



# GREAT REFERRER

*hall of fame*

The Ortman Chiropractic Clinic Family grows when satisfied patients make recommendations to others in pain. We want to thank and salute these Great Referrers for helping others feel the relief with the Ortman Chiropractic Clinic.

**Myron Rosendahl**   **Ivan Yoder**  
**Madison, MN**   **Fredrickstown, OH**  
\$100 Ortman   1 week lodging  
Clinic Bucks   in Canistota



**ORTMAN**  
CHIROPRACTIC CLINIC  
PO BOX 157   CANISTOTA, SD 57012



**ORTMAN**  
CHIROPRACTIC CLINIC

FALL 2014  
NEWSLETTER  
(605) 296-3431  
WWW.ORTMANCLINIC.COM

# Celebrating 100 Years

*of Healing the Generations*

In 2015, we will be celebrating the centennial of the Ortman Chiropractic Clinic! It's not every day a rural, family owned business celebrates their centennial, so as this is a once-in-a-lifetime-event, we plan to celebrate throughout the year by showing our appreciation to those who helped make this possible...patients like you.

Since the beginning, patients have shared their stories with doctors and newly found friends at the clinic. The clinic has undergone changes in appearance inside and out during these last 100 years; however, one thing has always remained the same: friendly service, knowledgeable and caring doctors, and the *Ortman Technique*.

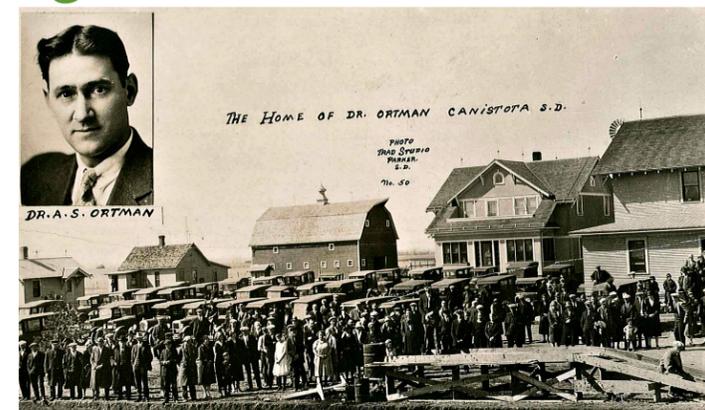
### THE CLINIC THEN: MAKING OF A LEGACY

Throughout the years, people have always wondered, "What is the *Ortman Technique*?" Rich with history, the *Ortman Technique* has been described numerous ways—from highly detailed explanations by our doctors to simple and flattering statements from our patients.

The *Ortman Technique* was developed over 100 years ago by a young farmer, Amon Ortman, who was unaware of traditional adjustment techniques. During downtime on the farm, Amon began "treating" family and friends complaining of back and neck pain by seating them on anything convenient such as a milk can, bucket, or wagon tongue.

As word spread about Amon's natural talent for relieving pain, more and more people traveled to his farm to get a treatment—sometimes staying for a few days. Realizing he had been provided with a unique ability and recognizing his enjoyment in helping others, Amon gave up farming. He then asked his brother, Noah, to join him and provide treatments to the people. Within a few years, Amon and Noah became licensed chiropractors and established the Ortman Chiropractic Clinic—home of the *Ortman Technique*.

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## Meet Dr. Nathan Ligtenberg

Ortman Chiropractic Clinic doctors are proud to announce a new addition to their team, Dr. Nathan Ligtenberg.

A native of Canistota, Dr. Nathan graduated from the Los Angeles College of Chiropractic in 2004 and practiced chiropractic for five years in Colorado. Dr. Nathan returned to South Dakota to help his brother open a fitness center in Sioux Falls. While managing the fitness center, he met Jessica Kerher, owner of Serendipitous Events by Jessica. Together they live in Sioux Falls with their one-year-old son, Nash Scott.

Returning to the Canistota area allowed Dr. Nathan to reconnect with friends and former classmates. Last fall, Dr. Nathan was asked to join the Ortman Chiropractic Clinic; he has been treating patients since July. You may recognize his Mom, Judy Ligtenberg, as she has been a part of our front desk staff for more than 30 years.

# CELEBRATING 100 YEARS *of Healing the Generations*

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Ortman Clinic clientele continued to grow and doctors at the clinic answered this growth through minor renovations. The largest renovation was in the 1970s when the clinic was expanded to accommodate more doctors!

