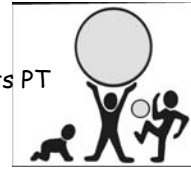


MINOR Matters

The Official Newsletter of MINOR Improvements PT



January-May 2005
Shaun P Evans, MPT

Volume # 4 Issue # 1
Karen M Dake, PT, PCS

We Are Still Here 😊

Well, it's already May and we've been soooo busy here at MINOR Improvements PT! You may have noticed that you haven't received a new newsletter in quite some time. January brought some employee changes as we said farewell to Debbie. She accepted a job with a doctors' office that desperately needed her skills; opening their new practice.



Debbie was our very first employee and receptionist and was instrumental in helping to grow MINOR Improvements PT

We wish her luck and are happy that she keeps in touch with her old "family". Things were a little bumpy in January and February, but we were fortunate to find Jeslyn! Jes is actually a former patient of Karen's, so she has a special perspective on what it's like to be a child who needs Physical Therapy. She is the friendly voice you have been hearing on the phone and the friendly face

that will greet you in the waiting room.

She has become a welcome member of our MINOR Improvements PT family.



Jeslyn joins the team at MIPT

In January, Karen completed training and is now certified in Kinesiotaping®. Kinesiotape is a tape that was developed in Japan in 1973. The tape is designed to assist with the typical function of muscles and can be used to reduce muscle fatigue, improve contraction strength of a weakened muscle, and relieve pain. IN addition the tape can be used to increase range of motion, and decrease edema, inflammation and scarring. The tape has been used by world class athletes including Lance Armstrong (he calls it "the magic tape") and has been used successfully on many children at MINOR Improvements PT. For more information visit: www.kinesiotaping.com.

February brought Karen and Shaun to New Orleans for the American Physical Therapy Association's Combined Sections Meeting. Tons of information!

All of the greatest minds in the profession came together for a few days to share the latest developments in PT. Karen attended a day-long course about sports and exercise across the pediatric lifespan, learned about pectus excavatum and plagiocephaly and received her certificate for Board Certification as a Pediatric Clinical Specialist!



Karen and Zane hard at work

Shaun spent much of his time at information sessions regarding spinal cord research, childhood obesity, and aquatic therapy for children.

It was also great to see two former students there. Sarah Kottmeier, who's a recent graduate and practicing in what sounds like an awesome pediatric facility, and Heidi Roberts who's in PT school in California.

In addition, on a whim, Shaun decided to run a half marathon on the last day and placed second in his age bracket and fifth overall (out of 7,500 runners) with a time of 1 hour, 14 minutes and 20 seconds!



Shaun waits at the starting line of the Mardi Gras 1/2 marathon in New Orleans

Welcome New Patients

We are ever growing and wish to welcome our new patients and to welcome back some old friends:

MaiLinh, Travis, Alexander B., Alexander H., Lindsie, Chase, Nicholas, Julia, Ashley, Grace, Erika, Taylor, Amelia, Cameron, Kolbi, Elise, Emma, Arietta, Tyler, Brian, Angela, Rachel, Davin, Thomas, Logan, Madilyn, Michael, Chelsea, Samantha, Gianna, Kurt, Max and Martin.

The warmest Birthday wishes go out to:



03/12 Madeline
03/14 Gabrielle
03/16 Joseph
03/18 Ben
03/26 Chris
03/29 Angelina
04/21 Logan
04/22 James
05/03 Jill
05/14 Andreas
05/26 Cassie
05/26 Julia

Welcome Laura!



Laura joins the MIPT family this May

We would also like to extend a very special welcome to Laura Krueger. Laura is the newest therapist to join our MINOR Improvements PT family. She has recently moved to the Saratoga area from Minnesota. She joins us with 15 years of valuable experience in pediatric physical therapy. She is also co-author of the book Play and Learn: A motor based preschool curriculum for children of ALL abilities. Laura has two children, and is an active volunteer for the Special Olympics. For more information about Play & Learn visit www.ablenetinc.com.



Recently, Cynthia participated in the first annual "Team Billy Ride" on May 22nd in Saratoga. The 50 mile ride was a benefit for the Brain Tumor Society in memory of Billy Gray. For more info, go to www.teambilly.org.

Boston Marathon 2005

Shaun had a great run at the Boston Marathon this year. On another hot April day in Boston Shaun completed the 26.2 mile course with a time of 2 hours and 46 minutes. He placed 171st out of nearly 25,000 entries. His next marathon will be in Buffalo on Memorial Day weekend. Good Luck Shaun!



Shaun runs past volunteers at the 109th Boston Marathon on April 18th



Karen and James in the pool

Visit us at: www.minorimprovementspt.com

Phone: (518)583-3196

Fax: (518)583-4157

E-mail: info@minorimprovementspt.com