



"Stronger Every Day"

# PT Matters

Summer 2008

A Publication of McDonald Physical Therapy & Sports Rehabilitation Center

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**1005 Hickory Rd.  
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## A Message from Fran

I find it hard to believe that I am writing this letter at the beginning of our 20<sup>th</sup> year of service for so many special people who have been a part of the McDonald Physical Therapy experience. As I think back on the past letters I have written, it seems that my themes have usually involved memories with messages learned from family, friends, and patients. Most of the time, I am the one learning something profound from someone. The process of writing these has helped me realize how much family, friends, and the people around us matter.

As in the past, I would like to share a story that has taught me a great deal and has had an impact on my life. The story begins with an argument between a mom and her 21-year-old son. The son had been contributing his summer salaries for many years to help his family pay their bills. At 21, he thought this practice should be changed. He even thought the change would be no big deal, heading into his senior year of college. He spoke to his mother but she told him that the family still had many needs. He was angry. His response to her was hurtful. He said that she didn't know what it was like to work outside the home. She was only a stay-at-home mom, and with that he left, angrily slamming the door. He knew he was right about his request for the money and accused her of being close-minded and selfish.

He went back to college for his last year at ND, and they were still at odds. Months into his senior year, his mother called very upset. She wanted to speak with him regarding a family matter that would change the life of their family forever. It was hard for her to tell him but she shared that his dad, his role model, had left home. With 6 of 10 children still at home, he was in disbelief about what he had heard. For a moment, his world seemed shattered, but then he felt, once again, that he had the answer to this problem. He would talk to his dad, reason with him, and all would be well. In his mind at 21, the answers to life's problems seemed simple.

Looking back, the answers weren't that simple. He was very limited in his perspective and experience. Life became more challenging for the 21-year-old and his family in the years that followed.

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## Fran's Message (CONTINUED FROM PAGE 1)

When a crisis happens, one can choose to learn and grow from it, learn and stay in the same place or become bitter, fearful, insecure, and cynical. Learning and growing was the path this mother pursued. The parents divorced, and the mom held the family together. She started working in the sterilization unit of a hospital. When her last two children headed off to college, she herself, began taking some college courses. She continued to work full-time while studying and graduated with a double major in Social Work and Theology. After graduating, this mother took a job in New York City as a social worker in a nursing home. Her commute was 90 minutes each way. She left the house at 5:45 every day, took a train, took a bus, and returned at home after 9:00 p.m. most nights. She rarely, if ever, complained. She loved learning. She enjoyed her colleagues and her "family" at the nursing home. She later became the social work director and continued her graduate work.

At 73 years young, and I do mean young, this great lady did something unthinkable. She received her Ph.D. in Social Work from Fordham University. Her 10 children were there applauding her in Lincoln Center, New York City. She retired from work at age 76 and celebrated her 80<sup>th</sup> birthday in July. This "stay at home" mom who didn't know what it was like to work outside the home, is my mother. The impatient 21-year-old son, obviously, was me. She presently spends her time continuing to be an amazing mom, grandmother, and great-grandmother to all of her children and grandchildren. She has taught me many things, and her example has guided my life.

When I think back to the many challenges our clinic has faced over the years to become a successful physical therapy practice, I can't help but think of my mom. Whenever I thought the challenges of running a small business were daunting, my mom came to mind. It was during these times that her example gave me the strength to move on and work even harder to succeed. She demonstrated that hard work, faith, hope, love and commitment to family can help lead one from sadness and sorrow to happiness and success.

I have been blessed to have lived long enough to have learned (most of the time) from my blindness and impatience. As we age, we learn through experience that it is important to be open, humble, and caring to others. I have also learned that it feels great when we make a positive difference in the lives of others. There is no question that my mom has done this for me. I have also learned a great deal from my patients (i.e. whether it is as simple as getting the advice that kitty litter would absorb the 4 quarts of motor oil I spilled or as complex as lessons I learned from listening to a young 34-year-old dad who needed more intensive physical therapy after a severe stroke.). I only hope that the work we do in our clinic has made a difference in your lives, and I thank you for trusting us with your physical therapy needs.

With much appreciation

*Francis J. McDonald, PT, SPT*

## A Walk for St. Margaret's House

Walking is perceived as a positive exercise at McDonald Physical Therapy, both therapeutic and healthful. Walking a mile with a wind chill of more than 20 below zero this past winter took on a new meaning. The frigid walk was followed by a reception with lots of homemade cookies and hot chocolate.

On February 10, 2008 fifteen McDonald staff members and their families walked in solidarity with the women and children of St. Margaret's House. The residents of St Margaret's House walk as their primary form of transportation – regardless of the weather. Many of the women cannot afford bus fare to get around South Bend.

St. Margaret's House was established by a small group of concerned women who wanted economically disadvantaged women and children to have a safe, warm place to turn to for food and support. Since its founding, with the help of generous friends, local businesses, and organizations from many different faiths, St. Margaret's House has grown to nourish 60 to 100 people every day both physically and emotionally.

This wintry walk is a major fundraiser for St. Margaret's House. The pre-walk goal was to raise \$50,000; at the end of February \$44,000 had been raised. Contributions for the programs at St Margaret's House are accepted year around. For more information contact: St. Margaret's House at 574-234-7795.

