

WINTER 2020-21 NEWSLETTER

THE ORTMAN CLINIC



New Beginnings



Greetings! We hope this newsletter finds you well. 2020 was an interesting year to say the least. We all had our fair share of adversities to fight through, but we can't forget all there is to be thankful for. The Ortman Clinic wants to thank all of our patients past, present, and future. We are here for you when you need us. Stay healthy, strong, and keep fighting when you face challenges. We can't wait to see you in 2021!

2021 Bus Schedule

The last couple routes were so successful, we decided to schedule three more!

Dates:

March 8 - 12

May 3 - 7

July 19 - 23

Cost: \$270 per person round trip

The bus will be stopping in Mount Eaton, OH; Apple Creek, OH; Wooster, OH; Mansfield, OH; Upper Sandusky, OH; Fort Wayne, IN; Topeka, IN; and Nappanee, IN.

To book your ticket with Pioneer Trails call (800) 458-2554. Scheduling your week treatment appointments, call (605) 296-3431.



CANISTOTA TRAVEL LINE

To listen to messages, select * during the greeting, then enter the password 0000 or wait for the beep to leave your travel information.

The Canistota Travel Line is a voicemail number for our patients to call and leave messages for each other for when traveling to Canistota. This is not an Ortman Clinic line, this line will be for travel information and messages only. You may listen to messages and leave messages if you wish. Please delete your own message when no longer needed on the line. This will be a great option when trying to fill a load or to let people know when planning trips to Canistota. The Ortman Clinic staff will NOT be checking these messages. To schedule your treatment appointments, please still keep calling (605) 296-3431.

Call (605) 296-3242 to listen or leave a message. The password is 0000.

Dr. Ivan's Part-Time Hours

Dear VIPs,

I want you to know that all of you are "Very Important Patients" at the Ortman Clinic and we are screening everyone who comes in for your safety.

I am going to see patients and be in the office part-time for all of 2021. I will retire on January 28, 2022, just in time for my forty-fifth anniversary at the Ortman Clinic.

My hours in 2021 are:

Monday	8:00 am to 11:00 am	1:00 pm to 3:00 pm
Tuesday	8:00 am to 11:00 am	
Wednesday	8:00 am to 11:00 am	
Thursday		1:00 pm to 4:00 pm
Friday	8:00 am to 11:00 am	

This is a tentative schedule and is subject to change. The receptionists will always know the schedule. We encourage you to call ahead and make an appointment, when possible.

The other doctors will be available during regular office hours to provide the quality care that you have come to expect at the Ortman Clinic.

I am hale, hearty, and healthy. I think I am normal, but others remind me that I have never been "normal." I can do the same work as usual; it just takes me longer to do it.

It has been an honor and privilege to care for you VIPs, and to get to know you. May God continue to bless all of you.

in HIS service,
Dr. Ivan Ortman

Congratulations!



CHRISTINA
5 YEARS



SHERRI
10 YEARS



SARAH
10 YEARS



PAULA
15 YEARS

**2021 ICE CREAM
SOCIALS**



LAST SUMMER WAS SO MUCH FUN GETTING TO KNOW ALL OF OUR PATIENTS, WHILE PLAYING BEAN BAGS AND ENJOYING SOME ICE CREAM. WE HAVE DECIDED TO CONTINUE THEM THIS SUMMER! WE WILL BE HOSTING THESE THE FIRST TUESDAY OF EVERY MONTH STARTING IN MAY GOING THROUGH SEPTEMBER FROM 4 P.M. - 5 P.M.

Why Custom Orthotics?



UNLIKE GENERIC INSOLES, CUSTOM ORTHOTICS ARE DESIGNED SPECIFICALLY FOR EACH PERSON. THEY ARE USED TO STABILIZE AND CORRECT MUSCULOSKELETAL IMBALANCES THROUGHOUT THE BODY. A CUSTOM ORTHOTIC REDUCES STRESS AND STRAIN ON THE BODY BY BRINGING YOUR FEET BACK INTO ALIGNMENT.

COMMON INDICATORS OF POOR FOOT

MECHANICS:

- LOCALIZED FOOT PAIN
- BUNIONS OR HAMMER TOES
- ARCH/HEEL PAIN
- LEG/KNEE PAIN
- HIP/BACK AND EVEN NECK PAIN

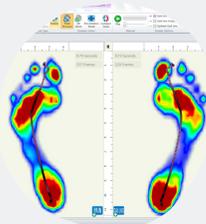
ALONG WITH CUSTOM ORTHOTICS WE ALSO CARRY ARCH SUPPORTS, HEEL CUSHIONS, LIFTS AND METATARSAL PADS! AT YOUR NEXT APPOINTMENT, SPEAK WITH YOUR DOCTOR TO FIND THE BEST ORTHOTIC FOR YOU.

Gait Scan Orthotics



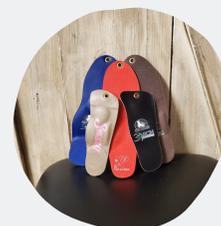
TO GET AN ACCURATE DEPICTION OF HOW A PERSON STANDS AND WALKS, OUR GAIT SCAN SCANS YOUR FEET AS YOU WALK ACROSS AND STAND ON IT. OUR DOCTORS USE THIS REPORT TO LOOK AT WHERE THE PATIENT COULD USE CORRECTION.

THE DOCTOR WILL GO OVER THE SCAN AND GIVE A RECOMMENDATION WHETHER THE PATIENT COULD BENEFIT FROM WEARING ORTHOTICS. OUR SCAN IS FREE OF CHARGE, SO IF YOU FIND YOURSELF WONDERING IF ORTHOTICS WOULD HELP ANY OF THE SYMPTOMS INDICATED ABOVE, GIVE US A CALL AT (605) 296-3431 TO GET MORE INFORMATION.



Foot Levelers

AT THE CLINIC, WE USE A FOAM MOLDING TO GET A GOOD IMPRESSION OF BOTH FEET TO SEND ONTO THE FOOT LEVELERS COMPANY. THEY WILL THEN CREATE THE CUSTOM ORTHOTIC FROM THE MOLD THAT WE GET.





- Ortman Hotel.....(800) 801-3132
- Cameron Inn.....(605) 254-6001
- Canistota Depot Inn.....(605) 296-3447
- U-Bar Motel.....(605) 296-3466
- Stensaas Motel.....(605) 296-3207
- Dutch Inn.....(605) 321-7854
- Clover Cottage.....(507) 227-5593
- Triple Play Campground.....(605) 351-4468
- Alex Smart (Local Driver)...(605) 240-0013

**Please schedule appointments for
any children that will be getting
treatments so we can make sure
they get a spot! To schedule call
(605) 296-3431.**



ORTMAN
CHIROPRACTIC CLINIC

PO Box 157, Canistota, SD 57012

PRSRT STD
U.S. Postage
PAID
Canistota, SD
Permit No. 1



Share Your Story

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.

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.

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 100 years who returned to their desired health. Do you have a success story with us? If you would like to share your story, speak with a staff member at your next appointment to find out how!



(605) 296-3431 or (605) 215-5028
www.ortmanclinic.com

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 - 6:30 PM
Friday..... 8:00 AM - 3:00 PM
Saturday..... CLOSED
Sunday..... CLOSED

Holiday Hours

We are open every weekday holiday until 10:00 AM; closed on Christmas Day.

