



Ortman Chiropractic Clinic

Clinic History & Patient Experiences



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Ortman Clinic doctors. Front row; left to right: Dr. Jay Ortman and Dr. Todd Weiland; Second Row; left to right: Dr. Ryan Ortman and Dr Derrick Ortman. Back Row; left to right: Dr. Nathan Ligtenberg, Dr. Ryan Esser, and Dr. Ivan Ortman.

Thank You

As a family-owned and operated chiropractic clinic, we understand the importance of tradition, value, and family. This is why we take the whole life approach when it comes to your health. Not only will we treat your current ailment, but we will also provide you with the tools needed to encourage positive lifestyle habits.

Throughout the years, we have received many testimonials from our patients, thanking us for relieving their pain and giving them back control of their life. However, we should be thanking you! Without you, we would be unable to do our life's passion of providing quality, focused care, and naturally improving overall health and well-being, one life at a time.

Thank you for your trust throughout the years. We look forward to providing the same compassionate care for your future generations.



About

The greatest testimonial we can receive is the trust handed down by our patients from generation to generation.

In honor of our centennial, we asked patients to share their experiences with the Ortman Clinic. These experiences have been compiled into this booklet in conjunction with the chronological history of the Ortman Clinic. Thank you to all who shared their story.

Disclaimer: Experiences appearing in this booklet were submitted by Ortman Clinic patients. Patient claims of actual diagnoses cannot be verified. They are individual testimonials, reflecting real life experiences of those who have experienced our treatments. They are individual results and are not necessarily representative of all of those who will receive our treatments. We do not claim they are typical results patients will generally achieve.

All testimonials included within this booklet are verbatim except for light correction of grammatical or typing errors. Some have been shortened when it seemed lengthy or if the whole testimonial was not relevant for the general public.

These testimonials are provided as a means for patients to share their experiences with one another and have been reviewed by doctors of the Ortman Chiropractic Clinic. In addition, these testimonials are not intended to make claims that our treatments can be used to diagnose, treat, cure, mitigate, or prevent any disease.



Dr. Amon (left) created the Ortman Technique and founded the Ortman Clinic.

He was licensed in 1925 under the SD Grandfather Clause. New laws governing chiropractic had a provision honoring experience which stated anyone practicing for 10 years could be licensed.

Dr. Amon's first office was located in his 1915 home pictured above.



Dr. Amon Ortman family (back row, left to right): Ervin, Clarence, Herbert, and Lester. Front row (left to right): Minnie, Dr. Amon, and Irene.

Ervin, Herbert, and Irene's husband, Stan, would eventually practice at the clinic.

Mervin of LaGrange, IN

I've had back problems as far back as I can remember. During my youth I had adjustments from various chiropractors with no lasting relief. At the age of 17 one more x-ray was taken and the doctor diagnosed me with grade 1 spondylolisthesis. The Dr. said, "Go home and walk, it's nothing serious." Yet there were days and sometimes weeks when I couldn't walk on account of the pain.

When I was about 20 years old I took a job directing traffic at a local flea market. A co-worker who had knee surgery suggested I get in touch with the renowned Orthopedic surgeon that repaired her knee. His practice was at the Masonic Hospital in Chicago. Appointments were made and an examination by the surgeon confirmed the chiropractor's diagnosis. He prescribed a custom made back brace from a firm in Chicago. The appliance helped relieve some of the pain, but it didn't solve the problem.

After a period of time the doctor decided surgery was the only option left. Now I had two painful areas in my lower extremity as the donor site proved to be very painful. If I laid on the floor I could slide a canning jar under my back. In the six months prior to the surgery I slept about 85% of the day due to the spinal cord being crushed between the spondylolisthesis and a ruptured disc effectively diminishing the oxygen supply to the brain. It came to the point where my body wouldn't function properly and I had lower back pain to no end.

Stomach pains became a problem for the next 15 years. In the next nine years the pain wasn't quite so severe, but it was more over the whole of my back. My organs, besides the stomach, were sluggish and it affected my everyday life. My wife had been urging me to go to the Ortman Clinic for quite some time but I was "gun shy" at trying all those remedies recommended by well-meaning friends and neighbors, being nothing seemed to help my condition.

I determined I had nothing to lose, so I made an appointment with the Ortman Clinic. After two weeks of treatments, and in a couple months time, I was almost 100% free of lower back pain and my body functions were pretty well normal again. I felt more like a human being again going from a dark to a brighter day.

I try to make the 750 mile trip to Ortman Clinic twice per year. My doctor has explained the importance of keeping my back muscles loose and free of tension.

Ruby of Hillsboro, WI

When I was in seventh grade my back gave me a lot of trouble. It was not unusual for me to just watch the games at recess since my back didn't like that type of exercise. However, at home I helped with chores on the farm (as I still do) and did a lot of heavy lifting and carrying. Plus, I didn't know much about daily exercising for my back. So it seemed the problems worsened rather than improved.

I frequently got adjustments at home and though the process was sometimes painful, I would be glad for temporary results. I also quit carrying such heavy loads, which of course helped. Still, I constantly wore back support and during the next summer there were common jobs I simply couldn't do.

The winter I was 15 I had my first trip to the quaint town of Canistota, by then I was convinced adjustments didn't help me. The five treatments I got that week at the Ortman Clinic were by far the best I ever had! I thought it was so wonderful getting treated in the neck without having it twisted!

My doctor did a great job of finding the right spots without treating too hard. X-rays were also done to determine the extent of my scoliosis and check for other things. I had no major issues so it wasn't like walking out the door feeling completely different. But the lasting relief I got was still a miracle; this is the only kind of treatment I've gotten so far that has such lasting results.

I've been there two times now. I have other family members who also get occasional treatments here and they like it too. We think it's worth the distance to travel to get such quality treatments from a team who cares.

Perhaps I get a backache sooner than my friends, but I feel like I can keep my back problems in check with three things: be careful, do regular exercises, and visit the Ortman Clinic.

Lydia of Wisconsin

This is the second time I'm here and my doctor has done a good job on my back and knees, thanks to God! A clean and a good place to be. Good food and good hospitality. Met lots of good friends, known and unknown. I recommend these treatments to anyone.



Dr. Amon Ortman's farm seven miles southeast of Canistota in 1927.

A local newspaper reported, "There was a double line of cars one-half mile long on the section line that could not find a parking space in the yard. This is the average crowd each Monday." As appointments were not required and time was limited, some patients would have to come back the following week.

Dr. Noah Ortman was asked by his brother, Dr. Amon, to help him treat patients on his farm. Together, they were able to treat 400 patients per day. They charged \$1 per treatment.

Dr. Noah was also licensed in 1925 under the SD Grandfather Clause.





Patients arriving by train from Canistota, Marion, and Monroe often needed a ride to the clinic on Dr. Amon's farm.

Emil Ortman (right) and friend, Ed Klinkel (pictured with Emil below), operated a taxi and bus service from 1928 to 1931.

In addition to providing transportation to and from the train depot and homes, Emil would also provide tours.

Some patients staying for a week would pass time hunting. Pheasants were abundant in South Dakota and made a good meal. In the bottom picture is a group of men coming back from a pheasant hunt.



Janette of Wisconsin

I have arthritis and suddenly my knee swelled up and was very painful. I went to a medical doctor, who removed some fluid, which relieved some pain, but didn't last very long. So I became a 'couch potato' for more than a month, using a wheelchair or walker to get around only when necessary.

The doctor told me the only fix would be a knee replacement. After my first treatment at the Ortman Clinic, the terrible pain went away. After the second treatment, I could walk. The third treatment just made everything feel better. It just continued to get back to normal and I'm doing just great! I recommend your clinic to everyone for everything! I just wish we lived closer, and I hope the patients who live close-by appreciate how fortunate they are!

Noelle of Holmen, WI

My great uncle George Weber, 89, is in a nursing home due to old age. During one of my visits, George told me a story about traveling to South Dakota to the Ortman Clinic back around 1945, and how his life was completely changed. He said he is who he is today because of your treatment!

When George was 19, he began fainting several times a day. He went to several different doctors, including the Mayo Clinic; however, no one had the answer. His fainting spells progressed for 5 or 6 years until they were so bad that they affected his bladder control. In his 20s, George was not able to live on his own. He had to wear diapers and be taken care of by his mother. Although not even close to 'crazy,' he was almost placed in an insane asylum.

Thankfully, George's father ... overheard someone talking about the Ortman Clinic, and thought that maybe he could help his son. George told me that if it were not for your family and your treatment, he would not be here today. He would never have gotten married, nor lived independently. Uncle George is truly grateful to your family!

Isabell of Luverne, MN

Having tried Mayo Clinic, traction, a back brace, TENS unit, physical therapy, acupuncture, medications, orthopedic doctors, conventional chiropractic, massage therapy, yoga and various other modalities, I found the answer here!

Holly of Tahoe Vista, CA

I just want to thank you so very much for helping my family. I brought Mike out there hoping you could help. He was on seven Vicodin a day, 750 strength, and for 18 months he suffered through therapy. He had a machine that shot something into his spine at \$1500 a shot, and he had seven of those over 18 months! Since he had his own cleaning business, he couldn't just stop and rest so he kept putting off going to South Dakota.

He was so amazed after his first session that he didn't take his pain pills on the second day, and he hasn't had to take any pills since! He just can't say enough about you. He told my daughter to get out there. My two sisters, Bonita and Lila, were just out there and are pleased also. Everyone I have ever sent out there is better. You saved Mike from a back operation he was supposed to have this month.

Mark of Aberdeen, SD

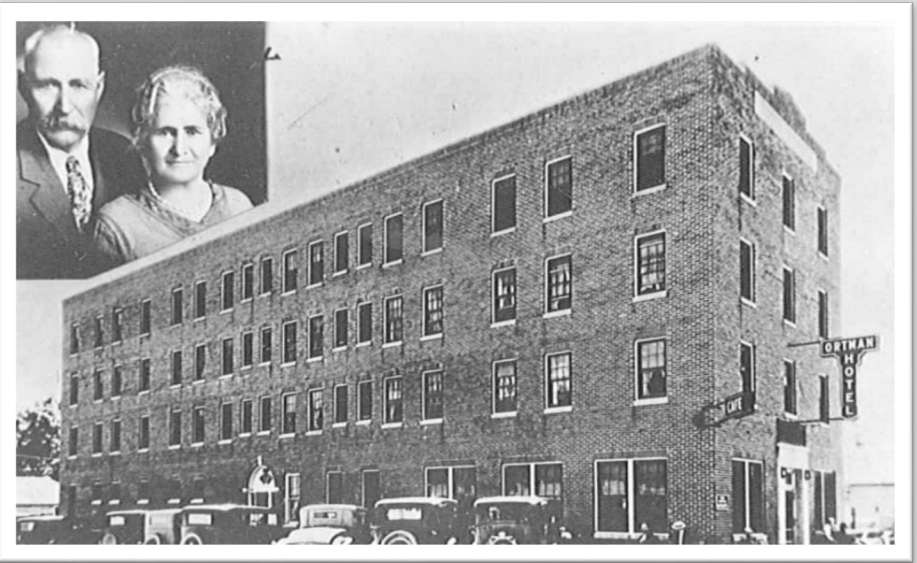
"We give people hope." Those are the words that I heard on my first appointment at the Ortman Clinic. After having back surgery in 1987, I was diagnosed with 'failed back syndrome.' I became very depressed and began to lose hope. The doctors would say, 'Learn to live with it.'

