small changes as they can likely have the biggest impact on our lives. From our family to yours, we hope that you have a blessed 2021.



Debbie. 2020, COVID, Maybe a year we all would like to forget, but for our family, it was a year full of the greatest gift of all, time spent with our children and grandchild. We moved our oldest son, daughter-in-law and grandson to Tell City in March, Hand's wedding, originally scheduled for July, was postponed until June 2021, Eli and Elliott spent the Spring college semester learning virtually, and Elliott's fall cross country season was postponed to January 2021. We spent lots of time swimming in our pool and taking the pontoon boat out on the river, truly a blessing to spend that much time together as a family. We live streamed a couple of concerts on the patio! We also had my mother living with us from February through October, while she had 2 total knee replacements and rehab with ARI. We are looking forward to 2021 with the hope everyone stays healthy and we are once again able to enjoy the things we love to do and feeling grateful for all the blessings we do have.



Amber. 2020 has been full of changes this year. First of all, I got to spend more time with my family. I've also settled into my new job here at ARI and I'm extremely happy and love it here! We also moved and settled into our new place just a couple of months ago and also helped my Mom move into her new home as well. Our daughter Emma has adjusted to online learning this year and she seems to love it. My husband and I have been looking at different colleges with our son Brayden. He plans to play baseball in college and study Physical Therapy. We are very proud and extremely happy for him but will be sad at the same time once he leaves for school in the Fall. Hoping that 2021 will bring nothing but blessings to us and you!



Jennifer. Well, 2020 has definitely been an interesting year, for all of us I'm sure. Starting in April, I learned that I was not meant to be a teacher. As they finished their school year in May I think my kids and I both breathed a sigh of relief. On a positive note, we were able to take a family vacation to Panama City Beach in early summer. We had already booked the rooms in January so Covid didn't stop us! My family and I needed a little de-stressing and just went for it. It was a great time and we stayed healthy. As we all try to adjust to the new "normal" for now, I hope the best for everyone and that we can get back to the old "normal" ASAP!



Cyndi. I think we can all honestly say that 2020 was a 'unique' year! Like most of you, our family saw its share of quarantines and disruptions to home and work schedules. We have all made changes like wearing masks and cleaning (constantly) that may stay with us past the pandemic. As the year draws to a close, I am especially thankful for my family, our wonderful patients and employees at ARI. Despite the COVID pandemic, our Santa Claus patients were fearless in confronting the challenges, the virus put in our path. I am optimistic that our communities will come out of this pandemic even stronger! Happy holidays and best wishes for a healthy 2021!



Alfredo. Rock Steady Boxing, for people who suffer from Parkinson's disease at Tri-State YMCA, just celebrated its 3rd year anniversary in October 2020. ARI and YMCA staff remain active during this pandemic to offer RSB participants a safe and comfortable environment for individuals to remain active and engaged in their communities. 2020 has been full of blessings despite all the uncertainty our world currently faces. Crystal and I have been home more than ever, which has helped build a stronger bond with Arian and allowed us to witness many of his milestones. We were able to celebrate his first birthday (March 9th) on March 14, just days before everything began shutting down. Crystal and I continue to sharpen our parenting skills but there are days our toddler puts him to the test. My best days are the ones I get to spend at home with my family but I hope to continue serving my community during this pandemic.



Marie. This year has definitely been a crazy one! Thanks to the pandemic we didn't get to do any fun traveling this year, but we have spent 2020 turning our new house into a home. We got the front of the house landscaped, renovated an old shed and turned it into a chicken coop, and we had a new barn built. I would have to say that one of the most enjoyable things to come out of 2020 was that my husband and I were quarantined together in early April. It was very refreshing for time to just slow down and to be able to spend that much time with my husband. We recently celebrated our 1-year anniversary (even though we have been together for closer to 10 years) and look forward to many more! Since we closed on our house 5 days before Christmas last year, the holidays were a whirlwind. We are so excited to actually have time to enjoy the holiday season in our new home. We hope your holidays were just as enjoyable! Here is to hoping 2021 gets things back to normal!



Kristina. This last year was crazy as it has been for everyone. Our daughter switched majors and school which was a whirlwind alone. Our son started driving and our youngest turned 14. No stress here. Just kidding. All in all 2020, although nutty, has been a good year. I enjoyed the kids being home, fewer activities and just hanging out as a family together more. Life is good and I am blessed as we move on to 2021.



Holli. This year 2020 was very different with unexpected challenges due to the pandemic. My family unfortunately were not able to take a vacation. We did however spend quality time together as a family with jeep rides and hanging out on our back patio. Baylie, my oldest daughter, will be applying for a Master of Occupational Therapy in the fall of 2021. Camryn, my youngest daughter, graduated high school and is attending TSPA to become an esthetician. Wishing you and your family a healthy, safe and better 2021!



