

Finding Relief After Total Joint Replacement for the Lower Extremities

If you have received a total joint replacement of the knee or hip, physical therapy can benefit you. Our clinic provides joint replacement physical therapy rehabilitation to those whose mobility is limited due to a replacement procedure, or even those who experience impairing joint pain without having gone through replacement surgery yet.

If your knee and/or hip joints are a constant source of pain, Choice Therapy can help provide you with some relief.

DO I NEED TOTAL JOINT REPLACEMENT?

Total joint replacement surgery is typically recommended for those who:

- Have severe joint damage. This is typically due to arthritic debilitation, either from osteoarthritis or rheumatoid arthritis.
- Experienced a severe trauma to the joint(s). Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.
- Live with chronic shooting pains. If your pain is constantly affecting your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may be in need of total joint replacement surgery, it is important to discuss that with your primary physician first.

If you have already received total joint replacement surgery, it is likely

that your primary physician will refer you to a physical therapist for part of your recovery treatment.

TOTAL JOINT REPLACEMENT AND PHYSICAL THERAPY

Physical therapy will be important in the rehabilitation process after the total joint replacement of your knee or hip. Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility of the affected joint. Physical therapy treatments can also benefit you both before AND after your procedure, in order to make sure that your recovery process is as smooth as possible.



Your initial appointment will consist of a physical evaluation to determine what course of treatment will be best for your needs. Your physical therapist will create a specialized treatment plan based on your evaluation, aimed at rehabilitation and bringing you back to your optimum physical health.

At first, your treatment plan will consist of passive physical therapy, which is primarily focused on pain relief and recovery. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan. After your passive therapy, you will continue into active physical therapy treatments. These will include strengthening exercises that you will do with the aid of your physical therapist, in addition to at-home treatments that you will do on your own at home. These will all help in making your recovery as quick and comfortable as possible, so your knee or hip can get back to its normal level of function!

HOW CAN I GET STARTED?

If you believe you could benefit from our total joint replacement rehabilitation services, contact Choice Therapy today. We will get you back to living your best life, free from pain and limiting knee or hip pain!



Choice Therapy

Physical • Occupational • Speech

BEMIDJI

3835 Supreme Court NW

Bemidji, MN 56601

P: (218) 444-8280

MEET OUR NEWEST PHYSICAL THERAPIST



Nathan Mertens, DPT

Nathan was born and raised in Devils Lake, North Dakota. He attended Minot State University to receive his undergraduate credentials and went on to obtain his Doctorate of Physical Therapy at the University of North Dakota in 2020. He enjoys working in all settings and enjoys the variety of patients physical therapy has to offer, with a special interest in orthopedics and sports medicine. In his free time, he enjoys activities on the lakes, golfing, biking and skiing in the winter months.



Community Spotlight:

WALK TO END ALZHEIMERS

Choice Therapy Walk to End Alzheimer's Team awarded #1 in Bemidji, raising over \$2,200! Employees with Hearts of Gold.

PATIENT & STAFF
SAFETY AND
HEALTH ARE
PRIORITY #1



Feel Better Faster With Choice Therapy

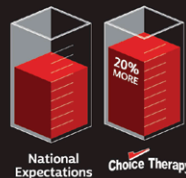
Did you know the best physical therapy is in your hometown?

20% MORE

Successful Patient Outcomes
Compared to the Rest
of the Country, Treating:

- Low Back Pain
- Neck Injuries
- Lower Extremity Injury
- Knee Injury
- Upper Extremity

Successful Patient Outcomes



Choice Therapy

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BLACKDUCK

Located in the old telephone company building
50 Margaret Ave
Blackduck, MN 56630
P: (218) 835-3425

KELLIHER

243 Clark Ave N
Kelliher, MN 56650
P: (218) 647-9569

MEET OUR NEWEST PHYSICAL THERAPIST



Kaci Hemmesch, DPT

Kaci was born and raised on a farm in Richmond, Minnesota. She attended the University of North Dakota to obtain her bachelor's degree and continued her studies at UND to complete her Doctorate of Physical Therapy in 2020. She really enjoys working with the rural outpatient setting because it gives her the ability to treat a variety of populations. In her free time, she enjoys going to the gym and being active; rollerblading, reading, spending time with family and friends, trying new things and meeting new people.