I went to the Sister Kinney Spine Institute and the Mayo Clinic in Rochester seeking relief from back pain. I got to the point where getting out of bed was difficult — and lying in bed brought some relief. I was unable to walk for more than a short time and had to lie down.

After the fourth treatment at the Ortman Clinic, my back pain was reduced 50%. I started to walk more and sit longer; I could even drive the car! All of this is a result of the hope and treatments I received at the Ortman Clinic.

Sarah of Canton, MN

I was here several times as a little girl and then as a teenager. I have been coming almost every year since. Because of my doctor, I have enjoyed a lot of time pain free and when it comes back, I know it is time to come again. I would recommend the Ortman Clinic to anyone that has something to complain about, on top of the great care we get, it's a nice little town to stay.

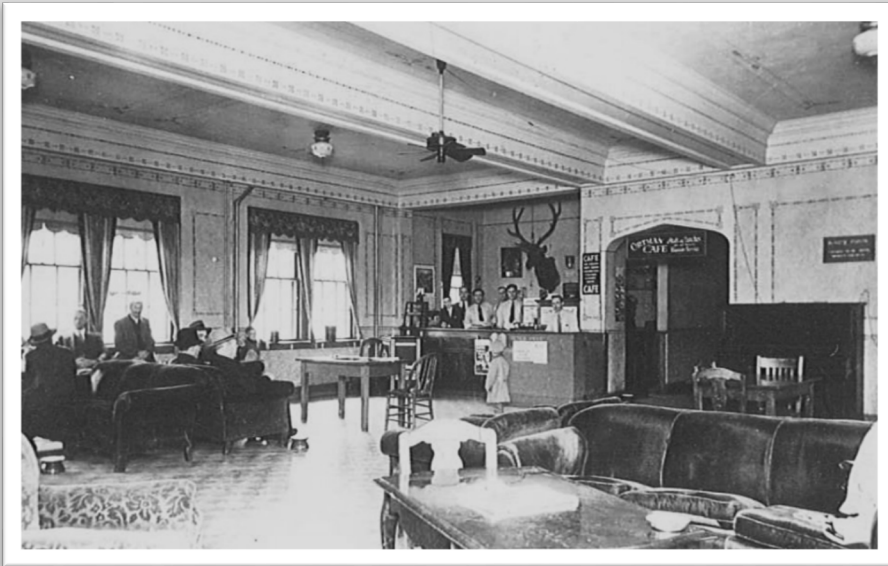


To address the ever growing needs of lodging, Drs. Amon and Noah built an 80-room brick hotel in Canistota for \$80,000. Each room cost \$1.50 per night. The hotel was completed in 1929 and is still in use today; including the original Otis Elevator. Drs. Amon and Noah's parents are pictured in this postcard of the Ortman Hotel.

Einar Gaarder (left) and **Ed Klinkel** (right) were trusted friends of the Ortmans. Einar began as a clerk for Dr. Amon in September 1924. He collected hotel room fees and payments for treatments. In the summer of 1929, 800 people were in line for registration at 4:00AM.

Ed ran a taxi service with Emil Ortman and was part of the Ortman Corporation responsible for building the Ortman Hotel.





The Ortman Hotel included a large lobby which was often overflowing with patients. When the hotel was full, patients would often stay in tent camps by the train depot or in rooms located in the homes of Canistota residents.

Dr. Noah would visit the hotel to address the needs of patients who were unable to travel to the clinic on the farm.



The café located inside the Ortman Hotel included a soda fountain. On the night of the Hotel's Grand Opening (April 1, 1929) the main course was Baked Burban of Red Turkey, Walnut Dressing, Cream Whipped Potatoes, and Cream Peas in Cases. Fruitcake with Hard Sauce and Orange Sherbet, were served for dessert.

Donna of Maysville, KY

In addition to getting relief from back pain, just coming to Canistota is a vacation on its own. The town is simple and quiet and the facility here at the Ortman Hotel is clean, friendly, and very relaxing.

The best way to describe the contrast of stepping out of our busy schedule at home and taking time to come receive care for ourselves is: *have you ever been out on a speed boat with throttle wide open racing along over the water?* Once you arrive at Canistota this is the no wake zone. You get a chance to rest, rest, rest, read, visit, and rest some more. For me, this is as important as the treatments at the clinic.

I really appreciate the honesty from my doctor in that we always want a cure or fix, but there are times when this does not happen. I need to be grateful for the days of relief.

Mose of LaValle, WI

This is my fourth trip out here. I like the nice friendly town. I fell off a house roof when I was 21 and broke a few bones in my back and ripped out the right shoulder socket. Three years ago, I fell hard on the ice and broke bones again in back. Now a week ago a tree branch got the best of me.

However, all you have to do is sit in the lobby for an hour and you see your problems are minor. Sure hope all the friendly people can get help and the doctors and staff will be blessed.

Edna Fern of Howe, IN

In 2007, I began coming here for my lower back problems and other related problems, and oh, the results to be felt afterwards were great! It is a great place to come too—so quiet and peaceful, a wonderful staff, caring, upbeat, making sure you have everything you need.

This little town has a way of relaxing you, leaving your cares at home and rest, rest, rest. And meeting old and new friends, I always look forward to coming. My folks had been coming here many years ago when Dr. Ervin was treating. Thanks for welcoming us and making us feel at home.

Denae of Glasgow, MT

Coming to the Ortman Clinic and Hotel is like coming home to an old friend for my family. My grandfather came here many years before I was born and the family continued to come through the years. We would always be so excited to pack up our stuff and come relax for the week.

The first time I was here, I was a baby and my dad had a severe back injury and could not work. One week here and he was good to go again. We started out with Dr. Wayne and through the years, we always enjoyed coming to tell him what was new in our world and have him help us recoup from our latest mishaps. When he retired, we went another doctor and he has been excellent as well.

After breaking my nose in a nasty fall in 2006, Ortman Clinic was the only thing that brought relief and started me on the road to healing! We have referred so many friends and family down here through the years who were able to avoid surgery because they came here first. But it's the overall "When you're here you're family" experience that makes Canistota feel like home!

Lois of Devil's Lake, ND

My first memory of the Ortman Clinic was in 1942. My dad was seeding our farm crops near Devils lake and developed very painful lower back pain. He was bent over forward and took the bus to Sioux Falls and then took transportation to Canistota. When he returned after a series of five treatments, he was walking upright and free of pain.

Later in 1942, he had a different backache and I had hay fever so we drove to Canistota. This series of treatments relieved my hay fever and my dad was as thankful as our family was for our improvement.

After I married, we learned we could not have children so we adopted two sons and two daughters. We learned that the smallest twin was not developing as fast as her sister. Our family doctor had no answer for us. So we decided to take Lisa to see Dr. Amon. She was three years old. Dr. Amon said he could help her and he did. She began walking at age four. Our hearts are still full of gratitude. She is now living in her own apartment with supervision by her sister, has a job, and is happy. I have received a lot of help also, to exist more comfortably with my arthritis.



Pictured above is the Ortman Hotel and Pemberton House. The Pemberton House was torn down to make place for the Ortman Clinic.



In 1937, a new clinic was built on the west side of the hotel. Drs. Amon and Noah now had a building dedicated as a clinic within Canistota. There were eight treating rooms, a spacious lobby, and registration desk. Dr. Amon would practice at the clinic until his death in 1956.



Dr. Herbert Ortman, the oldest and first son of Dr. Amon, practiced at the Ortman Clinic from 1938-1986.

"Dr. Herb served as mayor of Canistota from 1944 to 1946 and was a State Representative in the South Dakota Legislature from 1954 to 1958. As a State Representative, he was Chairman of the Public Health Committee. He worked diligently to rewrite laws related to nursing education and practice. He also worked on rewriting all statutes regarding education.

Dr. Herb helped charter the Lion's Club in Canistota. He also served on the National Council of Chiropractic State Licensing Boards and helped establish the new corporate structure. He served on the National College of Chiropractic Board. He assisted in the planning and construction of the new school building in 1964. In conjunction with the State Game and Fish Department, he was instrumental in promoting the building of Lake Vermillion Dam.

Herbert Ortman contributed to the growth and development of South Dakota at the community level, state level, and at the national chiropractic level. He was inducted into the SD Hall of Fame in 2002." (Source: www.sdhalloffame.com)



Dr. Herbert is pictured above with sons Doug and Don receiving the SD Chiropractor of the Year award in 1962. Sons Doug and Wayne (not pictured) would become chiropractors at the Ortman Clinic.

Jan of Marion, SD

My name is Jan and I was having a lot of back pain so I went to my medical doctor. He sent me to a neurosurgeon and I was diagnosed with lumbar stenosis, severe degenerative disc disease, and arthritis. The surgeon suggested doing lumbar fusion surgery. I really didn't want to do that. My daughter talked with her doctor and he felt he could help me without having surgery. We started out with two treatments a week, then went to weekly, and eventually twice per month. I could tell a difference after just a few treatments. I now have almost no pain and have begun exercising on a Nu-Step 25 minutes a day. I am very grateful for my doctor and his ability in relieving my pain and avoiding surgery.

Bernie of Beaver Creek, MN

By the end of May I had severe back pain. My doctor suggested physical therapy. I went to this for about a month, went to two different chiropractors then went to surgeon at my doctor's suggestion. I had an MRI done, two steroid treatments, and one epidural-nothing helped. I was now using a cane. The surgeon said there was nothing he could do for me and suggested acupuncture instead. After two treatments, I threw away my cane. My husband and I cannot believe what he has done for me. I would suggest to anyone with pain to go to the clinic.

Barbara of Wadena, MN

My very first visit was back in 1987 and I had good results thanks a lot to the doctors. I came back once in awhile after that, but not often enough. In 1990 I was married and here a few times with my husband. About four years ago, we came again when my husband had back problems, it was so bad he couldn't bend down to put on his shoes. We always wait too long. In January 2014, the doctor said no later than six months, but we decided to go sooner so we were here again in March. Thanks for the good work and our stays are always enjoyable.

Ardis of Conde, SD

I can't thank you enough for the relief I got in my neck and head pain. Many nights I cried with pain in my head. Once again I am able to walk without it hurting. I would recommend the Ortman Clinic to anyone.

Harvey of Brown City, MI

We have been coming here since 1996. A few years ago, I had a runaway with a horse and a cart flipped over and landed on my head and left shoulder. So I have a herniated disc in my neck, which I have gotten good results here at the Ortman Clinic. I would recommend anybody with problems to try Ortman Clinic. I think it is amazing how the Ortman family has stuck together to make this a wonderful, relaxing place to come.