## Referrals Rewards



**We are giving out \$5 gift cards to any patient who refers new patients.**

**For more information:**

**Stu Snow (ssnow@mcdonaldpt.com)**

**Mike Henderson (mikeh@mcdonaldpt.com)**

**574-233-5754**

# Meet Our New Therapists



## Elizabeth Kresse

My passion for physical therapy began in high school. Throughout the years, my volleyball and basketball seasons were often harshly interrupted by multiple knee dislocations, leaving me in pain for weeks and months afterward. Eventually, bilateral arthroscopic

knee surgery rendered me wheel-chair bound and devastated on the sidelines. Expecting this surgery to “fix me,” I returned to sports only to be disappointed that my knees would again dislocate. My orthopedic surgeon even cried with me at a follow-up visit. It seemed as if all hope was lost. It was physical therapy, however, that got me on my feet again. The process was painful, difficult, and frustrating, but physical therapy made me stronger, allowing me to move forward not only with sports, but with life in general.

As a full time therapist I reflect on my own time in physical therapy. When I look into the eyes of my patients - frustrated, injured, and in pain - I understand, and I want to help. My mother and sisters comment that I have found the perfect career to suit my interests, my character, and my brute strength. I couldn't agree more!



## Margaret Moore

I was born and raised in Elkhart, IN and played varsity soccer and tennis at Elkhart Central High School. I received my Bachelor of Science in Exercise Science and my Masters of Physical Therapy from St. Louis University, St. Louis Missouri. During my years at St. Louis U,

I worked as an athletic trainer.

Before coming to McDonald Physical Therapy, I lived and worked in Scottsdale, Arizona, but I am excited to settle back here in the Midwest. My professional interests include sports medicine, pediatrics and orthopedic therapy. My personal interests include playing soccer, tennis, and golf. I also enjoy cooking and cheering for the Chicago Cubs and Indianapolis Colts.

## Ken Mack Continues Education



Congratulations to Ken Mack who recently completed and passed the board examination for his Physical Therapy Assistant degree.

Ken earned his first degree in Exercise Science and Wellness from Ball State in 1995 and has worked at McDonald Physical Therapy as a physical therapist aide for the past 13 years, specializing in strength conditioning and workout design.

Congratulations to Ken for receiving his second degree, and we look forward to his continued growth contributing to the success of McDonald Physical Therapy.



## Andrew Harry

My name is Andrew James Harry, and I am from the booming metropolis of Evansville, IN. I was born on 8/13/81 at Gibson General Hospital, and I lived in Evansville until 2005 and graduated from North High School.

I attended the University of Evansville and graduated in May of 2005 with a Masters of Physical Therapy. I was lucky enough to do my internships in Princeton, IN, Louisville, KY, and Nottingham, England. My internships were followed by a move to Fort Wayne, IN where I lived for two years before moving to South Bend.

I enjoy being outdoors and playing sports. My favorite sports include football, basketball, golf, ultimate frisbee, baseball, and sand volleyball. I also enjoy being with friends and family, relaxing, traveling, scuba diving, cliff jumping, rock climbing, sleeping, and long walks on the beach. I am hoping to become more involved in local events and sports.

## MPT Was “Full Strength”

### Gerard McDonald

Although there was no “body checking” which is unusual for the number one ranked physical therapy team at McDonald Physical Therapy, there was a great deal of “elbowing” or rather rubbing of elbows on the night Ohio faced off with Notre Dame. The McDonald Physical Therapy team matched up with some of the many doctors who refer their patients to us, and what a game it was! There was some “icing” - of the beverages - and a few “two-line passes,” or should I say, going back for seconds on the food line as well as some “scrambling” for the desserts.

The “roster” was as impressive as the conversation and camaraderie that took place. The Mitros family was almost “full strength”, while Dr. Bob Oppman represented Granger Family Medicine. Carrie Barbus PA. – C., Dr. Vickie Wiperman, and Dr. Foster had a “hat trick” from Wiperman’s Occupational Medicine, and Dr. Volker Blankenstien was the “sleeper” from River Park Family Medicine with a late assist from Dr. Danny Maloney. Dr. Doug Doctor appeared for University Family Medicine, and Dr. Brian Jacobs made a great showing with expectant wife Julie for the “power play” from Family Medicine of South Bend. South Bend Clinic had a “two man advantage” – actually one woman and one man advantage with Gail English and Nels Leininger, making an outstanding contribution. Dr. Rich Jacobs represented the “home team” or ND Health Services, but Dr. Jim Moriarty was in the penalty box for a no-show.

We thank all who attended and made this event a special one, especially, Mike Henderson and the rest of the McDonald Physical Therapy team. We look forward to you joining us again at some of our other events. The Winner of our Zamboni Ride Raffle was Jason Schultz. Hurray! What a great job he did!



**In January of 2009 McDonald Physical Therapy will celebrate our 20th anniversary of service to the Michiana area.**

**Over the years, many of you have shared your family stories, notes, and physical therapy successes along with baked goods, holiday messages, and surprise visits. As we approach our 20th anniversary, we would like to include some of your inspirational experiences during this celebration year.**

**Please send any of your McDonald Physical Therapy stories/memories to:**

**Fran McDonald  
McDonald Physical Therapy  
1005 Hickory  
South Bend, IN 46615**

**Or email Fran at [Fran@McDonaldPT.com](mailto:Fran@McDonaldPT.com)**

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