Community Spotlight:

BACKPACK BUDDIES

Backpack Buddies program has increased from providing food packs to 450 children to more than 1,200 children each week since the COVID-19 crisis in Blackduck, Kelliher and Bemidji school districts.



PEDIATRIC THERAPY SERVICES AVAILABLE IN BLACKDUCK, BAGLEY, BEMIDJI

Ages Birth to 18

Speech Therapy: Articulation and phonological disorders, oral motor skills, swallowing and feeding disorders, fluency disorders, language disorders, cognitive deficits, voice disorders (hoarseness, vocal nodules, polyps), social communication skills, auditory processing disorders, augmentative and alternative communication assessment and facilitation, craniofacial abnormalities (cleft lip and/or palate), as well as apraxia.

Occupational Therapy: Activities of daily living, fine motor skills, neonatal and infant development delays, sensory processing and integration, adaptive equipment and positioning, orthotic fabrication and fitting, visual motor and perceptual skills, handwriting, as well as emotional and behavioral regulation.

Physical Therapy: Gross motor developmental delays, plagiocephaly and torticollis, coordination and balance impairments, adaptive equipment assessment and training, genetic, brain, spine, and nerve disorders, orthopedic impairments including bone and muscle issues and sports related injuries.

**MEET OUR
NEWEST
OCCUPATIONAL
THERAPIST**

"Hometown Gal"



Lydia Swanson, OTR

Lydia was raised in Shevlin, MN and graduated from Bagley High School in 2013. Lydia went on to enlist in the North Dakota Air National Guard, and earn her Master's degree in Occupational Therapy from the University of North Dakota in 2020. In her free time, Lydia enjoys being at the lake, motorcycling, kayaking and spending time with her friends, family, husband, and dog. Her favorite part of Occupational Therapy is having the chance to make a positive impact on someone's life. Lydia is most excited to serve a wide range of clients in her home community.

Community Spotlight:

GONVICK PUMPKIN DAYS - SEPT. 26

Kristyn, Stacy and Monica had a great time giving people the opportunity to win fun athletic equipment at the Choice Therapy booth! Soccer, Volleyball, Football, Basketball and more!

WADE KLEMA BENEFIT

Proud sponsor of the Wade Klema Benefit, fight with ALS.

One lucky silent auction winner went home with a Fitbit Charge 3 Fitness Activity Tracker and lots of Choice Therapy swag!

Choice Therapy

Physical • Occupational • Speech

BAGLEY

Located on HWY 2
118 Central St. W,
Bagley, MN
P: (218) 694-3030

GONVICK

226 Elm St.
Gonvick, MN
P: (218) 694-3030



226 Elm St. • Gonvick, MN

Remember we provide physical therapy at our location in Gonvick. Please stop in if this location is most convenient for you.



DID YOU KNOW? SPEECH THERAPY OFFERED IN BAGLEY, BLACKDUCK, BEMIDJI

For both children and adults.

There are many things that could cause a child to have difficulty with speech, swallowing, aversions to food or cognitive issues. Our therapists are here to help with any of these issues.

Adult speech difficulties are common and come in many forms including stuttering, dysarthria (a problem with motor control of speech), voice problems, and articulation difficulties. This can cause a person to not want to communicate and even become withdrawn emotionally. In addition, problems with swallowing and drinking can be a serious health problem. However, speech therapy can help many adults improve their speech, swallowing and communication skills. This allows the individual to want to communicate, eat better, boost their morale and their purpose to their life.

