



**Outpatient  
Physical Therapy  
Appointments Available  
7 a.m. - 5 p.m.**

Pete Christensen, OTR/L  
Occupational Therapist

Jon McClung, PT, DPT, OCS, CSCS, PES  
Physical Therapist

Barb Leymaster, PT, MPT, GCS  
Physical Therapist

Mary Ann Sides, DPT  
Physical Therapist

Jane Wachal, PT  
Physical Therapist

Bob ten Bensel, PTA  
Physical Therapist Assistant

Kylee Sisel, PTA  
Physical Therapist Assistant

**Phone: 402-646-4611**

**www.mhcs.us**

**Seward Memorial Physical Therapy**

With over 70 years of combined therapy experience, served right here in Seward County, you get the local quality care you deserve.

Your trusted local physical therapy team is dedicated to a vast array of **outpatient and inpatient services.**

Orthopedics  
Geriatrics  
Sports Injuries

Occupational Therapy  
Speech Therapy  
Aquatic Therapy



**Memorial  
Health Care Systems**

Physical Therapy

300 N. Columbia Ave | Seward, NE

# HEALTH CARES

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Summer 2017



**Memorial  
Health Care Systems**

## Specialized Care, Close to Home

**A**s a passionate runner since college, Ron Bork of Seward has dealt with his share of knee pain. Ron attended Concordia Teachers College, now Concordia University, and ran cross country through his college career. At that time, there were only 5 team members and there were no scholarships. Instead of scholarships, the cross-country members received extra milk tickets from the cafeteria! Ron continued running after college and even completed a full marathon.

Ron and his wife returned to Seward in the summers following graduation as he continued to complete his master's program at Concordia. Throughout his teaching career, Ron and his family made a number of moves for his professional growth and continuing education opportunities. In 2001, the Borks planted their roots in Seward, calling Seward home. Ron recently retired from Concordia University after his long and successful career in education.

Running has always been an important part of Ron's life, but throughout the years, he has had to make some adjustments due to knee pain. Ron was a 15-20 mile per week



Above: Ron Bork of Seward shared before and after photos from his right total knee replacement successfully completed May 8th, 2017. The first photo was taken prior to surgery and the second photo was taken after Ron's staples were removed.

runner early in his career. About 12 years ago he experienced knee pain and his running became jogging and then 6 years ago became exclusively walking. He finally decided that he could not allow the knee pain to sideline him completely.

Ron's family practice physician, Dr. Ketner at Seward Family Medical Center, has worked with Ron since he moved back to Seward. With Ron's discomfort and pain progressing, Dr. Ketner talked with him at length about his right knee pain and recommended a visit to Memorial Hospital Specialty Clinic. At the Specialty Clinic Ron worked with Dr. Tewes, Orthopedic and Sports Medicine Specialist who is board certified in Orthopedic Surgery and Orthopedic Sports Medicine. Dr. Tewes and his group practice from Seward's Memorial Hospital Specialty Clinic on Mondays.

With Ron's active lifestyle, the decision to schedule a total knee replacement was difficult, but necessary. Ron walked 2 miles the day before his surgery. His surgery was successfully

performed on May 8th at 8:00 am at Memorial Hospital. Seward Memorial Physical Therapy staff member Bob ten Bensel wasted no time getting Ron up and walking, therapy started onsite that same afternoon.

Ron expressed his appreciation to MHCS by saying, "The Specialty Clinic at Memorial Hospital has been a true blessing for the community and my family. Being able to have access to an excellent orthopedic surgeon, who can perform the knee replacement right here, close to home, made the prospect of surgery less of a burden as my wife, pastor and friends could easily stop by for a visit. I am thankful to be able to utilize these services provided for the community by Memorial Health Care Systems."

If you're a morning person in Seward, you've probably seen Ron walking! A few years back he walked every street in town, an approximately 70-80 mile journey. He continues to work with physical therapy to regain his strength, mobility and stability.

Memorial Hospital Specialty Clinic offers 18 areas of specialized care.

Visit [www.mhcs.us](http://www.mhcs.us) to learn about each of the specialties offered at MHCS.

