



Riverside News

Volume 2, Issue 2

Winter 2010-2011

Four Convenient Locations

GRANTS PASS

1619 NW Hawthorne, Ste 109
Grants Pass OR 97526
(541) 476-2502

CANYONVILLE

415 S. Main St.
Canyonville OR 97417
(541) 839-4998

CAVE JUNCTION

218 N. Redwood Hwy.
Cave Junction OR 97523
(541) 592-6580

GLENDALE

300 Pacific Avenue
Glendale OR 97442
(541) 832-2820

Riverside PT Staff

Edsen Donato, PT, DSc

Jeff Wood, PT, MS

Andrew Roberts, DPT

Miven Donato, DPT, DC

Susan Sheely, MPT

Jim McCall, PTA

Austin Nickerson, PTA

Kelly Morse

Merice Detwiler

Bob Dale

Beth Greer

Johanna Murray

Barbara McLain-Phero

Maria Bessette

Renee Hagen

Elaine Cone

Adria Fanning

Canyonville Clinic Expands

Riverside PT is pleased to welcome two additional staff to our rapidly growing Canyonville clinic. Susan Sheely, MPT, is our newest full-time physical therapist. In November, she began working Monday through Thursday at the Canyonville clinic. On Fridays, Susan is at our satellite clinic at Dr. Daphne Schalaus's office in Roseburg, where she treats women's health issues for a number of our female patients.

For many patients and referring physicians, Susan is already a familiar face. No newcomer to physical therapy in Douglas County, Susan has practiced PT in Roseburg and Myrtle Creek for 16 years. In 2005, she started her own PT clinic, Umpqua Valley Physical Therapy, in Myrtle Creek, where she worked for the last five years.



Susan Sheely, MPT, has been practicing physical therapy in Douglas County communities since 1994.

Susan earned her master's degree in physical therapy from Idaho State University in 1994.

She also has a BS degree from Oregon State University. She resides in Myrtle Creek with her husband, Chris, a fisheries biologist with the Oregon Department of Fish and Wildlife, and two daughters, Hannah and Katie. Susan enjoys horseback riding, church activities, and coaching her daughters in various sports.

When asked what she likes most about being a physical therapist, Susan replied, "I enjoy working with people. I'm a people person. It's really satisfying to me getting people back to what they enjoy doing."

Also joining the Canyonville staff is our new receptionist, Adria Fanning. In 2009, Adria earned an AAS degree in medical assisting from Pioneer Pacific College in Portland, where she also taught phlebotomy and CPR and volunteered for physicians. Adria lives in Canyonville

and has a daughter, Braedynn. Welcome aboard, Susan and Adria!

Andrew Roberts, DPT, Joins Riverside

In February of this year, Dr. Andrew Roberts, DPT, joined Riverside as a full-time physical therapist. He works closely with many of the patients at our Grants Pass clinic five days a week.

Andrew completed his doctorate in physical therapy at Andrews University in Michigan in 2009. He is currently working on continuing education through the North American Institute of Manual Therapy (NAIOMT) and the Mulligan approach.

Andrew's philosophy when treating patients incorporates a combination of manual therapy and closed chain dynamic therapeutic exercises.

Andrew's clinical focus emphasizes spine and peripheral orthopedic dysfunction. He is experienced in treating sports, work, and motor vehicle related injuries.

When Andrew is not at work, he enjoys time in the outdoors. He is an avid downhill skier and cyclist. He is planning on competing in a half Ironman competition next fall.

What does Andrew most enjoy about his work in physical therapy? It's the people, he says: "I like the time with my patients. I enjoy the communication and trying to understand where each of my patients is coming from as a person."



Andrew Roberts, DPT, works with patients at our Grants Pass clinic.

Thanks for your personal touch, Andrew. Keep up the good work!

Patients Obtain Great PT Results



Bob Matthews is very happy with the outcome of his PT after undergoing a total hip replacement earlier this year.

