



# ATLAS

Physical Therapy & Sports Medicine

We accept the following insurance plans:

- ACN Group
- ACS - Department of Labor
- Aetna
- Alignetworks
- Anthem
- Assurant Health Care
- Blue Cross Blue Shield (all product lines)
- Coalition America
- Comp Care of the Ozarks
- Coventry
- First Health
- Focus
- GHP
- Healthcare USA
- Health Link (all product lines)
- Integrated Healthcare Solutions
- Integrated Health Plan
- Medicare
- MedRisk
- Mercy Health Care
- Mercy Care Plus
- Midwest Comp Care
- MO Healthnet
- Multiplan
- One Health Plan
- Principal Financial Group
- Private Healthcare Systems
- Railroad Medicare
- Today's Options (Pyramid Marquette)
- Tri Care / Tri West
- United Health Care (all product lines)
- Universal Smart Comp
- Value Point by Multiplan

We will be happy to file with all insurance plans.

Please contact Diana for more information at 573-642-8541 or CherokeeKid53@ktis.net

# THE ATLAS TIMES

850 Hospital Drive, Suite H Fulton, MO 65251

(573) 642-8541 FAX (573) 642-8500

Clinic Hours 8:00 am—6:00 pm Monday thru Friday

## ATLAS PHYSICAL THERAPY STAFF ATTENDS POSTGRADUATE COURSES

**Katie Skibiski, PT,** attended specialized coursework on "Manual Therapy for the Upper Extremity" in St. Louis July 25-26<sup>th</sup>. The 2-day, hand-on course emphasized manual therapy techniques and soft tissue mobilization to the shoulder girdle, elbow, wrist and hand to help alleviate pain, optimize mobility and improve function.

**Kelly Nickelson, PT,** completed the "Balance and Fall Prevention" course August 2-3<sup>rd</sup> in overland Park, KS. Course Participants gained hands-on knowledge of standardized functional balance and mobility tools, as well as appropriate balance and mobility interventions.

**Jill Gamlin, PT, ATC,** recently honed her skill by attending the "McConnell Approach to Chronic Low Back

and Leg Pain" course August 23-24<sup>th</sup> in Chicago, IL. Jill learned and practiced manual therapy skills and McConnell taping techniques to correct musculoskeletal imbalances that contribute to chronic low back and leg pain.

For more information or to set up an appointment please contact us at 573-642-8541 or visit our website at [www.AtlasPTSM.com](http://www.AtlasPTSM.com)

## Thank You For Your Loyalty!



Left to Right: Kyle Thompson, PT Technician; Diana Mosier, Office Coordinator; Jill Gamlin, ATC, PT; Kelly Nickelson, PT; and Katie Skibiski, PT

## Medicare Improvements for Patients and Providers Act: Congress Overrides Presidential Veto!

On July 15, 2008, the United States House of Representatives and the Senate voted to override the Presidential veto to pass the Medicare Improvements for Patients and Providers Act. The House passed this legislation by a 383-41 vote and by a 70-26 Senate vote. A two-thirds vote was needed by the House and the Senate to override the Presidential veto. **Once the Senate voted to approve HR 6331, it now becomes law immediately.**

Now there is an 18 month extension of the therapy cap exceptions process until December 31, 2009 to ensure access for seniors and persons

with disabilities to physical therapy, occupational therapy, and speech-language pathology services. This also improves Medicare coverage of prevention services for seniors and persons with disabilities.

The extensive advocacy by physical therapists and patients made the difference! Thanks for your work to ensure Medicare beneficiaries access to essential rehabilitation services provided by physical therapists and physical therapy assistants.

**THANK YOU FOR ALL YOUR HARD WORK!**

### New Study Finds Physical Therapy as Effective as Common Knee Surgery For Osteoarthritis

A new study published in the September 11 issue of the *New England Journal of Medicine* questioning the usefulness of arthroscopic surgery for osteoarthritis of the knee should encourage patients to consider physical therapy as an effective non-surgical option.