Harold and Carol of Montana

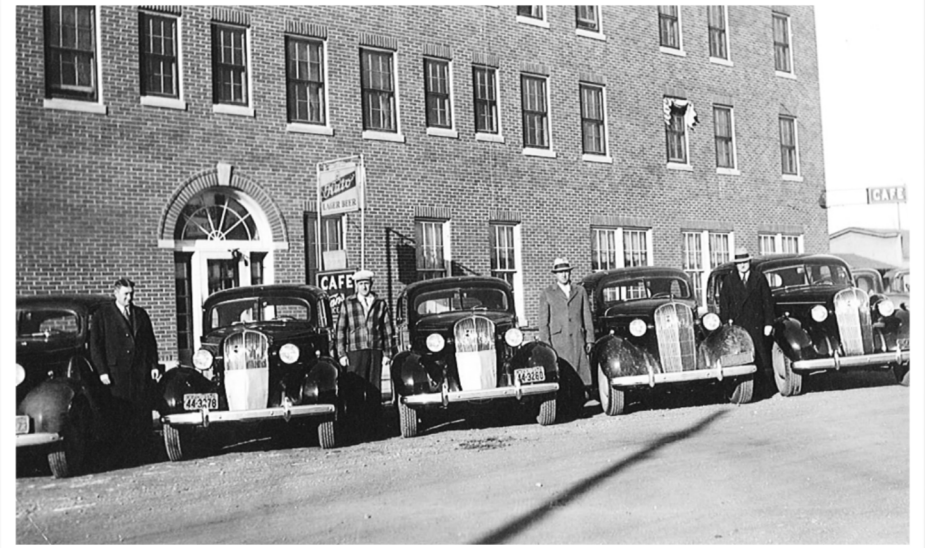
We first came to your clinic in September, 1967 with a daughter who was five months old and had wry neck. We had tried the medical doctors and they could do nothing for this condition, so we contacted you and you said you thought you could help.

By the time we got back home, her neck was almost straight. We have visited your clinic about 15 times these last 46 years, and I can say we have always received help. You have helped our knees, our backs, our shoulders, and our feet. We brought our son in 1975 when he was two years old and received good help for an asthmatic condition. Our daughter is doing well and is now a grandmother. Our only regret is that we live 800 miles away!

Garry and Gloria of Sioux Falls, SD

In the late 60s my wife, Gloria, was admitted to Sioux Valley Hospital as she was having extreme chest pain. Day by day there was no progress, even though she was receiving all the medical help of the day. After a week in the hospital and still suffering from the same problem, she was sent home by ambulance and instructed to stay in bed. The prognosis was virus of the heart muscle.

One night we received a call from one of the Ortman doctors and he asked if he could stop by and see Gloria. Almost instantly he discovered her problem and made the necessary back adjustment. He called it intercostal neuralgia and explained to Gloria that due to the back misalignment, the nerve endings in the chest were giving the sensation of a heart attack. She immediately got up and was greatly relieved of the pain. We were so happy with the treatment and disappointed with the medical diagnosis.



Dr. Amon loved Buicks and was known to purchase a new one every year. He would often travel as far as Aberdeen, SD to provide treatments for patients unable to travel to the clinic.



This photo was taken in September of 1947 in front of the clinic. Drs. Herb, Amon, and Noah are pictured in the front row on the left. Registration for these patients was handled by Einar Gaarder and Virginia Stanley. A normal work day consisted of 12 hours.

Dr. Amon would retire in 1949, only to return in three months.



Dr. Ervin Ortman practiced at the Ortman Clinic from 1950- 2003; the longest of any Ortman doctor.

Dr. Ervin was active in the chiropractic community and his hometown of Canistota. He also authored the book, [A Touching Story](#), a first-hand historical account of the Ortman Clinic

In 1982, Dr. Ervin received the SD Chiropractor of the Year award. He established the South Dakota Chiropractic Foundation. and assumed leadership in the creation of the SDCA History of Chiropractic Committee to work in conjunction with the National Association for the History of Chiropractic. In 1984, he received an award from the International College of Chiropractors Award.

Dr. Ervin served on the board of Canistota Schools for 12 years (10 as President), the United Methodist Church in Canistota, Dakota Wesleyan University in Mitchell, and a Methodist Retirement Center in Sioux Falls.

Dr. Ervin contributed to the chiropractic profession, the youth of the Canistota community, and his church.



A successful fishing trip, despite the loss of a boat motor, near Bancroft, SD. Pictured left to right: Dr. Ervin, Earl Janisch, Martin DeKramer, Clarence Ortman (Dr. Ervin's brother), and Dr. Amon Ortman

Jolene of Spring Valley, MN

In the winter of 1986, I was going into work when I slipped on some ice. I didn't fall, but I twisted my back.

My local doctor sent me to the Mayo Clinic in Rochester, MN. After many tests (some not so fun) and many doctors, they finally decided that my brain was telling my feet to move but my feet were not getting the message and in a short time I wouldn't be able to walk.

My friends had been coming to the Ortman Clinic for many years and had been encouraging me to give the clinic a try; they said "what did I have to lose?" One Sunday morning I was in terrible pain. My feet and legs would not do what I wanted. My husband said he thought I should give the Ortman Clinic a chance because the Mayo Clinic couldn't do anything. I tossed my things in a suitcase and off I went. I didn't have a motel reservation, all I knew was that I had to be in the hotel lobby by 4:00PM so I could register to get my appointment and time to see the doctor Monday morning.

My appointment was made with Dr. Ervin and I explained what had happened and what the Mayo Clinic had said. Dr. Ervin examined me and said he didn't know if he could help me and asked if I would give him a couple days to try. On Tuesday he said he was sure he could help me and by Wednesday I could kick my foot way up and touch my hand. By the end of the week I was walking with no problem. When I got home I had to stop at my local doctor to get a return to work slip. He asked if it would be okay if he checked me over. He had me bend over to touch my feet, lift my legs, and etc. He couldn't believe what he was seeing. He said it was a miracle. He asked if I would tell some of his other patients about the clinic and my results, I was glad to.

I have been coming to the Ortman Clinic almost twice per year for almost 29 years. I am still walking thanks to the Ortman Clinic doctors, and all staff, present and past.

Connie of Wellington, OH

About 50 years ago you changed my dad's life when you successfully treated his back problem. He is now 91 and has enjoyed decades of farm and shop productivity!

Mary of Brewster, MN

In the late 1950s my father was suffering from a bad back due to lifting the heavy milkers from milking cows. A neighbor told him he should go to the Ortman Clinic and see Dr. Stanley Weiland. The change was immediate, so my mother also took treatments and was helped for whiplash from a car accident.

I hurt my back while working in a restaurant and slipped on the ice, which rotated my knee out, so I also went to Dr. Stan. Later, I started seeing another doctor who kept my back problems under control and became concerned about my general health. He referred me to another doctor to address those concerns and he dealt with my medical problems.

My husband, daughter, and granddaughter have also been helped. We live in Minnesota and don't mind driving the 100 miles.

Karen of Roland, IA

Many years ago my husband, John, and I came to the Ortman Clinic. John's bad knees hurt, pain and all. I went for severe migraine headaches, five treatments, and I haven't had any since.

Later I had a sciatica condition in both legs--five treatments took care of me. I was pain free for one year. I also have had my sinuses worked on. John calls this our yearly body tune-up. Treatments really relieve stress and the lectures are informative. Listen to your body it will tell you when it's time to return for treatments. I'm so grateful and thankful we were informed by a friend about the Ortman Chiropractic Clinic years ago. Treatments will work even after you are home

Ruth of Springboro, PA

In February 2011, we were asked by a cousin to go along to Canistota as my husband was having so many migraine headaches. We feel we received great benefits as my husband didn't need chiropractic care for three months. I got care with a lower back problem. I could stand to sit longer after having good adjustments.

We really loved the dry winter air in February, plus we were overjoyed to see how they put their snow in the middle of the road. Memories we'll treasure rest of our life.

Dr. Stanley Weiland practiced at the clinic from 1950-1986. He was the husband of Dr. Amon's only daughter, Irene.

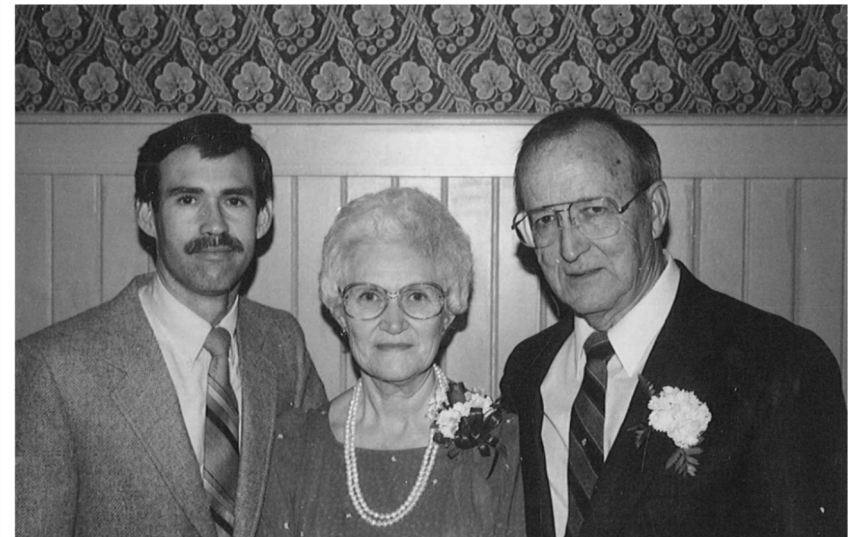
Dr. Stan served his country in WWII prior to becoming a chiropractor.

At the community level, he spent years on the city council, was chairman of the United Church, President of the Men's Club, Lions Club and member of the American Legion. Dr. Stan was also active in the building and fund raising for the Canistota School Auditorium and chairman of many athletic banquets.

In 1985, Dr. Stan received the SD Chiropractor of the Year Award.

From soup suppers to pancake feeds, or banquets to be organized, and fundraising to be had, Dr. Stan was always involved, always available, and always got things done.

Dr. Stan contributed to his country, community, and his church.



Dr. Stan (far right) is pictured with his wife, Irene (Ortman) and son, Dr. Lon Weiland.



In 1952, the clinic was enlarged to include four rooms and a lobby large enough to seat 100 people. Appointments were not required, so people stood in line hoping to receive a treatment. During this time, the number of patients was often more than the population of Canistota.



Pictured left to right is Dr. Herb, Dr. Noah, **Virginia Stanley**, Dr. Stan, Einar Gaarder, Dr. Amon, and Dr. Ervin at the registration desk. Notice the large microphone used to call out patient names over the crowd.

Scott of Lake City, SD

The headaches went away a week after the treatment and haven't had a headache since. You gave me my life back.

Raymond of Lodi, CA

In 1934, my father could not raise his head from his pillow. Our neighbor, Marion, and him drove down to Canistota from Mobridge, SD in a 1928 Chevrolet on gravel roads. He took his treatments sitting on a cultivator tongue out on the farm. They joked about driving all the way down there and nothing was happening. After the third treatment they could hardly make it up the three steps to get in their room. He was never bothered again; he was cured.