**Speech Language
Pathologist**

"In the Spotlight"



**Kirsten
Landmark**

OVER 98% PATIENT SATISFACTION

Here's what our patients are saying:

BEMIDJI

- Kudos to Leah, TJ and Brady... all excellent therapists.
- I chose Choice Therapy because as a nurse, my patients were most satisfied with Choice Therapy.
- I am very pleased with the therapy I received from Jamie and Cody, I miss them!
- The care I received from Cody was amazing! His knowledge, care and concern for my rehab helped me tremendously.
- Everyone that I have interacted with, from the folks at the front desk to the therapists, has been pleasant, helpful and present when they communicated with me. Nancy Weber is truly wonderful, she is a magician, guide and healer. I look forward to my visits with her.

BAGLEY/GONVICK

- I was treated so good, I didn't want to leave... Good job ladies!
- Kristyn Bergh is great!
- I had two therapists and they both were great! I would definitely go back if I need to.
- Kristyn and Monica have been fantastic.

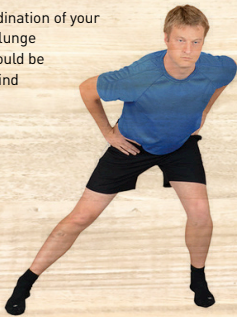
BLACKDUCK/KELLIHER

- Everything was good and I am doing well.
- We appreciate the care received!
- I will be having surgery again and will contact them for additional services.
- Marne is excellent-good routine, explains well, I will be back!

EXERCISE ESSENTIALS

HIP ADDUCTOR STRETCH

Improve the strength and coordination of your hip muscles. Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Repeat 8 times on both sides.



HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical, Occupational, or Speech Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of your specialized therapy could be minimal or completely covered by your insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to visit Choice Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? Call us today to schedule an appointment with one of our Physical, Occupational or Speech Therapists. We will guide you to affordable treatments that will place you one step closer to achieving your goals.

IT'S EASIER TO GET THERAPY THAN YOU THINK!

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed for physical therapy. You have Direct Access! A physical therapist is able to evaluate and treat a patient for up to 60 days without a referral. Some insurance companies are still requiring a referral for payment. It is recommended to contact your insurance company regarding "Direct Access"; or our staff will gladly assist you with this question. We can also assess your occupational and speech therapy needs. Simply call us to Schedule an Appointment or Free Screening Today!

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PATIENT & STAFF SAFETY AND HEALTH ARE PRIORITY #1

- DAILY SCREENING OF ALL STAFF FOR SIGNS AND SYMPTOMS OR POSSIBLE EXPOSURE TO COVID-19.
- SCREENING OF ALL PATIENTS FOR SIGNS AND SYMPTOMS OR POSSIBLE EXPOSURE OF COVID-19.
- CLEANING OF ALL ROOMS AND EQUIPMENT USED AFTER EACH USAGE.
- FREQUENT CLEANING OF HARD SURFACES DOOR KNOBS, DESK TOPS, PENS, BATHROOMS, ETC.
- DEEP CLEANING OF ALL FACILITIES WITH APPROVED CLEANING SOLUTION(S).
- USE OF PROPER PPE AS RECOMMENDED BY CDC.
- LIMITATIONS ON STAFF TRAVEL BETWEEN SITES.
- DECREASE OF NON-ESSENTIAL STAFF TO DECREASE RISK OF EXPOSURE.



THERAPY IN THE COMFORT OF YOUR HOME

TELEHEALTH

Choice Therapy is an essential medical provider and our clinics continue to stay open. We are committed to providing a safe, clean, & healthy environment. We are also offering home therapy visits and a new treatment method called telehealth.

BENEFITS OF TELEHEALTH

- Only need a computer or a smartphone
- Continue or start therapy
- Achieve your goals

**CALL TODAY TO SCHEDULE
YOUR APPOINTMENT!**

800-395-2810

www.choicetherapy1.com

**We're here to
help you!**



*Your Life · Your Health · Your **CHOICE!***