

What's on the Walls?

Much of the art work and memorabilia at Back In Motion are derived from experiences Dr. Forcum has had at various sporting events. A good example of this are the golf flags above and behind the front desk. These flags are from many of the tournaments worked by Dr. Forcum as a staff chiropractor for the **PGA and Champions PGA Tours**. Several are autographed by players that Dr. Forcum worked with at the tournament. In the back office there is a poster from the **AT&T at Pebble Beach**, an event headlined by golf's most famous pro-am players who were typically treated on site by Dr. Forcum.

In the reception room by the front door is an autographed poster from the **2007 Pan American Games** in Rio Delanero, Brazil. The autographs are a combination of athletes that Dr. Forcum treated as the chiropractor for the US team and the US medical staff. The volunteer's medal below is very similar to the medal the winning athletes receive.

The inner office holds two different autographed items from **Meb Kefleski, Olympic bronze medalist** and 10km American record holder. A little known fact about Meb, who was nice enough to bring this piece in, he was attacked by a large dog in Greece the day before winning the bronze medal in the Olympic marathon. Meb dons the cover of the November issue of *Runners World*.

Dr. Forcum was the medical director for the **2005 US Figure Skating Championships**. The autographed poster was a gift from the USFS.

There are a number of events Dr. Forcum worked whereby the treated athlete have autographed a poster; **US Track and Field National Championships, Adidas Track Classic** and the **Prefontaine's Track Classic, US Taekwonko National Championships**.

Chiropractic room one has framed memorabilia from the **2002 Winter Olympic in Salt Lake City**. Dr. Forcum worked as part of a team of chiropractors for the World Olympian Association.

In chiropractic room two are two yellow jerseys from **Scott Monicer and Mike Engel from the Coors Light Cycling Team**. At the time they were noted as the most winning team in US cycling. Dr. Forcum worked with the team in the early 1990's.

Several other team and individually autographed items can be found on the office walls and shelves.



LIVESTRONG CHALLENGE 2007

Stefan and his son rides strong in the rain

I was really looking forward to this year's challenge. I did some fantastic training rides; from the old Columbia River Gorge Highway to Lacamas Lake, and along the Columbia River. I was ready! My son Paul, whose teacher died last August from Pancreatic Cancer, decided last year after Mr. Sagan was diagnosed, to join me. So, we did some of the training rides together.

On race day at 5:00am, Paul was ready to go, unbothered by the coming rain. At the starting line we stood in heavy raingear and listened to cancer survivors and Lance Armstrong speeches. The rain got harder and stronger. What was very impressive to me is the fact that everybody showed up, even in those conditions. Lance even mentioned his amazement of the numbers and commitment of that crowd.

Lance jumped on his bike and off we went. Paul was more then ready and tried very hard to catch Lance, but the seven-time Tour the France winner was a little to fast for my nine-year-old. We rode from the Nike headquarters through rural Beaverton, then out to farmland. My feet were already soaked and numb at mile one. At mile 15, I realized that my rear tire was without air (just like last year's challenge). In less than a minute, a SAG car showed with helpful people who proved to be abundant throughout the route. Paul realized that his fingers were frozen and he could no longer shift gears. At the 20-mile mark, my family took Paul into the car and I continued on to do my extra 30 miles to make it a 70-mile ride.

The Portland club of Pirates entertained us with singing, dancing acting and swordfights at the Power-stop at Hagg lake-all day, in the rain! Their ship sank to the bottom of the lake! (So they say). Paul, now equipped with ski gloves, was ready to go again to do the next 20 miles of his Challenge. In the midst of cancer survivors and people affected by this disease all the rain and wind did not matter that much. My frozen feet and hands

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MOLLY'S RACES AND UPDATES

October marks the completion of two very important events for Back In Motion, the Race for the Cure and the LIVESTRONG Challenge. Fund raisers that gather people together in the spirit of physical activity and heartfelt concern for others are always worthy of time and effort.

This year, the Race for the Cure had special meaning for Molly Verschangel, LMT who, in March was diagnosed with breast cancer. "I am back to work and back to my normal activities thanks to early detection. What a joy it is to be able to run and play with my kids again." Molly points out, "Cancer is sometimes a surprise to people who are active and healthy, so please don't let your annual check-ups go because you feel fine."



Before shot: Message Therapists Holley, Molly & Melissa Dr. Colling & Dr. Hanson Not shown: Minh who organized the team but stayed home with a cold.

Molly has also been hard at work helping to develop future LMTs who specialize in sports massage. She is helping to create a massage internship program at Portland State University in the Viking training room, and is also in the process of constructing a certification specifically for sports massage at The Oregon School of Massage where she currently teaches.