When I got married in 1948, my wife had hay fever and asthma so bad she would sit up to sleep. After five treatments, she never had it again. We moved to California and every few years we would stop in Canistota and take five treatments. My wife passed away 12 ½ years ago due to heart problems. I am 89 years old (I must have done something right). I tell everyone about the clinic.

Leanna of Kalona, IA

Thank You from all of us for what you did for all of us already. As you may remember Baby Carolyn and I were there a month ago. She is a completely different baby. She sleeps all night long, plus some good long naps thru the day. The first Sunday we were home one lady commented on her being a walking testimony! So, I am guessing you'll be getting some more babies from Kalona, IA. Right now she's giggling in her crib to her toys--everyone enjoys her now.

Iris of Cross Plains, WI

My first visit was April 2009. Having a swollen disc pressing on the nerve to my right leg, I went home pain free. I had epidurals in my back every three months at a pain clinic for 21 months. The last one did not help and the doctor said I should think of having back surgery.

Three months later I heard of the Ortman Clinic and have come twice a year ever since. Our doctor has helped a sore shoulder and a trigger finger as well as my asthma. I am 83 years old and now pain free; we consider this our vacation.

Mary of Canton, MN

I first came when I was 12 in 1985. I wasn't strong at the time having had Rheumatic the year before. I recovered from Rheumatic, but I have been coming back about once a year since. My muscles (in my neck especially) tighten up very much. I also get some relief from depression. It's been a great help. Don't know what I'd do without these treatments. A nice quiet little town makes it a nice place to stay.

Aaron of Ronks, PA

In 2006, I could hardly work anymore as I had four herniated discs in my neck. Doctors gave up on me back home. Then one of my aunts came to me and said they are coming and want to bring me along. I thought I have nothing to lose, as it seemed like no help at home except surgery. I never regretted it that I came along.

All the doctors have a nice attitude and the staff is very friendly and helpful. We have 1400 miles one way, but it is worth it to go so far. I have been helped tremendously. It is also a good vacation for my body as you have time to rest after your treatments, which I think is helpful. I also want to compliment on how clean it is at the Brick Hotel and restaurant. Keep up the good work.

Menno of Norwalk, WI

I started coming out in 2010. Family and friends had tried to get me to come before. I said I would come out to please them one time as I couldn't believe it was as good as they said. I couldn't believe how much better I felt after a couple of treatments. I have had a lot of neck, shoulder, and lower back trouble and I can really feel a great difference. But, what I feel the most is how much better my heart works, I have had two heart surgeries, one in 2008 and in 2010. The Drs. and staff are tops and a nice hotel and quiet town to relax in.

Harriet of Breckenridge, MN

In the early 1980s I came to you with frozen shoulders. I had a hard time combing my hair and had to go to front zippers in my slacks. By Wednesday of the week I began treatments, you had broken the calcium building in my shoulders. I had movement and I have been fine ever since.



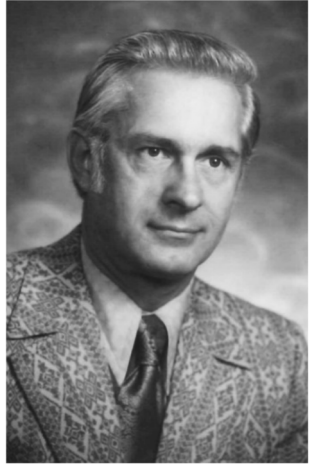
Pictured above left to right are Drs. Herbert, Noah, Amon, and Ervin Ortman and Dr. Stan Weiland posing with a plaque presented to them from the City of Canistota.

The Ortman doctors were instrumental in the economic development of Canistota. Prior to Drs. Amon and Noah becoming licensed, progress in the small, rural railroad community of Canistota was just beginning. It wasn't until the late twenties when Canistota saw a large influx of visitors due to the Ortman Clinic.

This arrival of visitors prompted businesses, the need for modern sewer and disposal systems, and water mains; in fact "Canistota became one of the first small cities in the state to have such a complete and modern water and sewer system." Roads were also paved to accommodate those traveling from a distance.

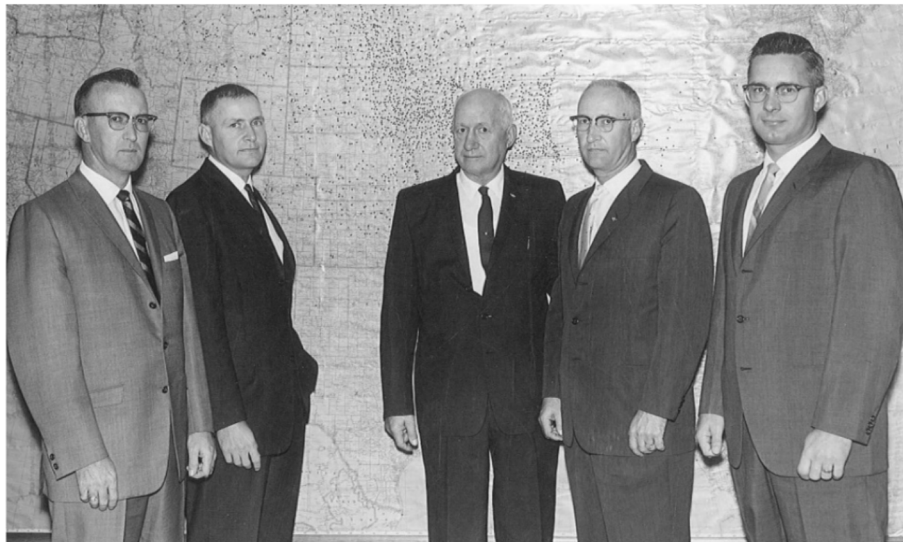
In 1952, the City of Canistota presented a plaque to the doctors at the Ortman Clinic for "appreciation for years of service to our community and humanity."

Today, doctors continue to foster the growth of Canistota through monetary donations, civic service, and time.



Dr. Dennis Ortman, son of Dr. Noah, practiced at the Ortman Clinic from 1958-1979. He was the only son of Dr. Noah to ever practice at the clinic.

Dr. Dennis eventually left the clinic and moved to Colorado.



Drs. Stan, Ervin, Noah, Herb, and Dennis stand in front of a map pinpointing the location of patients in 1960.

Dr. Noah Ortman died in 1968.

Rodney of Newman Grove, NE

I started having low-back pain 23 years ago after a work injury resulted in surgery. After I lifted too much four years ago, my lower-back pain returned. The pain was severe and my foot began to drop, causing me to stumble easily.

I saw a medical doctor who did an MRI, diagnosed a slipped disc, and scheduled me for surgery. My brother suggested the Ortman Clinic doctors, and they thought they could help. I had my first treatment the day before my scheduled surgery, and continued with treatments at the Ortman Clinic. Now I'm able to walk without stumbling, get on the floor with my grandchildren, sleep in my bed, and am looking forward to umpiring baseball!

I also had treatment on my knee, and the pain has never returned. The cost of a shot by the MD for pain was five times higher than an Ortman treatment, and the shot never helped. Your treatment is the best money I've ever spent! And the girls at the front desk are also awesome! I'll continue to come to see you the rest of my life when I feel the need. Driving three hours, one way, is worth it.

I have referred many people here for treatments and have not heard any complaints. It amazes me that I just about went through another unnecessary surgery that would have cost thousands of dollars, and it may not have helped! All I had to do was come to the Ortman Clinic to get help.

Collen of Humboldt, SD

After having an MRI which showed I had lumbar stenosis, Grade I spondylolisthesis, degenerative disc disease and degenerative joint disease, I came to the Ortman Clinic. Before I started treatments, I could walk 3-6 blocks and then would have to stop because of the pain. Now I am able to walk two miles. When I first started at the clinic, I was going once per week. I now go in every 4-6 weeks for a treatment. I am very pleased with my progress since going to the Ortman Clinic.

Ella of Bellville, OH

Canistota is a very nice, friendly town, a clean place to stay, and good food to eat. Doctors are doing a great job. Is a long ways from home, but so worth it. I have a lot of shoulder and lower back problems (spine is deteriorating), and lots of headaches. They do such a good job helping me.

Iris of Embarrass, MN

I had infantile paralysis (polio) as a child and had to regain the use of my right leg. With lots of therapy, I was able to overcome and lead a normal life. Now, in later years, I have developed post-polio syndrome, which is irreversible as to restoring the muscles that the original disease destroyed. However, the Ortman Clinic has helped me to have a mobility and quality of life that I would not have without the treatments.

Erin of La Crosse, WI

I am so grateful for the treatment I received at Ortman about two years ago for Irritable Bowel Syndrome. The treatment I had reduced my symptoms by nearly half! The doctor was so considerate, compassionate, and professional. He really made me feel like I was worth feeling better. Conventional medicine has never been like this! I plan to return to your facility with my husband for treatments. I wish you were located in Wisconsin so I could see you whenever I wanted!

Mrs. Wagler of Monticello, KY

My husband has a light touch of M.S. In the Spring of 2010 he was having quite a bit of problems and walking with a walker. He was going to the chiropractor once (or) twice a week, so we got an MRI done on his back. He had some spurs and also a herniated disc. We were looking into back surgery when two of his uncles said, before he does surgery, they wish he would try Ortman's. Well, I didn't think a person would go so far to a doctor. Long story short — we sent his MRI to Ortman's. The doctor looked at it and said he feels he could help. So to Ortman's we went. My husband has received more help from Ortman's than he has anywhere else. We praise God first of all for his healing, and then we thank the people at Ortman's. The people at Ortman's are very friendly and helpful.

Margaret of Niagara, WI

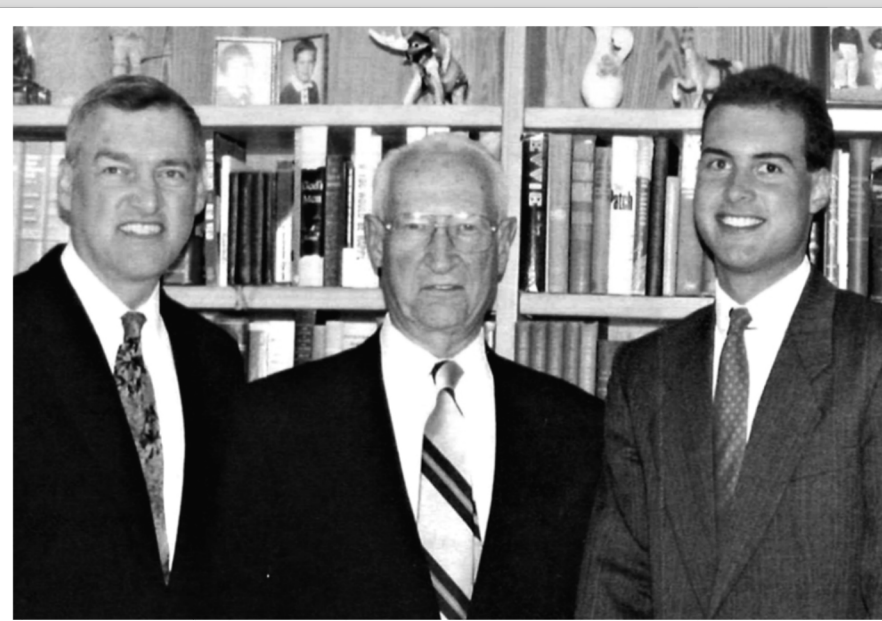
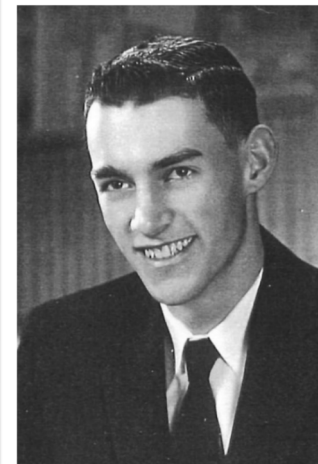
Great doctors, great food and great fellowship with all the people in this lobby in the clinic, in the café, or out on the street in beautiful little Canistota (that's how we will always remember our second visit to the Ortman Clinic). The doctors helped us 22 years ago and they helped us greatly again this visit—we will come back much sooner next time. P.S. It was fun working on the puzzle with everyone.

