



ORTMAN[®]
CHIROPRACTIC CLINIC

SPRING 2018
NEWSLETTER

(605) 296-3431
WWW.ORTMANCLINIC.COM

New! Active Care Program

In early April, we officially launched our Active Care Program. This program is designed to help patients get educated on what stretches and strengthening exercises they need. These exercises will help stabilize and help manage chronic pain and mobility issues.

We offer four different group classes every Tuesday, Wednesday and Thursday. These classes include lower back, upper back/neck, lower extremities, and upper extremities. Our staff is fully trained by the doctors at the Ortman Clinic who collaborated together for the most optimal exercise program. The Ortman Clinic doctors feel educating the patient on prevention and strengthening in addition to treatments is a great way to enhance patient care at the clinic.

If you knew
a handful of simple
stretches a day could
help stabilize and increase
strength for improved mobility,

**wouldn't you
be excited?**





Check out our new website!
www.ortmanclinic.com

This new website features a "What's New" section for our clinic updates/reminders to our patients and Dr. Doug's Nutrition Minute videos.

A Visit To Waverly, IA

On April 4th through April 6th, Dr. Esser and the Clinic Manager Emily Petersen travelled to the Waverly Midwest Horse Sale in Waverly, IA. We wanted to show our appreciation to our patients, hand out goodies and inform patients of what we have to offer here at the clinic. The trip was a lot of fun and the horse sale was very interesting. We couldn't believe how large the draft horses are in person! We saw a lot of our current friends/patients, met new friends and most importantly spread the word of how important our treatments are to your health.



Patient education is so important to us and we plan on spreading more of it in the future. Thank you to all the fantastic people that made the trip very memorable.



Meet Diana Porter-Guhin



Diana Porter-Guhin began working at the Ortman Clinic August of 2017 as a Call Center Representative. She is responsible for answering

phones and scheduling patient appointments for the clinic. You will also see her helping out at the front desk when needed. She truly enjoys working with the many different people that come to the clinic and talking with the patients that call in. Diana feels that the Ortman Clinic is a wonderful place to work and looks forward to going to work every day. In her free time, Diana enjoys spending time with her family and her pets.

Calendar Of Events

- May 18-20 SD Free Fishing Weekend
- May 28 Ortman Clinic closes at 10 a.m.
- July 4 Ortman Clinic closes at 11:30 a.m.
- July 4-8 Laura Ingalls Wilder
- July 13-15 Laura Ingalls Wilder
- July 6-22 Laura Ingalls Wilder Pageant in DeSmet, SD
- July 12-14 Canistota Sport Days in Canistota, SD
- July 20-22 Laura Ingalls Wilder
- Aug. 3-12 Sturgis Motorcycle Rally

Testimonial!

"I was diagnosed with a large herniated disc in my lower neck, along with stenosis, spurring, and arthritis. Symptoms began as a lame left arm. It then progressively got worse each day with more pain, restless nights. It hurt to lay down, to sit, or to work. After six weeks of this, I decided to go to Ortman Clinic in Canistota. I took a week of treatments there, and went back home; I got very good results. About six weeks later I was feeling much better, and back to my normal work again. Thank you."

-Joe Stutzman, Orleans, IN

To share your story please visit our website
www.ortmanclinic.com or mail it to the Ortman
 Clinic (PO Box 157, Canistota, SD 57012)

NUTRITION CENTER



Dr. Doug's Nutrition Minute



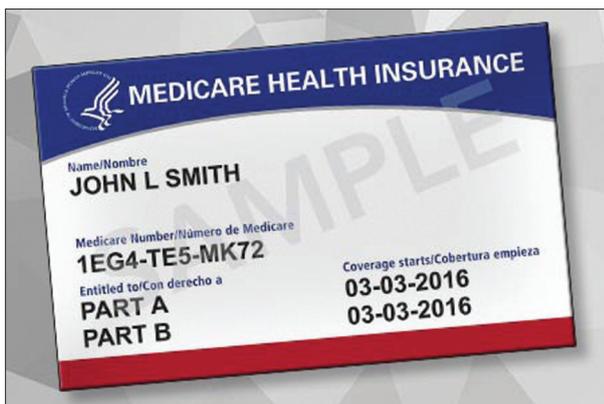
New Omega 3 Supplement by Tonic Sea "Omega 3 Smoothie"



This Omega 3 Smoothie Gel provides the Omega 3 fatty acids without the liquid oily texture, no large capsules and with no fishy taste (which is great for kids and adults). Two teaspoons provide 750 mg of EPA/DHA. This tastes great straight or mixed with juice, yogurt, oatmeal or blended beverages. Fruity Mango Peach flavor that is gluten free, non-GMO, dairy free, and sugar free. Purity guaranteed and made from Sardine and Anchovy.

Omega 3 fatty acids are an essential type of fat for our health. They may provide health benefits for heart health, depression, dementia, muscle and joint health, brain growth and brain and nerve function.

Attention Medicare Beneficiaries!



New cards for Medicare Beneficiaries are currently being sent to patients. When you receive your new card please bring it with you to your next visit so we can update our records.

Manager's Corner



Our Doctors here at the Ortman Clinic have been providing Health Talks for many years every Wednesday night to our patients. Patient education is a very important part of what makes this clinic the Ortman Clinic. To spice things up, the doctors want to travel.

This February, Dr. Ryan went to Buffalo, Missouri and provided a free onsite Health Talk at the local community center. It was a great experience for Dr. Ryan, current patients and now new patients/friends of the clinic. Since this went so well, the doctors at the Ortman Clinic would like you, the patients, to tell us where we should go next for our Health Talk. Please write, email, or call me and let me know your ideas! See you soon!

*Sincerely,
Emily Petersen, Clinic Manager
209 W Main Street. Canistota, SD 57012
605-296-3431 | emily@ortmanclinic.com*



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Great Referrer *Hall of Fame*

Remember how you felt when you walked through our door? Maybe you were at your wits end, tired of seeking answers to a health problem that wouldn't go away. Maybe you believed you would never feel good again.

Using the Ortman Technique, our doctors help return proper nervous system function to promote natural healing. We have received countless testimonials from patients throughout the last 100 years who returned to their desired health.

Our doctors have successfully treated a wide variety of conditions originating in the spine, joints and surrounding muscles and nerves. Conditions we have treated include back and neck pain, migraines, sciatica, pinched nerves and fibromyalgia — to name a few. Patients usually report relief from pain within a few days of their treatment. Specific conditions may require physiotherapies, supportive services or co-management with your medical doctor.

Do you have friends or family who might benefit from our treatments? The greatest gift you can give to them — and us — is the gift of referral. Tell them about your experience and ask them to give us a call. They will receive the same quality and focused care you have experienced.

We want to thank and salute these Great Referrers for helping others feel the relief with the Ortman Technique:



Henry Stutzman
Gilman, WI

Julianne Stahl
DeSmet, SD



BUSINESS HOURS:

Monday 8:00 AM - 4:00 PM
Tuesday..... 8:00 AM - 4:00 PM
Wednesday..... 8:00 AM - 4:00 PM
Thursday..... 8:00 AM - 4:00 PM
Friday..... 8:00 AM - 3:00 PM
Saturday.....Closed
SundayClosed

LATE NIGHT HOURS:

Open until 6:30 PM every first, third and fifth Thursday of the month.

HOLIDAY HOURS:

Open until 10:00 AM every weekday holiday; closed on Christmas.