Bob Matthews was referred to Riverside by Dr. Brian Jewett of Slocum Center for Orthopedics and Sports Medicine in Eugene, after undergoing a left total hip replacement on May 27. Prior to his surgery, he was in constant pain and losing his ability to perform many of his daily activities. He looked forward to the day when he would be able to walk again without pain or discomfort.

After surgery, he used a walker to keep from losing his balance. But after only a few physical therapy sessions, he discarded his walker and started using a cane. During the next few physical therapy sessions in the gym and in the pool, he quickly graduated from using any assistive device and started walking on his own without difficulty. In fact, he wasn't feeling any more pain.

Within two months of his surgery, Bob reached full recovery with functional range of motion and strength of the left hip to warrant discharge from PT. He is very happy with the outcome of his surgery and his rehabilitation. Bob highly recommends Riverside to others and extends a big "thank you" to our staff for helping him.



Aubrey Scott's dream of an active lifestyle became reality after PT.

When **Aubrey Scott** was referred to us by Dr. James Van Horne of Paragon Orthopedics in Grants Pass prior to total knee replacement surgery, he felt significant pain in his right knee while walking. His daily activities had been limited for years due to the pain in his knee.

After his August 9 surgery, Aubrey came in for post-op knee rehabilitation. He was in significant pain and his right knee was moderately swollen. But Aubrey was a determined man, motivated by a desire to return to an active lifestyle. After just two months of PT, that dream became reality for Aubrey. He was discharged

from PT with full functional range of motion and strength in his knee. One month later, he said he was cutting wood with a chain saw and going for long walks without a problem. Aubrey thanks our Canyonville staff for helping him reach his dream.

PT Services Offered at Riverside

Women's Health

Riverside Physical Therapy now offers women's health services for patients in Canyonville, Roseburg, and nearby communities. Patients with urinary or fecal incontinence, pelvic floor dysfunctions, as well as pregnancy and post-partum issues can now be treated at our Canyonville facility and satellite clinic in Roseburg. Susan Sheely, MPT, is our expert and specialist for our women's health program. For more details, please see our website: www.RiversidePhysicalTherapy.org.

Orthopedic PT Residency Program

Since January, Riverside PT has offered an orthopedic physical therapy residency program for new PT graduates seeking a specialty in the field of orthopedics. Directed and coordinated by Dr. Edsen Donato, PT, DSc, OCS, CHT, CSCS, this is a 50-week residency program developed and led by nationally recognized experts in the field of orthopedic physical therapy. Residents receive training in advanced clinical practice using evidence-based guidelines, small group classroom/lab instruction, integrated and supervised independent study, one-on-one clinical supervision with clinical faculty while treating patients, and preparation for the orthopedic clinical specialist examination for board certification and diplomate status by the American Board of Physi-

cal Therapy Specialties. In November, the Riverside Orthopedic Physical Therapy Residency Program received full credentialing by the American Board of Physical Therapy Residency and Fellowship Education of the American Physical Therapy Association. For more details, please visit: www.RiversidePhysicalTherapy.org.

Aquatic Therapy

Since March, the Canyonville clinic has offered a state-of-the-art aquatic physical therapy program for patients with a variety of chronic neuromuscular and musculoskeletal conditions, including cerebral palsy, multiple sclerosis, fibromyalgia, rheumatoid arthritis, and osteoarthritis. However, the majority of our aquatic physical therapy patients have been pre- and post- total hip/knee replacements and they have excelled with this program. Riverside PT also offers aquatic therapy for patients at our Cave Junction and Grants Pass clinics. For more details, please see: www.RiversidePhysicalTherapy.org.

Positional Vertigo Treatment

Riverside Physical Therapy also offers evaluations and treatment interventions for patients diagnosed with benign positional vertigo. Patients who have been diagnosed with this condition typically receive only about 2-3 visits with a 90-95% excellent outcome. For more details, please visit: www.RiversidePhysicalTherapy.org.

*Riverside PT
now offers
women's
health services
for patients in
Canyonville,
Roseburg, and
nearby
communities.*