"This is the Northwest! We need more therapists who are able to support our sporting community in an educated, experienced way." Molly asserts, "Knowing how well massage assists athletes with injury recovery, prevention and performance, we now need to be able to supply the best care possible." Look for her as a part of the Portland Sports Massage Team at events in the future.



..LIVEstrong cont.

were nothing compared to the pain of a cancer patient. As we were fighting our way against the wind and the rain, everybody was smiling and joking. I realized that the cyclist next to me was an amputee below the knee.

At finish line, we were greeted with lots of cheers and bells from family and volunteers who were still out in the rain. Finally, in dry clothes and a warm room, we ate, drink and told stories from the ride. Everybody was deeply impressed by Paul's effort. Nowadays, it is not so common that a nine-year-old is doing a 40-mile bike ride in the wind and rain. The event was really well organized and the support on the road was incredible. A lot of people not only raised 1,6 million dollars, but proved that we are not giving in to anything, and we are willing to fight for a cure. Livestrong means: Never give up!

My commitment grows stronger each time I do this and I am happy to say that my son Paul is not the only one willing to join me in the fight. Dr. Hanson lead our Back In Motion team of five people, who ran the 5K in the pouring rain. Thank you very much for joining the Livestrong Army! **Thank you to everybody supporting me in my effort to make a difference!**



After shot: Molly sporting survivor's yellow rose

UPDATING YOUR MEDICAL INFORMATION.

With the addition of our new software, we are asking our existing patients to update their medical history. This is an excellent time to inform us of any changes in your health status, and to help us implement our new charting software with your most accurate information.

TIME OF SERVICE PAYMENT DISCOUNT

For all of our patients who have Chiropractic, Naturopathic and Acupuncture services who pay at the Time of Service and have a \$0 account balance, we are offering a TOS Discount as follows:

- CHIROPRACTIC SERVICES: 10% DISCOUNT
- NATUROPATHIC SERVICES: 15% DISCOUNT
- ACUPUNCTURE SERVICES: 30% DISCOUNT

We will not bill your insurance company for the services. (We will gladly provide a computerized receipt upon request. You may use this receipt to bill your insurance company.)

ABOUT YOUR BILLING STATEMENT

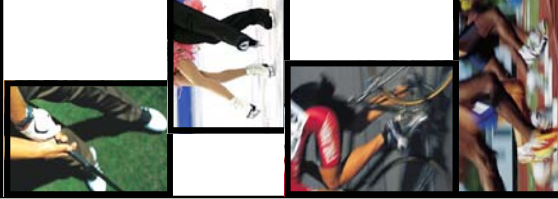
Itemized statements are mailed monthly to patients, and insurance companies are billed weekly. The statements that you receive have already been billed to your insurance company, if you have insurance and you have provided us with current policy information. Insurance companies will generally respond between 30 to 60 days. If you have insurance and your statement is showing a balance due on charges that are 90 days and over, this balance is your responsibility. Should your insurance make a payment at a later date, you will be refunded the balance.

Office Hours:

Monday thru Friday
7:00am - 8:00pm

Saturday's 8:00am - 2:00pm

Manage Gift Certificates Avail-



Sports Chiropractic Physicians

Dr. Ted Forcum
Dr. Tamara Lovelace
Dr. Steve Hanson

Licensed Massage Therapist

Michael Collins, LMT*
Stefan Furst, LMT*
Molly Verschingel, LMT*
Melissa Rhines, LMT
Holley DeShaw, LMT*

Naturopathic Physicians

Dr. Jason Barker*

Exercise Physiologist

Mike Boggs, BS, MBA, CSCS*
*Independent Contractors



TO HELP US BETTER SERVE YOU:

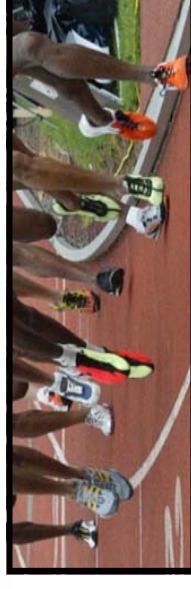
When making a chiropractic appointment, we ask that you inform us if we are scheduling a follow-up visit for a condition we have treated within the last six months. If you are scheduling an appointment and it has been over six months since we last treated you, or if you want to be seen for a new condition, please let us know as we will need to set aside 45 minutes to make sure we have enough time to examine you properly. Thank you for your understanding and cooperation.

BACK IN MOTION
SPORTS INJURIES CLINIC,



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Newsletter



HANDS ON CARE OF SPORTS



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