Shelly. 2020 has brought us a daughter-in-law and a new grandbaby on the way. Our first granddaughter turns 3 next month and is the highlight of our lives! Both of our sons are doing wonderful in their careers in this crazy year of twists and turns. We've enjoyed our camping weekends and a couple of long weekend getaways with friends. My husband and I celebrated 28 years in December and look forward to many more! From our family to yours... May 2021 be a fantastic year for all!



Caithy. What a chaotic year! 2020 did bring some ups and downs for sure. It started out filled with tears when my grandpa of 94 1/2 years of age passed away in February. He is missed every day, but in hindsight my family was blessed to be able to have his funeral before Covid became a known threat. February did also bring some happiness when I threw an epic under-the-sea bridal shower for my sister-in-law. She was to get married in May but the wedding was pushed back until August because of Covid. Covid changed life drastically for everyone - work, socializing with friends, and even family get togethers. Towards the end of the year, exciting things started to happen. I was able to finally bring my two horses down to my home, something that I have been waiting 4 years to happen. But the biggest news that came in 2020 is that my husband and I are expecting our first baby, due in March 2021. We are looking forward to the new year and hope it brings many more blessings.



Brandi. 2020... what can I say? It's been trying on not only myself personally but the whole country it seems. We had several vacations cancelled but were fortunate enough to enjoy some time in Derby Indiana at forgotten times cabins and a mini trip to Cincinnati where Erik has been working during the week for his new job with Foerstich Construction. Jackson is a fourth grader and got to play in the championship game for flag football, resume swimming practice and still attend some travel baseball tournaments. Alivia, my second grader, has also resumed swimming and dance practice and had a dance recital this summer. While things are still pretty uncertain, this year has made me even more certain when it comes to family, friends, faith and my job. All of those entities have stepped up during this time to support each other, protect each other, and love each other. Here's to 2021!!



Rebecca. This past year was not what I thought it would be, but it brought unexpected blessings. I had more time with my kids and found new ways to spend my free time. We had a great social distancing vacation at Forgotten Time Cabins in Derby, IN and spent time paddle boarding and fishing this summer. Wishing everyone a great new year.



Amanda. This past year has been filled with a big change for me, I joined the National Guard in late November 2019. I graduated Basic Combat Training on April 2 and came home from Ft. Jackson, SC to the Coronavirus. Finishing Gabby's first year of preschool affirmed my beliefs that I don't want to be a teacher, especially to preschoolers! I began my Officer Candidate School this July and plan to graduate from, this next August. My baby boy, Owen just turned 2 and it's hard to believe how fast they are growing. My husband has recovered from his 2nd neck surgery in the last year and is getting back to regular life again. The year 2020 most would say has not been the best, but that makes me excited for 2021.



Wendy. My husband and I spent our social distancing efforts working on renovating our River Camp in Evansville. After elevating the camp above the flood plain in 2019, we started working on the inside. As we closed out 2020, the property is now a place to visit year round, except when the water is up over the road! The most exciting part of last year was watching our Granddaughter grow into a little girl. She is a spitfire and we wouldn't have it any other way. She is taking up a storm and it is fascinating to see how quickly she catches on to language. No vacation in 2020, but we took a leap of faith and scheduled something in 2021 for our entire family. I am thankful for the commitment of ARI to weather Covid-19 and for having a work family that I was able to rely upon in what was an unprecedented time. I welcome 2021 with a renewed appreciation for family and friends and with an abundance of faith and hope.



Ben. 2020...What a year. I think many of us are looking forward to putting this year behind us and moving onto 2021. Our family, like many, did find some positives this year. We have all become quite proficient in the world of web based platforms for teleconferencing and communications. Whether learning to teach via teleconference (Jen), learning via teleconference (Max and Mia) or meet/evaluate/train via teleconference (Ben) we all gained a plethora of experience. The shutdown of school, athletics, and much of the country in the spring of 2020 allowed us to watch a lot of Netflix, renovate a basement and kitchen, and invent new games such as chipping golf balls into buckets. We did partake in a few COVID friendly invites including a lake trip to Tennessee and a lot of jogs and hiking at Lincoln State Park. In a unique way it was kind of nice to not have the normal hustle and bustle of practices, school activities, and social events. We are definitely looking forward to the 2021!



Andrea. In 2020, my role at ARI changed a bit due to Covid-19. ARI was able to move me into a position that allowed me to work from home more often. You will still see me from time to time for the clinic helping fill in the gaps when other therapists are out, but for the most part, my day to day job can be done remotely. From my family to yours, I hope you have a fabulous 2021!