Dr. Wayne Ortman is the oldest son of Dr. Herb Ortman and practiced at the clinic from 1964 until he retired in 2009.

Dr. Wayne received the SD Chiropractor of the Year Award in 1997. He was on many SDCA committees, including the Resolution, Radiological, and Legislation committees. He was Chairman of the Audit and ACA Senior Citizen committee for nine years and president of the SDCA in 1987. He also served on the White House Conference on Aging.

At the community level, Dr. Wayne was Scout Master for the Canistota Boy Scouts, a member of the United Church Council, Board member of the Good Samaritan Center. Dr. Wayne has also been a member of the Lions Club since 1965, serving as President and Director.

Whether it's in the Black Hills or at home on the farm, you're likely to find Dr. Wayne spending time with his wife, grandchildren, or Angus cattle.



Dr. Wayne is pictured here with his father, Dr. Herb and his son Dr. Jay



In 1971, the clinic was enlarged to accommodate advances in chiropractic and more doctors. The remodel included more treatment rooms, new offices, an x-ray department, therapy rooms, and a lab. Dr. Donald Tomkins was hired as the clinic's Director of X-Ray and Therapy.



Drs. Wayne, Donald, Dennis, Herb, Ervin and Stan at the dedication of the new addition.

Elton of Carthage, MO

We have felt a presence here for healing. Our doctor has been superior to us. All the hotel and clinic staff have been the same—an almost rarity these years. We are hoping and praying for relief from our old pains...although we are sore, we remain hopeful. We love the hotel and your town—a peaceful and loving place, like an oasis. We have heard of “near miracles” from conversing with people. We are grateful to have had this experience.

Ammon of Herndon, KY

Canistota hospitality is great. I started coming here about five years ago because of tight shoulders. They were so tight I could put my arms straight out only with difficulty and pain; holding them straight up was impossible. I was going to a local chiropractor and he could not help, even though he tried his best. My parents told me about the Ortman Clinic. I didn't know what to think about their technique, but needed to find help and my parents had good results. My doctor didn't treat hard at all; I asked myself, “Is this going to do the job?” I was still sore for a few weeks. Six weeks after the treatments, I realized that I could feel no pain anymore. It came back after about four months, but was very mild.

My second time here was about eight months after the first trip and have had very little shoulder treatments since the second time. This is my fifth time here. I got good results from both doctors; they are both very respectful. The Brick Oven has good food and the grocery store has a large variety of items for those who like to make their own.

Kathleen of Berne, IN

This is my first visit at the clinic and I have really enjoyed all the friendly people of different areas and even the friendly people along the streets. The food is delicious! South Dakota is a beautiful place to live.

I came here because of the numbness of my left foot and am being treated in my lower back. Hope everyone else has good results like I did! We are about 15-17 hours from here, but it was worth it!

David of Tomah, WI

Had singing in my ears for a number of years. After the first treatment, the singing was gone. What a relief!

Anne of Wautoma, WI

Fifteen years of living on pain pills due to diagnoses of Psoriatic and Osteoarthritis, Fibromyalgia, Peripheral Neuropathy, Degenerative Disc Disease, Degenerative Joint Disease and Migraines had been my life.

At the end of May '13 I had reinjured my spine, requiring me to be hospitalized for the better part of a week. I couldn't sit, stand, walk, or lie down without being on intravenous morphine. I literally had gotten to the point of going to bed wishing I would die before waking, and cursing that I was still alive when I woke in the morning. My days were filled with pain, and often to make it through the day I was taking 3-4 Vicodin a day.

After one course of treatments, I arrived home after an 8-hour drive home and the first words from my husband were 'Where the heck is my wife? What have you done with her?' This was his response in seeing me for the first time in over 20 years literally BOUNCE out of the car, grab my suitcase and walk up the stairs without grimacing in pain. I didn't have to take the stairs one at a time, hanging onto the railing for dear life. I didn't grunt and groan. I merely walked, left foot, right foot!

Even now, in Nov. '13, I continue to notice little things improving, things that I would never have guessed. My varicose veins are no longer bulging as they once did, nor are they painful. This week, I brought friends again, some for their first visit and I have seen skepticism leave their faces after the first couple of days.

Mary of Abbeville, SC

I came to the Ortman Clinic in 1954 or 1955 for my polio, and over the years since for sciatica and post-polio syndrome. In 1991 I was diagnosed with MS and came to the clinic as soon as I was able to travel. At that time I was using a wheelchair and walker, my eyesight was really bad; and I had that creepy, tingly sensation throughout my body.

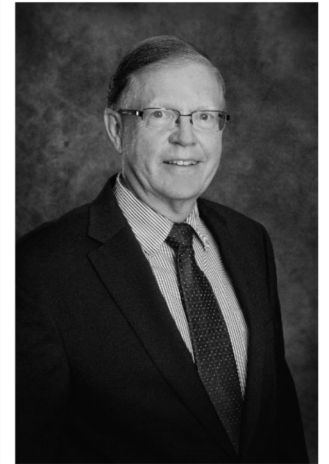
The medication from the neurologist didn't seem to help, so I came to the Clinic every 3 months. Later, it was every 4 months. I am once more doing much of my own household duties that a Grandma has and have learned that once my muscles start to tighten up, I'd better have my airline ticket for SD!

Dr. Tom Ortman, son of Dr. Ervin, practiced at the clinic from 1972 until he retired in 2016.

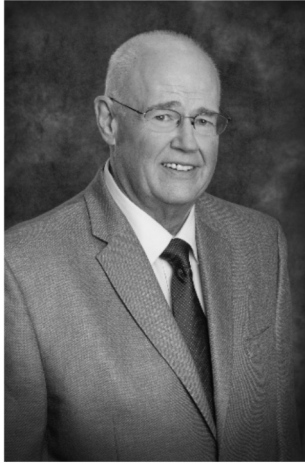
Dr. Tom was a member of the American Chiropractors Association, the SD Chiropractors Association, the Canistota Lions Club, and his church, the United Church of Canistota. Dr. Tom also served as mayor of Canistota from 1974-1982.

Biking, boating, and camping activities keep Tom and Jennifer busy, as do trips to see grandchildren and their parents. With five grandchildren in Canistota, there are more than enough activities to keep a grandparent busy.

"The chance to practice at the Ortman Clinic has been an absolutely wonderful journey of developing friendships. I find it rewarding to restore health to our many patients. I keep learning something new and love the challenge of finding and correcting problems by means of the Ortman Technique. Thanks to all of our patients for being a part of the Ortman Clinic Family."



Dr. Tom and his wife, Jennifer.



Dr. Charles Ortman practiced at the clinic from 1973 until he retired in 2017.

He was a member of the American Chiropractic Association and was on the Board of Directors for a number of years and President of the SD Chiropractors Association.

In 1996, Dr. Charles received the SD Chiropractor of the Year.

Dr. Charles has performed a comedy routine with cousin, Dr. Doug, for over 24 years. A regular pair of jokers, the two also spent 8 years doing a comedy radio show, *Boomer Babble*.

Dr. Charles continues to present lectures about nutrition. His leisure time is spent with his lovely wife, Diane. Both are active in their church, Zion Lutheran, as youth leaders and on the church council.

"Our patients will express how much has been done for them at our clinic; however, I am positive we have received much more from them in what they teach us about their great spirit, good humor, and the special trust between us."



Dr. Charles and his wife, Diane.

Laura of Bushton, KS

My husband has been coming here since 1951. He came with his mom, dad, and brother. His grandparents came on the train (that was a long time ago).

When we were first married, his mom would tell me about this and I thought they were a little crazy. Then our daughter was in a bad car wreck and he wanted to bring her here. Dr. Ervin worked on her back and neck and she had already had back surgery—that was a mistake. She was supposed to have neck surgery and when Dr. Ervin got finished we went home. The medical doctor that wanted to do neck surgery said, "I'm not sure what you guys did, but she doesn't need neck surgery."

My husband hurt his neck and the first thing they wanted to do was surgery. I said, "No! Let's go to Canistota!" I really didn't know how to get here, but we got in the pickup and I made it here. By the third day he was back to normal and my husband cried—not that he thought they couldn't help, but just relief from the pain.

The town is amazing and the people are always so pleasant. With all the troubles in the world and all the bad changes in this big world, it's so comforting to know that Canistota is the same peaceful town.

Jerry of Columbus, MT

I came for a treatment for the first time in June, 2002. I was troubled with lower back pain and catches and a gravelly sensation in my neck — problems I've had for years. After a week of treatment, I returned home completely pain-free (much to my surprise) in both my neck and back. The first time in years that I've had no pain in either area! I returned in June, 2003, and had 2 treatments — still pain-free — but for a tune up because I've come to really enjoy this life with no pain.

Fannie of Blair, WI

I was introduced to the clinic in 2004. My doctor did a great job and kiddingly told me to bring anyone I was angry with and he would "torture" them for me. I brought my sister on the second trip, but I wasn't mad at her. My most memorable trip was once in August when the motorcycle rally was in Sturgis. My sister and I met some cyclists at the hotel. We sat and talked with them for a long while. We have good memories from here.

Mary of Columbia, MO

My first experience with the Ortman Clinic was somewhat of a miracle for my husband and I. We were told that I had a muscle disease that was affecting my ability to walk. I would fall often and the pain was constant. I certainly was limited in everything.; my everyday world was slow and cautious.

After the third day I was close to pain free and could go up and down the stairs. It was so unexpected and so exciting all I could do was cry. The experience of a week in Canistota has to be felt to be understood. The total rest and relaxation plays a big part in the treatments I am sure. Also, the total peace and calm of the town and the friendliness of the residents. The food at the hotel has been very good; the service has been the best! the hotel is comfortable and they seem to go out of their way to make your visit as pleasant as possible.

