



# 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 [diana.atlaspt@gmail.com](mailto:diana.atlaspt@gmail.com)

# 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 AND SPORTS MEDICINE WELCOMES NEW PHYSICAL THERAPIST & PHYSICAL THERAPY TECHNICIAN

Atlas is proud to announce the recent additions to our professional staff.

Kurt Lackland is the newest member of the physical therapy team joining in June 2009. A native of mid-Missouri, Kurt was born and raised in Glasgow, Missouri. After graduating from high school, he attended Columbia College for 3 years where he discovered his future career path after taking an athletic training class focusing on treating orthopedic problems. Kurt then transferred to the University of Missouri-Columbia where he graduated with a Bachelor of Health Science and Master of Physical Therapy degree in May 2009.

Kurt splits his week working with

Atlas Physical Therapy & Sports Medicine and also with Excel Physical Therapy in Boonville, MO. To contact Kurt, please email him at [Kll5ff@gmail.com](mailto:Kll5ff@gmail.com).

The second addition to our staff is Sierra Wickham. Sierra began with Atlas is February 2009. She currently attends Fulton High School and is a member of the Hornet's volleyball team. Sierra plans to attend college and one day practice as a physical therapist.

For more information or to set up an appointment with any of our therapist, please contact us at 573-642-8541 or visit our website at

[www.AtlasPTSM](http://www.AtlasPTSM)

## Thank You For Your Loyalty!



Left to Right: Sierra Wickham, PT Technician; Kurt Lackland, PT; Kelly Nickelson, PT; Katie Skibiski, PT; Jill Gamlin, ATC, PT; Diana Mosier, Office Coordinator; and Kristen Lumpkin, PT Technician

## ATLAS PHYSICAL THERAPY STAFF EXPANDS POSTGRADUATE CONTINUING EDUCATION SKILLS

Jill Gamlin, PT, ATC, Kelly Nickelson, PT, Katie Skibiski, PT, and Kurt Lackland, PT recently completed the Kinesio® Taping I and II courses on July 25-26 in Galesburg, IL.

The therapists were instructed in theories and applications of the specialized elastic tape, gaining comprehensive hands-on experience with corrective and rehabilitative techniques. The tape is the same thickness as the skin, making it patient

And skin friendly. It is durable enough to stay on for multiple days, even through sweating and showering. Kinesio® Taping gained worldwide recognition at the 2008 Beijing Olympics and has been endorsed by Lance Armstrong and the majority of professional baseball, football, and volleyball leagues.

The taping method supports muscles and joints, helps correct muscle function, relieves pain, and improves circulation

of the blood and lymphatic systems without restricting range of motion. Atlas Physical Therapy is proud to be the only Callaway County provider that offers this taping technique.

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



### DID YOU KNOW...

- October is National Physical Therapy Month
- Katie is expecting her first child sometime in mid-October
- We recently remodeled our clinic treatment area, adding an additional 260 square feet
- Atlas Physical Therapy and Sports Medicine will soon celebrate our 7th anniversary— Thanks to everyone for helping make us the successful business we are!

## 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 two 6 week sessions that has been developed by the Arthritis Foundation.

The 6-week session will begin August 4th and run through October 21st, 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)

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

### Zucchini Yogurt Multi-Grain Muffins

#### INGREDIENTS

- 1 1/2 cups all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 cup oat flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 eggs
- 1/2 cup vegetable oil
- 1 cup white sugar
- 1/2 cup unsweetened applesauce
- 1 cup plain yogurt
- 1 cup white sugar
- 3/4 cup honey
- 2 teaspoons vanilla extract
- 1 cup shredded zucchini
- 1 cup shredded carrots
- 1/2 cup chopped pecans (optional)
- 1/2 cup raisins

#### DIRECTIONS

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease 24 muffin cups.
2. In a bowl, sift together the all-purpose flour, whole wheat flour, oat flour, salt, baking powder, baking soda, cinnamon, and nutmeg. In a separate bowl, beat together eggs, vegetable oil, applesauce, yogurt, sugar, honey, and vanilla. Mix the flour mixture into the egg mixture. Fold in the zucchini, carrots, pecans, and raisins. Scoop into the prepared muffin cups.
3. Bake 18 to 20 minutes in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean. Cool 10 minutes before transferring to wire racks to cool completely.

#### NUTRITIONAL INFORMATION:

Servings: 24      Calories: 208      Fat: 7.5 g  
 Cholesterol: 27 mg      Sodium: 178 mg      Carbohydrates: 33.1 g      Fiber: 1.9 g      Protein: 3.6 g

## PATIENT ACTION CENTER: WHAT YOU CAN DO IN HEALTH CARE REFORM

As health care reform heats up in Congress, it's time to make sure physical therapy is at the table. After months of summits, hearings, and discussion, it is expected that legislative proposals and alternatives will begin to emerge shortly. The time is now to begin to tell the story of the importance of physical therapy as a part of the solution to our Nation's health care dilemma.

The American Physical Therapy Association (APTA) strongly supports efforts to reform the United States health care delivery system to improve coverage, access, and patient care and reduce unnecessary costs. APTA stands ready to work with the U.S. Congress and President Obama's Administration to meet this policy challenge. We strongly encourage our patients to get involved to let

our legislators know what priorities are critical in health care reform for the physical therapy profession and the ability to improve access, outreach, and healthcare outcomes for the patients it serves.

- ◆ Ensure that rehabilitation services are an essential element of a standard benefits package in any proposal to reform the insurance delivery system and provided by licensed health care professionals.
- ◆ Eliminate existing payment policies that impede patient access to cost-effective outpatient rehabilitation services provided by physical therapists -- before authorizing new policies.
- ◆ Enhance initiatives to develop a national strategy that will

ensure that an adequate health care workforce exists to meet the needs of patients.

- ◆ Include policies to reduce regulatory burdens on physical therapists in order to help them be more efficient and effective in delivering health care to their patients at the right time and place, including addressing physician self-referral concerns as it related to physical therapy services.

Please continue to support the physical therapy profession by writing, emailing, or calling our local legislators to assure that we may continue to provide the best possible care to and patients like you!



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