



“Stronger Every Day”

PT Matters

2011

Annual Publication of McDonald Physical Therapy & Sports Rehabilitation Center

At McDonald Physical Therapy, we are dedicated to:

1. **Bringing positive energy to everyone.**
2. **Being organized and efficient.**
3. **Communicating with empathy and encouragement.**
4. **Seeking continuous improvement.**
5. **Being committed to serving others.**

**Visit us at
www.McDonaldPT.com**

Welcome to the New Year

In this New Year letter, I will share two patient stories which underscore the importance of making informed decisions about your healthcare and physical therapy. I hope you will think about the importance and difference that personalized healthcare can make.

My first story is about a 74-year old patient who was scheduled for a 10-hour back surgery in Chicago. His family had concerns about whether or not he was even strong enough to make it through the surgery. This man was a strong and independent 73-year old until he had a bad fall a year earlier which put him in a position of slowly losing his independence and physical strength. This patient was experiencing chronic, sharp pain, was unable to play golf, and was having difficulty getting around without a walker when he arrived at McDonald Physical Therapy. He had been directed to our clinic to undergo a strengthening program to better handle his upcoming back surgery.

Our physical therapist's responsibility, per the physician's order, was to get him on an exercise program to strengthen his legs and improve his endurance. When our physical therapist started taking the health history of the patient, he became aware of the patient's concern and apprehension about the surgery. The therapist noticed this patient had bloodshot eyes and that this soft-spoken man was not one to complain about his pain.

As the physical therapist continued to question, the patient said that the entire problem seemed to have occurred over the last year. The therapist began to wonder whether or not the pain was really a back problem or something else. At McDonald Physical Therapy, our examinations are very comprehensive and range in time from 30 to 60 minutes. This allows for a thorough examination, giving the therapist adequate time to assess and evaluate a patient. During the examination, the physical therapist recognized that the problem could be originating in the patient's hip instead of his back. He immediately contacted the spine surgeon in Chicago and told him what he had found. After our therapist contacted the spine surgeon with the evaluation results, the surgeon requested another consultation and found that this patient's problem actually was an infected hip instead of a spine problem. He later concluded that the patient did not need the 10-hour back surgery. This patient's life was changed because our therapist took the time to communicate with the doctor. Our physical therapist took time to really listen and treat this patient with the patient-centered, personalized care he would have wanted for his own family. Holistic, patient-centered care performed by a group of specialists can make a major difference in one's life.



Fran McDonald, PT, DPT

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Providing the Best in Patient Care — Since 1989

Fran's Message (CONT FROM PAGE 1)

Our next story involves a high school senior football player I will call Jeff. He was injured during the first game of his senior year. He was informed that he should rest and that he might not be able to play during the remainder of the season.

During this same time, we were treating another athlete from a competing school in Jeff's school conference. This athlete was also told he might not recover from his injury and might miss his season. As he improved and recovered from his injury through physical therapy, he and his family shared his results with Jeff. Their recommendation prompted Jeff to ask his physician for a referral to our clinic. We were able to reassess Jeff's injury, treat him accordingly and get him back to play a major part in his team's playoff run.

In both of these patients' lives, a difference was made because of physical therapy. At McDonald Physical Therapy, we are committed to quality care and strive to be the patient's best advocate. We take all patient injuries and goals seriously and work to help each patient achieve goals as quickly and cost effectively as possible.

“At McDonald Physical Therapy, we are committed to quality care and strive to be the patient's best advocate.”

These are just two of many stories where good therapy and quality care have changed people's lives. For the last twenty-two years, 38,000 patients have trusted us with their care. I would like to thank all of our patients and our physicians for giving us that trust. We are grateful to the physicians in our community who are open to dialoguing regarding the care of their patients. They believe strongly in our specialized examinations and treatments. This openness helps us to do what is best for our patients and translates into more personal care for the entire community.

For twenty-two years, we at McDonald Physical Therapy have had the pleasure of meeting and treating many wonderful people. We are an independent clinic which is becoming more unusual due to the fact that many doctors and hospitals have their own physical therapy departments. The key to our success has been highly personalized care, centered on you and your overall health.

I would like to end my 2011 newsletter asking you to spread the word about our good work and personalized care. Encourage your friends and family to experience the difference. Be treated by a group that wants to touch lives in a special way!

Thanks for making McDonald Physical Therapy your choice for physical therapy.

Enjoy the New Year,


Fran McDonald

McDonald Physical Therapy Workout Program



Several years ago, McDonald Physical Therapy created a “workout program” with a \$30 dollar monthly fee to assist patients who had maximized their insurance benefits and were still in need of stretching and exercise. Physical Therapists, Physical Therapy Assistants, and Rehab Assistants were often available to assist our workout patients when in need. Over time, the program was opened to all patients which has served to help patients stay physically fit and prevent injuries. The McDonald Physical Therapy workout program has become extremely popular. (McDonald Physical Therapy received the 2010 South Bend Tribune Reader's Choice Award for “Best Gym” and Physical Therapy Practice.) The McDonald Physical Therapy Clinic is the only physical therapy practice in the area that offers this type of program to patients. Being chosen as “Best Gym” was a surprise and an honor. This recognition reflects the support and loyalty of our patients.

McDonald Physical Therapy would like to thank the entire Michiana Community for voting

McDonald Physical Therapy the “2010 Reader's Choice Award for Best Physical Therapy Practice”.

We were honored to be chosen, and we value your recognition of our commitment to Excellence in Patient Care.

Don't forget to vote for us again when the ballots come out. Thanks!



What Our Patients Have to Say

“Once you've had therapy at McDonald Physical Therapy, why would you go any place else? The physical therapy is great but it's also the people behind the therapy. The staff becomes part of your family. Everyone is always friendly and caring. It's a great place!”



— MARCIA ELSBURG, PATIENT, MCDONALD PT

Congratulations!

We Are Proud to Recognize Our 10, 15, 20 Year Employees



From left to right: Jo Ravelo, Pam Redfearn, Sandy Ohime, Doug McDonald, Fran McDonald, Ken Mack, Pam Walkowski, Karen Lemmon, Denise Louderback, Stephen Saine.



McDonald Physical Therapy at Notre Dame

“The presence of McDonald Physical Therapy has been a wonderful merging of services for students and staff, and a tremendous support for the entire Notre Dame community.” — ANN KLEVA, DIRECTOR OF HEALTH SERVICES

In 2007, The University of Notre Dame developed a full care health facility on campus at St. Liam Hall. As part of the commitment to full service care, the University invited McDonald Physical Therapy to provide physical therapy for students, faculty, and staff of the University. The quality care, accommodating hours, quick recovery time, and a positive energetic environment has made McDonald Physical Therapy an integral part of the Notre Dame Health Service Team.

McDonald Physical Therapy at Notre Dame is located in room 229 St. Liam Hall. All initial scheduling is done through the Hickory Road clinic. For further information, please call 574-233-5754 or check our website at www.mcdonaldpt.com.

Thank You

Since 1989, approximately 38,000 patients have been treated at McDonald Physical Therapy. Your loyalty, support, notes of appreciation along with your many treats have filled us with deep appreciation. As we start our 23rd year, we would like to thank you for choosing McDonald Physical Therapy for your patient care.





22 YEARS
1989-2011

Happy New Year
from
McDonald Physical Therapy



“Stronger Every Day”

1005 Hickory Rd.
South Bend, IN 46615
Office: 574-233-5754

229 St. Liam Hall
Notre Dame, IN 46556

Monday – Thursday
7 am – 8 pm
Friday 7 am – 5 pm



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