My mother was diagnosed with iritis. She woke one morning and when she opened her eyes, her eyelid was stuck to her eyeball. She had no fluid in her tear ducts. She would put drops in them at night and was told the condition would only get worse. She came to Canistota with family and went through the treatments. She regained the fluid in her eyes and never had to use drops again. It is amazing how our body can tighten up and block the nerve flow. These treatments and the rest you get have helped more people than any of us will ever know.

Vi of Marion, SD

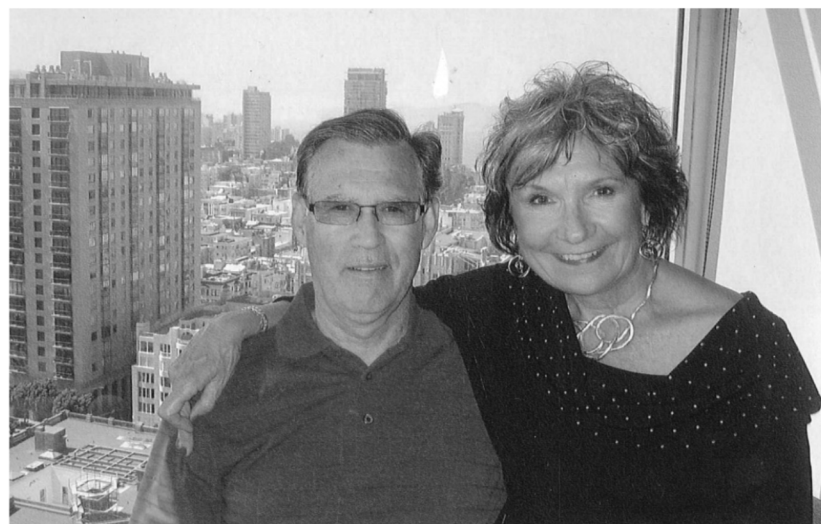
It was the summer of 1935 and a miracle happened. My parents lived on a farm southwest of Chancellor, SD with a half-mile driveway. Dad was cultivating corn with his team of horses, my mother was pregnant, and I was two years old. Her youngest sister, who was eighteen years old, was also living with us. We didn't have a telephone and mother went into labor. Mother's sister went running across the field and helped deliver a healthy baby girl.

My mother developed milk leg and couldn't walk. A friend suggested she go to the Ortman Clinic. Dad drove her to Canistota, which was miles away, to see Dr. Amon Ortman. My mother needed more treatments. Since my parents were unable to drive all those miles once a week to the clinic, Dr. Ortman would drive to our family farm to give mother the treatments she needed. My mother lived to be 83 years old.

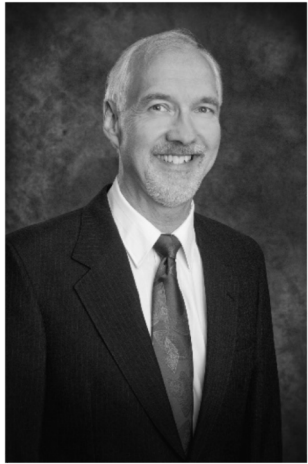
Dr. Lon Weiland, son of Dr. Stan, practiced at the clinic from 1974 until he retired in 2017.

Dr. Lon was a member of the American Chiropractors Association and has served on the South Dakota Chiropractor's Association Review Board. He is also actively involved in church activities and the Canistota Lions Club.

He spends his leisure time playing golf and other sporting events.



Dr. Lon and his wife, Anita.



Dr. Doug Ortman, son of Dr. Herbert, practiced at the clinic since 1976 until he retired in 2019.

Dr. Doug has been active in the chiropractic profession serving on the SDCA Board of Directors (1978-1982), the SD Board of Chiropractic examiners (1982-1988) and on SDCA Peer Review and Occupational Safety Committees.

The recipient of various awards, Dr. Doug received the American Chiropractic Radiologic Technologists Service Award in 1984, the SD Chiropractor of the Year Award in 1990, the International College of Chiropractors Award in 1992 and the SDCA Golden Service Award in 2017.

Dr. Doug has performed a comedy routine with cousin, Dr. Charles, for over 24 years and spent 8 years doing Boomer Babble, a comedy radio show with Dr. Charles.

Dr. Doug and his wife, Leann, have been foster parents for over 25 years. They have six children: Danae, Dawn, Derrick, Diandra, Shelby, and Micah.

Dr. Doug served as Director of Radiology and Nutrition during his years of practice.



Dr. Doug and his wife, Leann.

Karen of Sleepy Eye, MN

My deepest appreciation for all the help you gave me for my migraine headaches and general back problems! I told you daily that you're a 'miracle worker' and you definitely remain so as I feel marvelous with no headaches; and my body is free of pain, tightness and impaired mobility.

After 46 years of suffering with extremely severe headaches, daily for the last 1-1/2 years, I can't thank you adequately. Only to say that my friends are so amazed at my results that they have asked me many questions about your clinic's operation, lodging and the town.

I have referred eight people who desperately want your help to resolve their headaches and back problems, too. Thanks a million for giving me a healthy life free of pain. I'll return before the snow flies for a tune-up!

Mary of Danville, OH

We first came to the clinic in October 2005. And here God worked a miracle for me through the Ortman doctors! I was in pain and going to chiropractors, MDs, a specialist and finally to a pain management clinic where I got three epidural injections 2 weeks apart (which only provided temporary pain relief). The different kinds of prescription pain killers I tried for 4-6 weeks, also did not help. The doctors didn't recommend surgery as I might lose the use of my legs.

I have spondylolisthesis, a permanent condition, and also had three bulging discs at the time.

Then I heard of the Ortman Clinic and felt God's leading in going there. And, for the first time a doctor said he thinks he can help me. Before this, I still had constant pain (even with the epidural injections). I spent my first trip to the clinic lying down most of the time. I'm so thankful for the relief I got from the Ortman doctors—it changed my life. The first three times we went every six months and now we go once every year. My husband goes with me to get treatments and we both get good results. I have some work restrictions, but before I went to the clinic I couldn't work at all.

I can now do light housework and gardening without that awful pain. It is well worth the 1,000 miles one way to the clinic.

Marlow and Anna Mae of Litchfield, MN

In 1995, I went to the Methodist Hospital in St. Louis Park, MN and five specialists told me I would have to live with the problem and be in a wheelchair within a month. When I got home, my husband suggested I go to the same place his Dad went in 1917.

We called the clinic and the girl at the desk said we could talk to a doctor, and he told me if we could be there by 3:00PM I could get a treatment that day.

When I left the cities, they told me I have shingles. It was about 11:00AM when we called, and my husband said we would be there and got in the car. We were at the clinic at 3:00PM. The girl at the desk knew we were coming and took me right back. The doctor said I did not have shingles, but a problem called fibromyalgia. He gave me a treatment and then told me to get a room and come down the next morning for another one. This was the day before Thanksgiving, and I had not slept in a bed for about 8 months.

I got the room and was up most the night, but after a second treatment, I could lay down a little and rest. During Friday's treatment, the doctor told us to go home, pack a bag and come back for a week of treatments. So we did that and I could lay in a bed and couldn't believe how much that had helped.

I took treatments about 3 weeks later and every time there was more time between treatments. I now go every five or six months. The doctors and staff have been so good to us and we appreciated everything they do too. We also like the doctor's health talks about different health issues and foods we eat to help us.

Malinda of Baltic, OH

A very nice place; friendly, quiet, and homey. I came for relief from knee pain hoping for a cure. My doctor is very helpful with every question and explains things. I am hoping to bring our daughter who has cerebral palsy. Because I feel it would be very helpful to her tight muscles. This is the first time for me, but probably not the last. It's a nice place to visit, make new friends, and get lots of rest.

Dr. Ivan Ortman has practiced at the Ortman Clinic since 1977.

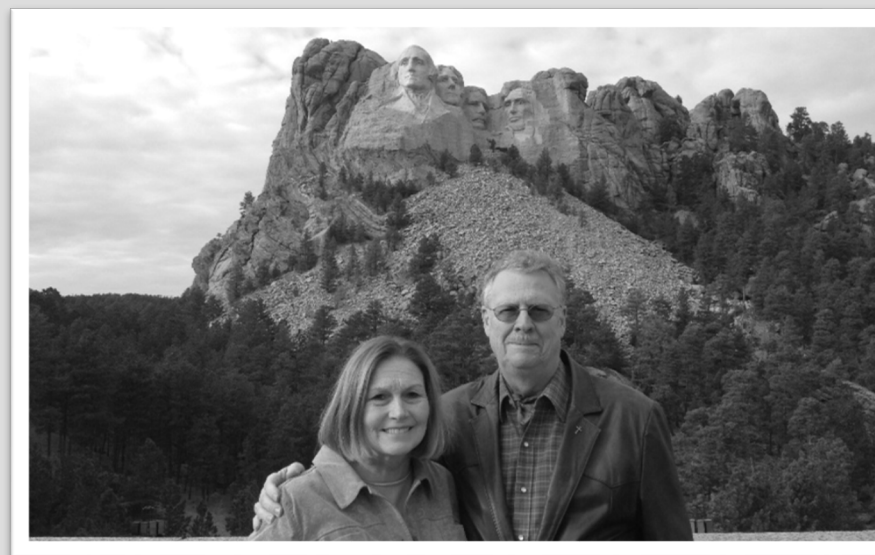
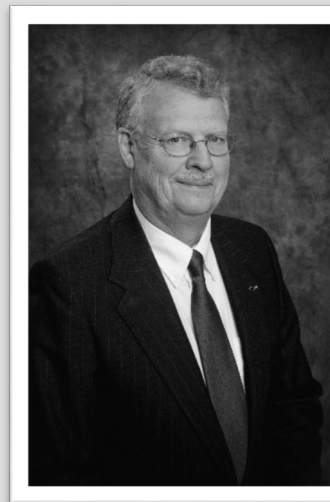
In 1989, Dr. Ivan provided free chiropractic care to the poor in Ecuador for the Christian Chiropractic Association and World Radio Missionary Fellowship. This was the first of eight trips.

Professionally, Dr. Ivan is a member of the American Chiropractic Association and has served as a committee member for the Special Examiners for the SD Board of Chiropractic Examiners, the Education Committee for the SD Chiropractic Association, and the Ethics Committee for Avera McKennan Hospital.

At the community level, Dr. Ivan is a member of the Canistota Lions Club (serving as President) and has served on the Canistota School Board, and as President of the United Church of Canistota Council.

Today, Dr. Ivan and his wife Katie, continue to work at the Ortman Clinic and volunteer in their church and community.

"I feel privileged to be a part of the Ortman Clinic. It has been a blessing to provide chiropractic care to so many good, respectable people. My wife, Katie, and I enjoy the small town life in Canistota and found it a wonderful place to raise our two daughters. Our church family is very important to us and our faith has led us to do mission work in prisons and other locations. Our prayer is that everyone will feel God's grace."



Dr. Ivan and his wife, Katie.



Dr. Jay Ortman has practiced at the Ortman Clinic since 1994 and is Dr. Wayne's son.