Canadian researchers found that such patients who underwent arthroscopic surgery did no better afterwards than those treated with medicine and physical therapy.

In arthroscopic knee surgery, a surgeon typically inserts a tiny camera through one small incision and then makes others to use various instruments to remove cartilage fragments,

bone spurs and other debris. About 985,000 Americans had arthroscopic knee surgeries in 2006, according to federal estimates. Researchers estimate that about a third of such surgeries are for osteoarthritis.

About 27 million Americans suffer from the pain and stiffness of osteoarthritis, the

most common form of arthritis, caused by the breakdown of cartilage in the joints.

Stories on the study have run in *The Washington Post*, *US News and World Report*, and *The Wall Street Journal*, and also aired on NBC Nightly News – for further information please refer to such or contact us at 573-642-8541.

### DID YOU KNOW...

- October is National Physical Therapy Month!
- Kelly is expecting her first child sometime in mid-January (it's a girl!)
- Katie was recently married to William Woods University men's basketball coach Drew Grzella.
- Atlas Physical Therapy and Sports Medicine recently celebrated our 6th anniversary— thanks to everyone for helping make us the successful business we are!
- We are all members of the APTA



## Healthy Recipes From Our Kitchens To Yours...

### Braised Balsamic Chicken

- ◆ 6 skinless, boneless chicken breast halves
- ◆ ground black pepper to taste
- ◆ 1 teaspoon garlic salt
- ◆ 2 tablespoons olive oil
- ◆ 1 onion, thinly sliced
- ◆ 1/2 cup balsamic vinegar
- ◆ 1 (14.5 ounce) can diced tomatoes
- ◆ 1 teaspoon dried basil
- ◆ 1 teaspoon dried oregano
- ◆ 1 teaspoon dried rosemary
- ◆ 1/2 teaspoon dried thyme

#### Directions:

1. Season chicken breasts with ground black pepper and garlic salt. Heat olive oil in a medium skillet, and brown the onion and seasoned chicken breasts.
2. Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

This chicken is good with either rice or pasta. Green beans make a nice side dish

#### Nutritional Information:

Servings: 6      Calories: 205      Fat: 6.1 g  
 Cholesterol: 68 mg      Sodium: 574 mg  
 Carbohydrates: 7.5 g      Fiber: 1.3 g      Protein: 28.3 g

## ATLAS PHYSICAL THERAPY AND SPORTS MEDICINE WELCOMES NEW SUPPORT STAFF

Atlas Physical Therapy and Sports Medicine is proud to announce the addition of another new staff member to our team.

Kyle Thompson was added to the Atlas Team in September of 2008, as a physical therapy techni-

cian. Kyle is a graduate of Westminster College May 2007, and Herman High School in 2004. Kyle currently attends Linn Technical College where he is enrolled in the Physical Therapy Assistant program. Kyle would one

day like to practice as and Athletic Trainer.

We are proud to add Kyle to our team and feel we will continue to make Atlas the premier physical therapy provider for Fulton.



**Kyle Thompson**

## ATLAS PHYSICAL THERAPY OFFERS FALL AQUATICS CLASS

Atlas will be again offering a Fall session of aquatics classes. These classes are recreational, group exercise offered 2 days a week over a 6 week session that has been developed and sponsored by the Arthritis Foundation.

The 6-week session will begin August 5th and run through October 23rd, every Tuesday and Thursday, at the

Holiday Inn Express. There will be two morning class times available, starting at 10 A.M. and 11 A.M. The next session is slated to start up again in the Spring, around early March.

The cost is \$5.00 per class or \$35 for an 8 class punch card. We ask if you want to participate in the program, to ask your physician for a release that you are able to participate safely.

If you are interested, or would like more information, please contact Kelly at 573-642-8541.

(Please Note: Class size is limited to a first come, first serve basis)





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[www.atlasptsm.com](http://www.atlasptsm.com)

IF YOU WOULD LIKE TO RECEIVE THIS NEWSLETTER VIA E-MAIL,  
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**Contact us....**