

The Primary Therapy Source

Physical • Occupational
& Speech Therapy
News & Information
Fall 2008



254 River Vista Place
Twin Falls, ID 83301
Ph: 734-7333
FAX: 734-8350
www.primarytherapysource.com

Jan Yingst, MPT, PCS	Jackie Dux-Price, DPT
Teresa Prine, MSPT, PCS	Jamie Wight, PTA
Ivan Hardcastle, OTR/L	Emily Walther, OTR/L
Lori Wheelwright, OTR/L	Mandy Lee, OTR/L
Kerry Bowman, MS, CCC-SLP	

2008 Kids Fun Run at the Perrine Bridge Festival

During the Perrine Bridge Festival, Primary Therapy Source will sponsor

Kids Fun Run Saturday September 6

Register before 10 am ♦ Run begins 10:30 am ♦ \$10 donation requested

Kids of all abilities are invited to walk or run the .75-mile course that begins and ends at the Visitor Center next to the Perrine Bridge. This event is meant for FUN and to ENCOURAGE kids to be active. Parents are invited to participate with their child. Registered entrants receive a T-shirt & goody bag and are eligible for a chance to win raffle prizes.



Register at Primary Therapy Source or
online at www.primarytherapysource.com
For Information Call Jan Yingst at 734-7333

2008 Perrine Bridge Festival September 5-6
Twin Falls Visitor's Center at I.B. Perrine Bridge
"A Bridge To Success For Kids"

Help us create a bridge of financial support for Magic Valley children with special needs. Since 2005, festival funds have assisted children with:

- ★ Wheelchair Lifts
- ★ Specialized Seating
- ★ Learning Tools
- ★ Listening Programs
- ★ Respite Care
- ★ Transportation to Out-of-Area Specialists
- ★ Therapies not covered by insurance

All proceeds benefit
St. Luke's Magic Valley Health Foundation

FESTIVITIES INCLUDE

- ♦ "Parachutes For Kids" Base Jumping Exhibition
- ♦ Kids Fun Run
- ♦ Kids Carnival
- ♦ 5k and 10k Runs
- ♦ Juried Art Exhibition
- ♦ Kayak & Canoe Rentals
- ♦ Food & Entertainment
- ♦ Lunch at Outback Steakhouse

For Details Visit: www.perrinebridgefestival.com



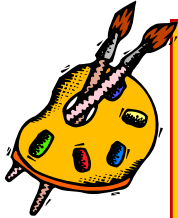
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Original artwork created by the kids of Primary Therapy Source will be featured in the Silent Auction at the Perrine Bridge Festival.

Ten budding artists, along with parents & therapists, spent a July afternoon at Hands On Studio.

Our colorful platter commemorates Perrine Bridge Festival 2008 and features "bugs" made from fingerprints of each child and therapist.

We thank studio owner Robin, whose support and inspiration made the group project extra special & fun!!



PTS recognizes the late Dean Hegewald of Fairfield, California for contributing over 200 prizes to the 2008 Kids Fun Run. Hegewald's daughter Cheryl Carkin, a Twin Falls resident, donated the toys in his memory. Now, every child in the Fun Run will receive a prize.

Dean lost an arm and a leg in a train accident at age 12. Despite disability, he lived life fully. An accountant by profession, Dean and his wife Lorrain founded Helping Hands Out Reach ministry in 1996 and operated the all-volunteer, non-profit organization for 9 years.

Supported entirely by donation, Helping Hands Out Reach networked with various churches and Odd Fellows groups to provide food, clothing, furniture and shelter to the homeless, along with holiday meals and gifts for the children.

Dean passed away from cancer in 2005.



Welcome Aboard



Jamie Wight, PTA, received her Associate of Science degree as a Physical Therapist Assistant at Provo College in 2007. Her clinical background includes pediatrics, geriatrics, aquatic therapy and school-based therapy. Jamie has attended professional development workshops in "Back Care, A Clinical Approach" and "Geriatric Fitness: Concepts of Therapeutic Exercise." She is a member of the Idaho Physical Therapy and American Physical Therapy Associations.

Raised in Rupert, Jamie enjoys fishing, swimming and cooking. She and husband Riley moved from Pocatello to Twin Falls in May.

Mandy Lee, OTR/L, graduated in May from Idaho State University with a Masters Degree in Occupational Therapy. Her clinical experience emphasized pediatrics, sensory integration, acute care and neurological rehabilitation. Professional seminars she has completed are "Floortime Approach to Pediatric Occupational Therapy" and "Praxis: Clinical Assessment and Intervention." She is a member of the Idaho Occupational Therapy and American Occupational Therapy Associations.

A native of Burley, Mandy and her husband currently reside in Heyburn.

Kerry Bowman, MS, CCC-SLP, joins the PTS team to provide Speech-Language Therapy. She earned her Master of Science in Speech Pathology from Idaho State University in 2002, completing a clinical fellowship year with the Sugar-Salem school district. Kerry then worked in the Infant/Toddler Program for the Idaho Department of Health & Welfare (Pocatello). Most recently, she was employed at Camp Hippo Pediatrics in Blackfoot.