Dr. Jay is a certified Chiropractic Sports Physician and certified in Nutrition and Acupuncture. He is also a member of the American Chiropractic Association, the South Dakota Chiropractic Association and serves on the South Dakota Chiropractic Board of Examiners.

Actively involved in the community, Dr. Jay is a member of the Canistota Lions Club and currently serves on the Canistota School Board.

Dr. Jay continues to treat patients at the Ortman Clinic and enjoys spending his leisure time with his family, golfing, or hunting.



Dr. Jay's family (left to right): Autumn, Payton, Dr. Jay, Sonja, Will, and Conner.

Alvin of Baltic, OH

Early in 2004 I developed pain and swelling in my left knee. By mid-summer it became severe, with swelling and redness, fever and extreme pain.

The family doctor prescribed various pain-relief pills, but nothing made any difference. The doctor suggested I see a specialist. X-rays were taken and they showed the swelling but no cartilage damage. He removed 15 to 20cc of fluid from the joint four different times, and then injected medication four times. No pain relief except for temporary relief from fluid removal. Surgery was scheduled. I had no relief day or night from shots or pills, ice or heat.

Two weeks before the scheduled surgery, I took a load of friends to the Ortman Clinic. There was some soreness in my lower back, so I scheduled myself in for treatments. I told my Ortman doctor about my knee pain and the surgery for knee replacement. He checked my knee and said, 'It sure is hot and swollen!' On the fourth morning, I awoke and had NO PAIN. I asked the doctor how this could be, and he said I must have had a pinched nerve in my back that ended in my knee. Three days later, I called the hospital at home and cancelled my surgery. Now it's eight months later, and the pain and swelling is gone.

Sevilla of Applecreek, OH

We have been coming to the Ortman Clinic for about 25 years and have had great results, good memories, and met lots of nice people from many different states. When I made my first trip I thought I would never go again because of the many miles in between and had a family at home. I had such good results, so I changed my mind and we usually go once a year. Have memories of a severe ice storm, we never had anything like it in our area.

Charles of Mitchell, SD

My wife Linda took many a treatment, as did her sister Hilda. If a vehicle of Mitchell is headed for Sioux Falls, arrange for a chiropractic treatment and eat at the Ortman restaurant—never a complaint of the meal or the treatment. I have memories of all the good things, such as the hundreds of license plates across the street from the Post Office and the Hutterites with long their skirts seated off in corner having a good time.

Janet of Middlebury, IN

I have been coming to the clinic for 12 years; and I finally convinced my husband Dave to join me. He tells people here that he went with a negative attitude. But he received so much relief from his pain that he is talking to many people here to let them know how he has been helped, and to encourage them to give you a try.

Verna of Minnesota

I had so much back pain at night that I woke up and could not lie anymore. I got up, walked, and tried to lay down again, but it still hurt so I couldn't sleep. I tried chiropractors at home and it helped a little; but, I still had to go back every other week. I decided to come to the clinic. My back is okay, but I tighten up, so I come once a year which is not bad, since the first few times I came every six months. Canistota is a very friendly town—a place to rest. Every year when it's about time to come again I have restless nights and can't sleep. After treatments, my back doesn't hurt anymore and I can relax and sleep good again.

Richard of Gettysburg, SD

After being beat up and stomped on by a cow, I suffered from a severe back pain that went down the back of my legs. I could only walk very slowly and was stooped over. After a few trips to Ortman Clinic for treatments, I have been able to go back to practicing veterinary medicine — and a better life!

Vernon and Violet of Pipestone, MN

My mother, Alice, had become paralyzed from the waist down and was in a nursing home. We had a doctor in Flandreau and doctors at Sioux Valley Hospital and they could not help my mother. I talked to Dr. Ervin at our church camp and he drove to Flandreau a few times to treat my mother. After some treatments, she was well enough for us to take her home and care for her.

I also got help at the Ortman Clinic from Drs. Herb and Ervin when my brother and I were in a car accident. I injured my back and they got me walking again. The doctors have helped me for side effects so many times. They will tell you if they can help you. My husband and I tell folks about your very careful treatments. They are all skilled and honest doctors.

Dr. Ryan Ortman has practiced at the Ortman Clinic since 1999 and is Dr. Tom's son.

Dr. Ryan is a member of the American Chiropractic Association and the South Dakota Chiropractic Association.

Dr. Ryan's wife, Bridget, owns and operates the Cameron Inn. Five children and athletic events consume the majority of Dr. Ryan's leisure time.

"I feel very grateful to have spent the last 20 years caring for patients at the Ortman Clinic."



Dr. Ryan's family (left to right): Trey, Trace, Dr. Ryan, Bridget, Tyce, Tage, and Kalli.

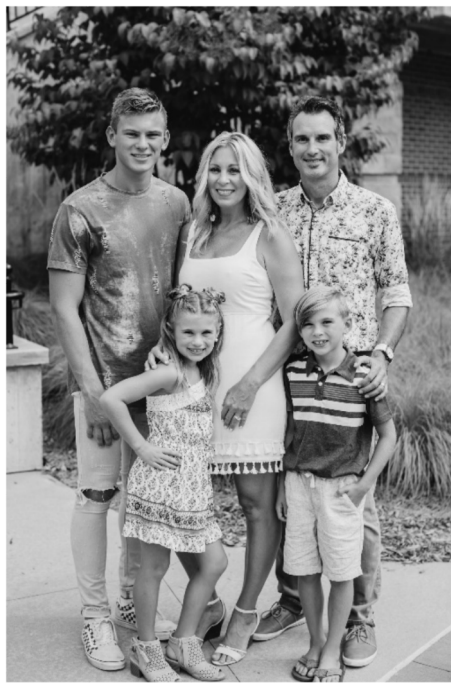


Dr. Todd Weiland has practiced at the Ortman Clinic since 2001 and is Dr. Lon's son.

Dr. Todd earned his Doctor of Chiropractic degree from Northwestern Health Sciences University and is an active member of the Northwestern Health Sciences University Alumni Association. He is also a member of the American Chiropractic Association and South Dakota Chiropractic Association.

Dr. Todd remains busy during the day treating his patients and spending time with his family after work.

"I continue to enjoy being a doctor at the clinic, meeting a wide variety of patients and helping them with their health concerns. My biggest joy in life is spending time with my family and friends and watching my kids grow up. I also enjoy watching and playing sports, especially golf."



Dr. Todd's family (left to right): Brooks, Jiahna, Jody, Jaxtyn and Dr. Todd.

Cheryl of Burnsville, MN

The doctors at the Ortman Clinic have helped me stay active and avoid surgery, My family in Aberdeen went there for decades and I began my patient relationship in the early 1970s when I was in high school.

They relieved my whiplash pain from a 1992 car accident, and most importantly, in 2008 when my back pain became unbearable and I ended up in the Minneapolis Metro ER. After Vicodin, morphine, and Percocet, I was sent home with no answers only many referrals and thousands of insurance dollars spent on sports medicine, the spine clinic, several doctors, and FIVE prescription drugs (I'd probably be dead had I filled all of them).

After many weeks of pain, no answers, and missed work, I knew I had to get to Canistota somehow. Since sitting was the most painful, it was a long five hour drive. What western medicine couldn't diagnose and only wanted to medicate away, it took my doctor a matter of minutes to realize it was a pinched nerve. Several days of treatments gave much relief.

I returned the next month over my Thanksgiving break and received the final healing needed. To my surprise, I didn't have to give up Thanksgiving after all. The doctors cooked dinner for those of us at the clinic on the holiday. It was so delicious, fun to meet the Ortman families, and dine with the Amish on Thanksgiving! It is one of my best Canistota memories. I approach my 60th in January and am in my fifth decade of yearly treatments with the Ortman Clinic. The doctors are personable, give you the time needed, and genuinely care about you and your health. I am grateful for my time and years with them.

Florence of Wagner, SD

I like coming here, always looking for help and do get it. Everyone is so friendly. I love visiting with the Amish. Great people here; my healing place.

Gil and Sylvia

We were here in April 2014. We came back now in July 2014. Enjoyed seeing the doctor which helped us. Thank you for your wonderful hospitality.

Mary of Kentucky

This is my first trip here and I came with Uncle Herman, my sister Viola, mom, and dad. We sure had an enjoyable time with meeting friends known and unknown—even the workers at the hotel.

Sharon of Baring, MO

In loving memory of Leo Campbell. Whenever I meet a 12 or 15 passenger white van I always have to look in the rear view mirror to see if I had just met my dad. I know it is not him, but I look anyway.

My dad, Leo, made many trips to Canistota; he was a driver for the Amish folks for over 40 years. Just mention his name and I haven't found too many folks who haven't known him. Dad made well over 100 trips to the little burg of Canistota. He made so many trips that the local coffee drinkers made him a special place at the coffee table in the Brick Oven.

This was one of his favorite trips. He loved the town and the people in it. He had a special place in his heart for the Ortman Clinic, the old hotel, and the little boarding houses he stayed in for years. The people there were like family, they were his friends.

If you see a white van with Missouri plates and the fellow driving is wearing a western cowboy hat, western shirt, and boots, think of dad. I am so glad I had the chance to travel with dad to Canistota. It was a special time for both of us. He thought so much of the Amish folks and their families and of the wonderful folks of Canistota. Thank you all for making Canistota a special place for dad and me.

Malinda of Millersburg, OH

Hi. This is my first visit here. I've enjoyed it very much so far. A quiet friendly town and staff. My parents were here 50-60 years ago, two or more times. At that time I was still in school. Stayed home to help do chores on the farm and milk cows, so I am enjoying my visit.

Dr. Derrick Ortman has practiced at the Ortman Clinic since 2009 and is Dr. Doug's son.

Dr. Derrick earned his Doctor of Chiropractic degree from Northwestern Health Sciences University and is a member of the American Chiropractic Association and the South Dakota Chiropractic Association. Dr. Derrick is also a certified medical examiner.

In his free time he enjoys spending time with his wife Rachel, son Jack, daughter Jovie, their two labs Griffey and Tugger, family and friends. He enjoys the outdoors, hunting, football and "tinkering" in his garage.

"I enjoy working with people of all ages and creating a personalized approach of treatment, nutrition, lifestyle adjustments and at home care strategies to help people become the happiest and healthiest they can be."



Dr. Derrick's family (left to right): Jovie, Rachel, Dr. Derrick and Jack.



Dr. Nathan Ligtenberg has practiced at the Ortman Clinic since 2014. He is the first doctor at the clinic that is not a descendant of Dr. Amon Ortman.

Dr. Nathan is a member of the American Chiropractic Association and the South Dakota Chiropractic Association. He enjoys spending his leisure time with his family.

"Growing up in Canistota provided me an opportunity to seek many treatments at the clinic, and ultimately had a profound impact on me choosing chiropractic as a profession. I am honored to be part of the Ortman Clinic and the fantastic group of doctors and staff. I look forward to meeting and helping each and every patient achieve their full potential of health through the Ortman Technique."



Dr. Nathan's family (left to right): Nellie, Dr. Nathan, Jessica, Nixon, and Nash.

