



**BACK IN MOTION**  
**SPORTS INJURIES CLINIC, LLC**  
 11385 SW Scholls Ferry Road  
 Beaverton, Oregon 97008

**HANDS ON CARE OF SPORTS INJURIES**



**BACK IN MOTION**  
**SPORTS INJURIES CLINIC**

*Celebrating 20 Years of Excellence*

**Newsletter**

February 2010

Honoring National Heart Month



**Our Clinic Support Staff**

*This month we celebrate Back In Motion's Front and Back Office Team. This talented, hard-working team with dedication to detail and commitment to patients is the pride of our clinic.*

**Tamra Grubb** grew up in Eugene, OR and attained a BA in U.S. History with a minor in Music from the University of Oregon (Go Ducks!). She has worked in Back In Motion's front office and billing departments for one and a half years. She is currently training for the Blue Lake Triathlon in June.



Possessing a natural talent for tackling complex billing issues, Tamra has provided fierce investigative work on behalf of our patient's so they can get the best information and care possible. Advice to patients? *"It's always important to know your health options presented by your plan. Please let me know how I can help you understand your benefits."*



**Casey Holliman** is from Medford, and has a BS in Human Physiology with minors in chemistry and business from the University of Oregon. A big sports fan, he grew up playing basketball and baseball. He has been a Chiropractic Assistant at Back In Motion for over a year and plans to return to school this fall to pursue a career in a sports/medical related field.

Casey has been heading up the process of making patient intake more effective by reworking forms and editing the electronic charting software formats. In addition to providing the many therapy treatments, Casey offers motivation. His favorite quote is a quip from the film "Dodge Ball" *"You gotta burn it, to earn it!"* - White Goodman. Even movie characters hold great wisdom.

**Jena Winger** is from Lake Tapps, WA and earned a BA in Exercise Science with a minor in economics from Willamette University. She has competed in Cross Country and Track and Field from a young age, and is continuing to pursue



her competitive aspirations as a post-collegiate athlete. A chiropractic assistant at Back In Motion for just under a year, Jena has skills beyond athletics with savvy clinic navigation, and writing (thus her contributions to this article).



*"What I enjoy most about Back In Motion is hearing our patient's personal stories while learning simultaneously their mechanisms of injury and how best to approach these injuries in order to return our patients to full force."*



**Dan Spence** was raised in McMinnville, OR and attended the University of Oregon where he earned a BA in Digital Arts. He played baseball in high school and enjoys watching football, basketball, and baseball.

In addition to spare time spent on the slopes (see right), he has recently begun training for the Shamrock Run in March.

Dan's contribution to Back In Motion has included good instincts, and a quick pokerfaced humor that keeps everyone smiling.

*"I've enjoyed the process of getting to know the patients and watching them improve."*



**Rachelle Caberto** is the newest chiropractic assistant at Back In Motion and hails from Oahu, Hawaii. She has an interest in gymnastics, basketball and volleyball. Rachelle recently graduated with an AAS in Medical Assisting and is planning to work toward a bachelor's degree in Biochemistry.

*"What brought me to Back In Motion was the satisfaction of being able to provide a wide range of medical and chiropractic services to patients of various backgrounds. I am looking forward to the new challenges and experiences each day will bring."*

## Joint Commission on Sports Medicine

Once again, Dr. Forcum represented the American Chiropractic Association



Council on Sports and Physical Fitness at the Joint Commission on Sports Medicine held in Charlotte, North Carolina.

The Joint Commission, with 70 organizations, extending from orthopedics, dentistry, optometry, psychology, NCAA, the Center for Disease Control, the U.S. Olympic Committee, and the President's Council on Sports and Physical Fitness to name a few, gathered with the continuing goal of collaboration and influencing healthcare policy in terms of sports medicine. With this year's event at the home of NASCAR, the educational programming focused on motor sports.

All of us think of the injuries associated with the crashes that seem to occur within every race. However, the success of a driver hinges upon his team, which consists of the pit crew, engineers, and a wide array of



The sport of pit crew team work. Dr. Forcum on site.

healthcare professionals that train, treat, and tune the crew and driver for the highest performance level.