Kerry has expertise in routine-based intervention and peer/group therapy, primarily with clients ranging from birth to age three. She is active in the American Speech Language Hearing Association.

Originally from Rexburg, Kerry enjoys wood working, music & singing, sewing, reading and family activities. The Bowmans recently moved from Pocatello to Twin Falls when her husband accepted a teaching position at Twin Falls High School. The couple has two sons, William (age 3) and Jack (8 months).



TEENS & PRE-TEENS ON TARGET

Headlines report that juvenile obesity has reached epidemic levels. It is estimated that one-third of U.S. children (ages 6 -19) are either overweight or obese. Unlike previous generations, more of these youngsters are being diagnosed with type 2 diabetes, high blood pressure, bad cholesterol, joint conditions and other obesity-related complications. These conditions are risk factors for heart disease, stroke, cancer and other serious health problems. Reversing the trend of childhood obesity is imperative if our country wants to avoid shortened life spans, exploding health care costs and unforeseen long-term health effects.

To address the challenge in our community, Primary Therapy Source launched a 12-week summer program for local youth waging the weight battle. Teens On Target attracted 7 members, ranging in age from 13-17, who met twice a week for fitness activities, discussions on diet and nutrition, and assistance with personal goal setting and exercise / training schedules. Group size was intentionally limited so that physical therapists could give individual attention to each participant, while also encouraging peer interaction and support in small groups.

Just as competitive sports are not for everyone, this program is geared to a specific population who are often intimidated, discouraged or just “turned-off” by traditional fitness and weight management programs. Some members are referred by their physicians; others have a strong desire to look and feel better, but need structure to achieve their goal.

We provide a comfortable environment and introduce a range of physical activities and behavior strategies aimed at promoting lifestyle changes that enhance overall health and well being, says Teresa Prine, a physical therapist involved in the program. Our goal is to help teens break the cycle of unhealthy habits, learn techniques for effective weight management and embrace an active lifestyle that includes endurance training, cardio fitness, individual exercise and stretching programs. We want kids to discover activities they enjoy and can pursue long term.

Participation and education are important; another key component is being surrounded and supported by others who understand and identify with similar challenges. Family involvement is encouraged and there is ongoing communication with the family physician. Positive results reap benefits at physical, emotional and social levels, says Prine.

“The program has been successful in terms of helping these teenagers improve their fitness,” Teresa notes. “At first, exercises and activities were difficult for many of them. Now, things are becoming much easier due to increased strength and endurance.” She adds, “I’m very proud of this group. They’ve been committed and they are seeing a difference.”

Comments from the last meeting indicate participants had a favorable experience this summer. “At first I wasn’t too excited about it (the program), but now it’s really fun.” “It’s good because you go at your own pace...however you choose...whatever works best for you.” “The therapists help and teach a lot.” “My stomach is getting tighter...it’s a good feeling.”

The next session of Pre-Teens on Target & Teens on Target begins September 9 and runs through October 28 meeting Tuesdays & Thursdays from 5-6 pm. Participants are encouraged to attend the complete session; however, newcomers are welcome any time. For more information visit www.primarytherapysource.com or call us at 734-7333.

Lani Larson, the newest member of our Office Staff, handles a range of duties to keep operations running smoothly...assisting as needed as with phones, scheduling, data entry, filing and covering over flow for other staff. After graduating from Kuna High School, she came to Twin Falls in 2004 to attend the College of Southern Idaho and received an Associate Degree in Equine Studies. Lani has also completed pre-requisites toward a second degree in Dental Hygiene. She and husband Brandon live in Twin Falls. The couple enjoy family events & outdoor activities, including boating, camping & riding horses.



Physical therapists Teresa Prine & Jacke Dux-Price have begun their second season of assisting head trainer, Allyn Reynolds, with athletic training & sports rehab for Twin Falls High football, volleyball and cross country teams. In support of the Perrine Bridge Festival, TFHS is providing tickets for one football game to all participants in the Kids Fun Run!! We **APPRECIATE** your support. **GOOD LUCK BRUINS! GO BIG BLUE!!**

★ **Sports training clinics for coaches & PE teachers are planned for October.**★
Details will be posted soon on our website: www.primarytherapysource.com



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Jan Yingst Teaches Pediatrics at ISU

This fall, Jan Yingst instructs "Lifespan Development", a pediatrics course required for doctorate students in their final year of the Physical Therapy program at Idaho State University. The class covers normal and abnormal development of neuromuscular, musculoskeletal, cardiopulmonary systems, cognitive/perceptual and psychosocial behavior from birth through adolescence. Evaluation, program planning and treatment strategies are introduced and discussed.

Jan is a 1993 graduate of the ISU Physical Therapy program. In 2003 she received board certification as a Pediatric Specialist. She has made numerous presentations to PT students in the past, but this marks her first "official" teaching assignment. She will be joined periodically by Teresa Prine, for lectures on specific topics. Jan currently serves as president of the Idaho Physical Therapy Association. Her two-year term ends in October.