Sharon of Glasgow, MT

Here's our story of how the Ortman Clinic and the great doctors who work there have helped our family over the past 60+ years:

My dad came to the Ortman Clinic first in 1953. He was looking at surgery to fuse vertebrae in his back and could not do any of his farm work; he was in so much pain. His accountant told him about the Ortman Clinic. He spent a week there and never needed surgery. He really sounded the praises of the doctors to everyone who had a back problem and needed relief and he returned several times to the clinic through the years.

Our own family has been coming to your clinic since 1975, for many different ailments. One of the most memorable Thanksgivings we had as a family was spent at the hotel. We had thanksgiving dinner at the hotel restaurant, then went to our room and spent the afternoon with games, stories, snacks, and etc. It was so quiet and such a peaceful afternoon! Our kids loved it! They thought it great fun also to go to the restaurant and hear Carol and the other waitress that was there for years banter back and forth.

In 1983, shortly after our daughter was born, my husband hurt his back working on the railroad and was on very strong pain medication to deal with the injury. We finally chose to come to the Ortman Clinic and the first afternoon and night he slept without the pain medication and he continued to improve from there. We've all had treatments from time to time with great success and we've sent many of our friends there for help. Dr. Wayne was our doctor through the years and in recent years since his retirement, we've seen another doctor. Both doctors have served us well!

We could relate to you success story after success story of people we know who have benefitted from their time at Ortman Clinic. The results are amazing! A friend who was looking at neck surgery, and had been thru a long siege of medical tests, treatment, etc. We told him about the clinic and he came. Since that time, probably 15+ years ago, he and his family travel there often, take treatment, and meet family there just to "retreat". He never needed the surgery.

I remember, there man who was brought down in the back of his pickup from Montana because he could neither stand nor sit and was in a great deal of pain. At the end of the week, he was feeling great and drove his own pickup home.

Clarence of LaGrange, IN

In 1982, I slid and fell approximately 12 feet off a roof. I landed on my butt and shattered my 4th lumbar vertebra, affecting my sciatic nerve. By 1987, I was hardly able to lie down to sleep. After a one-week visit to the Ortman Clinic, I went home and slept well. Then in 1995, I injured my pelvis so badly that I required a 6-hour surgery, leaving me with a plate across the front with 8 screws, plus 2 screws below the right hip.

Now pain affected my right hip and the whole leg and foot. My doctor said I had only a 30% chance of ever walking, and arthritis would be my next big problem. Six months after this surgery, physical therapy helped me start walking with a walker.

In 1996 I came to the Ortman Clinic for treatments. On the fourth day I started to walk a little without a walker. On the fifth day, my wife helped me a little for balance and I walked without the walker. After we got home to Indiana, I set the walker aside and used just a four-legged cane.

I returned to the Ortman Clinic in 1997 and started walking without even a cane, except for times when footing is wet or snowy, or when I stand for a long time. In October, 2005 ex-rays show very little arthritis. I give the Ortman Clinic credit and praise God that I'm still on my feet and able to walk.

Frank of Eastman, WI

On March 20, 1929, I came down with rheumatic fever and arthritis. I was in bed for two months. No doctors knew what to do. They gave me 5 years to live. In December, 1933, I had a second attack of rheumatic fever. I couldn't do a thing and it was hard for me to walk. Starting around December 1 to the middle of April, my right arm hung down like a rope. I had to move it with my left hand.

I wrote a letter to my aunt, who lived in Conde, SD. She told me if I could get out to Canistota, that they could help me. So on March 18, 1934, Dad and I drove out there. The doctors then were Dr. Amon and Noah. An hour after my first treatment, I could move my fingers and then my arm. After I was home two weeks, I do a day's work with anyone 22 years old. I am 91-1/2 now. I owe my life to Ortman Clinic!

Dr. Ryan Esser has practiced at the Ortman Clinic since 2017. He is the second doctor at the clinic that is not a descendant of Dr. Amon Ortman.

Dr. Esser has a Bachelor of Arts in Chemistry degree from Mount Marty College, and like many of our doctors, attended Northwestern Health Services to receive his Doctor of Chiropractic. Dr. Esser is a member of the American Chiropractic Association and the South Dakota Chiropractic Association.

With his free time, Dr. Ryan Esser enjoys sports, particularly basketball and swimming, as well as home improvement projects and landscaping. He is married to Melissa and together they have three children: Keira, Tristen, and Jace.

"I grew up in Canova, SD and graduated from Howard High School in 2003. I went into the chiropractic profession after having terrific results with conservative care growing up with scoliosis."



Dr. Esser's family (left to right): Melissa, Tristen, Jace, Dr. Esser and Keira.



Ortman Clinic doctors received the **Chiropractic Family of The Year Award** from Northwestern College of Chiropractic in 1990. The doctors were presented with a plaque commemorating 15 Ortman doctors in a family practice over a span of 75 years. Pictured above are the doctors with their wives. Back row, left to right: Dr. Cassoda, President of Northwestern College, Drs. Doug, Herb, Wayne, Jay, Stan, Lon, Ervin, Charles and Ivan. Front row, left to right: Leann, Ida, Sally, Irene, Anita, Arleen, Diane, and Katie.

Below: The Ortman Clinic received the **Prairie Family Business Award** in 2003. Pictured left to right are Drs. Ryan, Lon, Doug, Ervin, Ivan, Wayne, Todd, Charles, and Herb pose with the award.



Joan of Forest Lake, MN

I am writing in behalf of my mother who visited the clinic for some 60 years. She had her last treatment and visit in 2011 and at 95, after a very full and wonderful life, passed in 2012.

My mom would often travel to the clinic with family, friends, and neighbors and several times traveled by herself from southern Minnesota. My mom swore by the treatments she received for asthma and other ailments. She had several doctors throughout the years.

She always had excellent treatment and got relief from the manipulations. Not only were the doctors experts in their field, but also caring, helpful, and personable. All the staff members were polite, cordial, and competent. We always felt at home when we came to Canistota as the whole town was friendly and welcoming. We would go for walks, stop and eat out and were treated graciously.

The last 20 years I accompanied Mom to the clinic to receive treatment as well. Those were some of the most wonderful times we had together as we always felt renewed when we left. The memories will linger on forever.

Charlotte of Arlington, WI

My story started at a card party. A lady there who lived about 30 miles from me was talking at the next table about the wonderful clinic she had gone to and wanted to go again, but needed someone to go with her. I said, "Here I am Iris" and so a new friendship was made.

I believe I've made five trips from Wisconsin and I hope many more to come...We go back to visit and I only wish I was closer so I could go every month. We look forward to a double venture of a great series of treatments plus a vacation. We meet many new people and play lots of cribbage--good food. Nice people at the clinic and most of all the good feeling from the treatments. I hope to enjoy a few more trips. I am 86 now, so God willing.

Schedule your appointment today!

(605) 296-3431

Business Hours

Monday	8:00AM to 4:00PM
Tuesday	8:00AM to 4:00PM
Wednesday	8:00AM to 4:00PM
Thursday	8:00AM to 6:30PM
Friday	8:00AM to 3:00PM
Saturday	CLOSED
Sunday	CLOSED

Holiday Hours

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

Payment Method

We accept cash, check, all major credit cards (except American Express), many insurances, and are providers for Medicare Part B.



Ortman Clinic Staff

Conditions We've Treated

Your health is a reflection of your habits, thoughts, actions, and other life experiences. Ironically, the backbone of your health *is* your spine, so it is important to get regular checkups and address any pain before it gets worse.

Your spine allows you to stand up straight and protects your spinal cord, which is a bundle of nerves connecting the brain to the rest of your body. Any misalignment in your spine interrupts the functions of these nerves and your muscles, ligaments, tendons and bones. In turn, this causes pressure, inflammation (pain), and possibly other dysfunctions.

Our doctors treat a wide variety of problems, with the most common being back and neck pain. Other areas successfully treated include muscles, tendons, ligaments, bones, joints, fascia, nerves, and other related systems. *NOTE: some conditions may require co-management with your medical doctor.*

- Acid Reflux
- Allergies
- Arthritis
- Asthma
- Bursitis
- Carpal Tunnel Syndrome
- Cervical Torticollis
- Chronic Fatigue Syndrome
- Disc Bulge
- Disc Disease
- Disc Herniation
- Earaches
- Enuresis (bed-wetting)
- Fibromyalgia
- Heartburn
- Hiatal Hernia
- Irritable Bowel Syndrome
- Joint Disease
- Low Back Pain
- Mid-Back Pain
- Migraine Headache
- Multiple Sclerosis
- Myalgia
- Neck Pain
- Neuralgia
- Neuropathy
- Osteoarthritis
- Pinched Nerves
- Plantar Fasciitis
- Rheumatoid Arthritis
- Rotator Cuff Injury
- Sacroiliac Conditions
- Sciatica
- Shingles
- Shoulder Pain
- Sinus Conditions
- Strains and Sprains
- Tendonitis
- Tennis Elbow
- Tension Headache
- TMJ Disease
- Trigeminal Neuralgia
- Upper Back Pain



About Canistota, SD

Founded in 1884, Canistota is a small, rural community of 700. This quiet town is easily accessible from Interstate 90, Highway 42, and Highway 81.

Lodging

- The Ortman Hotel, (800) 801-3132, was built in 1929 by Drs. Amon and Noah Ortman and is listed on the National Registry of Historic Places. Amenities include direct access to the Ortman Clinic, Wi-Fi, Cable TV, two whirlpool rooms, a large gathering area, a shared kitchen area, Suzie B's Restaurant, and the original Otis Elevator. Family and friends may call you at (605) 296-3131.
- The Cameron Inn, (605) 254-6001, was built by Dr. Ryan Ortman and is located approximately ½ block east of the clinic. Family and friends may call you at (605) 296-3555.
- The U-Bar Inn & Suites, (605) 296-3466, is named for the Ortman cattle brand and is located approximately four blocks south of the clinic.
- The Canistota Depot Inn, (605) 296-3447, is located behind the clinic. Amenities include private, in-room kitchenettes, cable TV, Wi-Fi, and guest laundry. Family and friends may call you at (605) 471-9007 or (605) 471-9008.
- The Dutch Inn, (605) 321-7854, is owned by Dr. Nathan and Jessica Ligtenberg and is located approximately 1 block southeast of the clinic.
- The Stensaas Motel, (605) 296-3207, is located ½ block south of the clinic.
- Triple Play Campground, (605) 351-4468, is located approximately five blocks southeast of the clinic.
- The SD Lake Vermillion Recreation Area, (605) 296-3643, is located approximately 7 miles east of Canistota.
- Daisy's RV Campground, (605) 296-3086, is located approximately two blocks south of the clinic.



The Ortman Technique

The Ortman Technique was developed over 100 years ago by a young farmer named Amon Ortman. Amon began treating family and friends complaining of back and neck pain by seating them on anything convenient such as a milk can, bucket, buggy seat, or wagon tongue.

Today, we 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.

Ortman Nutrition Center

We believe good nutrition is crucial for fulfilling a lifetime of health and wellness. Our extensive selection of nutritional supplements have everything you need to help you and your family maintain a healthy lifestyle.



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