The second generation of doctors welcomed the next generation to the family practice by enlarging the clinic to provide more treatment rooms, offices, a new X-ray department, therapy rooms, and laboratory. Dr. Donald Tomkins, former Roentgenology instructor of Dr. Tom, Charles and Lon, was hired to serve as the Radiology and Therapy Director at the clinic. *Read more about the history of the Ortman Technique in "A Touching Story" by Dr. Ervin Ortman, Dr. Amon Ortman's son, available for purchase at the Ortman Clinic.*

## THE CLINIC TODAY

Patients continue to come from all over the United States and Canada—some from families whom have been coming for generations. The clinic doctors continue to administer the *Ortman Technique* as it was a 100 years ago: while the patient is sitting and by primarily using firm thumb pressure to correct spinal misalignment and balance nerve, soft tissue, and joint functions to promote natural healing and overall well-being.

With the centennial comes another opportunity for the clinic to expand and adapt. The clinic welcomed a new doctor this summer, Dr. Nathan Ligtenberg, in response to the increase in patients. Later this fall, the front desk and lobby will be remodeled to address advances in technology and to modernize the interior. Doctors will continue to treat during this time.

During these last 100 years, thousands of patients have come through the Ortman Chiropractic Clinic doors, each sharing stories about their lives with doctors and others. Looking toward the future, we hope you continue to share your stories with us and the relief you've experienced from the *Ortman Technique* with your friends and loved ones so we may continue to heal the generations.



# SHARE YOUR STORY

In honor of our 100<sup>th</sup> Anniversary, we are creating a scrapbook that reflects a century of care and community to display in our lobby. A free, printed version will be available to patients to take home.

**What does the Ortman Clinic mean to you and/or your family? We hope you will share your memory of the Ortman Clinic or Canistota!**

**To be included, mail your story by October 31 to The Ortman Chiropractic Clinic, ATTN: Scrapbook, PO Box 157, Canistota, SD 57012.**

Please know that by sharing your story, you certify that you are 18 years or older (or have your parent's permission) and understand that your story may be used in the centennial scrapbook and/or for other promotional purposes (our newsletter). In addition, your story will only be labeled with your first name, city and state.

*Congratulations  
to Liz Heinzmann  
for five years of  
service!*

## ORTMAN CLINIC *Mail Bag*

### My Lifelong Experience at the Ortman Clinic

"In 1939 my father came to the Ortman Clinic for the first time. Our neighbors told him about this wonderful place of 'miracle healing'—no drugs, knives, appointments, and very affordable. My dad had been suffering from ulcers and hadn't eaten much in weeks because of the pain. After four treatments, he ate a healthy meal in the Hotel restaurant and never had any problems with ulcers after that. My father came back home and in two weeks, took me to the clinic. I was starting first grade in the fall and would probably miss a lot of school because I had bronchitis and coughed so much it affected my sleeping.

Back then we would stay in homes in town; we stayed mostly in the house now owned by the Ligtenberg's. There was usually enough bedrooms and one bath to share with all renters. As the years went by, more motels sprang up in town so we finally got to stay in a 'real motel'. On the way out to Canistota, I got car sick so we had to stop every few miles so I could get out and walk around for a few minutes (when we got back home Dad told everyone we walked to Canistota as it took us 12 hours instead of six hours). After about six weeks I had no more coughing or car sickness! My family came once a year for many years after that; bringing along grandparents, family, and friends that needed help. After I was married in 1954, I brought my husband here for help with his shoulder and acid reflux—he got results immediately. Three years later, we brought our infant son as he had a sleeping disorder. My doctor didn't know what it was; he would go to sleep and wake up in ½ hour crying in pain. After his last treatment he would sleep most of the night—what a relief that was!

My sister was suffering from Fibromyalgia so we came to the clinic; within the week, she started feeling better; in six months and another trip to the clinic, she was pain free from this disease.

Every time I come for treatments it seems I have a new ailment or pain for a doctor to work on. I have Meniere's disease, which is now very rare occasion for me, and Migraines that I have experienced for about three years now. My chronic back pain is kept under control with the 'miracle hands' of the Ortman doctors and a few traction treatments from time to time.

I have experienced 75 years of treatments at the clinic. Sometimes I come once a year, twice a year, or miss a couple years in between treatments—always wondering why I wait so long. I now live in Arizona and travel 1800 miles each year for my 'yearly overhaul'. I am very thankful my dad introduced me to the Ortman Clinic at a very young age and thank God for all the wonderful doctors and staff at the clinic—may God bless them all."

*- Darone  
Lake Havasu City, AZ*