Dr. Forcum had the opportunity to go through pit crew training as well as to take a lap around the Charlotte Motor Speedway. "This was an especially exciting trip given my family history in motor sports" says Dr. Forcum who had both a brother race Outlaw and dirt track, and his father race go-carts and off-road. Currently his great uncle is involved in the Indianapolis Speedway. At one point Dr. Forcum himself worked for a CART/Indy racing team of Patton-Tacate.

The Joint Commission members are organizations that host other symposiums across the country. Dr. Forcum, along with the Oregon Sports Authority, were instrumental in influencing the Commission to hold this program in the Rose City in 2012. Additionally, Dr. Forcum is part of the programming committee for the 2011 event in Philadelphia. The Portland event is a great economic opportunity as all of these organizations host symposiums ranging from 40 attendees to 6000 atten-

### *This Season's Events*

**-Team Red Lizard 5-Miler**

March 7th, Lake Oswego

**-Shamrock Run**

March 14th, Waterfront Park.

**-First Thursday Run**

March 4, Fit Right NW (New Location)

## Sports Massage Therapy and Its Benefits:

By Michael Collins

Sports massage is directed at athletes of all levels. Its purpose is not to provide any curative help, but rather to help an organ to take in the nutrient material from inside the body itself apart from helping to remove toxins. Different forms of ailments which affect the ligaments, muscles and the nervous system can be healed by sports massage therapy.

The main motive behind sports massage therapy is to aid as well as expand the natural healing capacities of the human body. The human body is unique and has the capacity to adjust as well as adapt and heal itself.

### Known benefits of sports massage therapy are:

- Enhanced performance.
- Decrease muscle weariness during events and ease pain and inflammation after events.
- Encourage elasticity of the muscles
- Aid in preventing injury and loss of mobility.
- Help return mobility to wounded muscle tissue.

It is outstanding for decreasing back pain and provides common relaxation, and it may broaden the overall life of your sporting profession.



Sports massage can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Sometimes the effects of the session take time to manifest. You may walk out feeling that you still have the issue you came in with but when you wake up the next day it's resolved. Sometimes you won't notice a significant difference, even after a day or more. That happens because some of the positive effects of massage are cumulative. In other words, the more massage you get, the more the benefits accrue to you.

### *Give your Valentine the Gift of Massage With the Sweetheart Special*

Offer extended Until March 15th

Purchase a Gift Certificate for your sweetie and receive 20% off your massage.

*Must be paid in full at time of purchase. Gift Certificate must be for someone other than purchaser. 60 minute massages cannot be split into two 30 minute treatments.*



### Office Hours:

Monday thru Thursday

7:00am - 8:00pm

Friday 7:00am - 7:00pm

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

**Gift Certificates Available**

### Sports Chiropractic Physicians

**Dr. Ted Forcum**

**Dr. Tamara Lovelace**

**Dr. Steve Hanson**

**Dr. Drew Hohensee**

### Licensed Massage Therapists

**Michael Collins, LMT\***

**Stefan Furst, LMT\***

**Molly Verschingel, LMT\***

### Naturopathic Physician &

Licensed Acupuncturist

**Ryan Minarik, ND, LAc\***

### Exercise Physiologist

**Mike Boggs, BS, MBA, CSCS\***

*\*Independent Contractors*

### **TO HELP US BETTER SERVE YOU:**



When making a chiropractic appointment, please inform us if we are scheduling a follow-up visit for a condition we have treated within the last six months. If it has been over six months since we last treated you, or if you wish 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. We appreciate your understanding and cooperation.

### **ABOUT BACK IN MOTION**

Back In Motion Sports (BIM) Injuries Clinic, LLC, is located in Beaverton, Ore., specializing in diagnosing injury and understanding its cause to prevent future reoccurrences. Established in 1988 by Ted Forcum, DC, DACBSP, BIM provides chiropractic treatment, massage therapy, Acupuncture, Naturopathic and exercise physiology.

Chiropractic care of sports injuries includes manipulative therapy, physiotherapy, Active Release Technique® (ART), Graston Technique®, Exercise, Diet and Nutrition, and Orthotics and Supports.

*Our goal is to provide the finest in alternative and complimentary care with an emphasis on athletic care, thereby achieving a long-term solution to return the patient to an active lifestyle.*

**11385 SW Scholls Ferry Rd.  
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**www.bimsportsinjuries.com**