300 N. Columbia Ave. | Seward, NE 68434

**Memorial  
Health Care Systems**



## Specializing in Pain Management



Memorial Health Care Systems is pleased to welcome Daniel Wik, MD. Dr. Wik has joined Memorial Hospital's Specialty Clinic offering care in the area of pain. He will work with your family physician and evaluate, diagnose, and treat chronic pain.

Dr. Daniel Wik earned his degree in biology and chemistry from Concordia College in Moorhead, MN. He has a chiropractic doctorate from Northwestern Health Sciences University and a medical doctorate from St. George University School of Medicine. Dr. Wik currently practices pain management in Seward, Norfolk, Columbus and York.

A variety of diagnostic & treatment procedures will be performed at Memorial Hospital, including:

- Medication Management
- Interventional Pain Procedures
- Joint Injections
- Migraine Management (including botox)
- Opioid Dependency (suboxone licensed)

**The Pain Management Specialty Clinic is currently open.**

**To find out more information or schedule an appointment, call (402) 316-3250**

"Early detection saves lives - it's that simple."

Sherly Crow



3D Mammography



Women's Health  
Seward | Utica | Milford

Memorial Health Care Systems  
402-643-2971

Same Day Sick Appointments Available at



Memorial Health Care Systems  
Seward Family Medical Center

Call before 9 am to schedule your sick visit for the same day at Seward Family Medical Center 402-643-4800.

**Sick visits include:**

cough, cold, sore throat, flu, fever, allergies, insect bites, rash, UTI, ear pain, pink eye, diarrhea, headaches



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**MHCS Mission:** We enhance the quality of life for individuals in our communities by providing excellence in health care services in the most appropriate settings.

Memorial Health Care Systems is a non-profit 501(c)3 corporation governed by its Board of Directors and the citizens who serve as members of the corporation. The purpose of this publication is to inform the community about the Systems' services, events, and to foster wellness by providing its readers with general health education. Please address questions concerning this publication to its editor Mallory Gibreal, 402-646-4627 or Mallory.Gibreal@mhcs.us. © 2017 - MHCS

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## Everyone Deserves a Restful Night's Sleep

Memorial Health Care Systems' sleep lab has recently been accredited through the American Academy of Sleep Medicine (AASM). The AASM accreditation recognizes MHCS' sleep center for the highest quality of care in the treatment and diagnosis of sleep disorders as well as our dedication to advancement of the field.

Sleep, a vital component to good health, makes up approximately one third of our lives. A good night of

sleep is essential to the restoration of our mind and body each and every day. More than 70 million Americans suffer from one or more sleep disorders, some of which can be fatal. Astonishingly, it is estimated that 95% of these cases go

undiagnosed and untreated. For these victims, the night is a source of anguish, not rest. Untreated sleep disorders can have serious consequences. There are more than 80 sleep/wake disorders resulting in daytime sleepiness due to an inability to either fall asleep or maintain restful sleep. These disorders result in a significant number of health problems, traffic accidents, industrial accidents, heart failures and deaths.

Proper diagnosis is the essential first step in the successful treatment of sleep disorders. A polysomnogram (PSG), or sleep study, is the most accurate and objective method for evaluating sleep and establishing a diagnosis. A sleep study is a non-invasive test that identifies if a patient has obstructive sleep apnea or central line apnea. It records sleep patterns

that monitors activities of the heart, brain, muscle movement, airflow, and oxygen levels in the blood. Lisa Kimsey, Director of Respiratory Therapy at MHCS stated, "complaints that would warrant investigation and a possible order of sleep study testing include snoring, excessive day time sleepiness, witnessed apnea (stops breathing at night witness by another person), restless legs, and parasomnias (sleep walking)."

"The room was comfortable and relaxing... very convenient for living in Seward, NE."  
- MHCS Sleep Lab Patient

Sleep studies use various tests to determine problems that may be occurring that keep a patient awake or cause sleep disruptions through the night. If a primary care provider decides a sleep study is right for you, a pulmonologist along with the MHCS

respiratory team review and schedule sleep study testing. A pulmonologist is a doctor specializing in diagnosing and treating disorders of the respiratory system (the organs that help you breathe) Dr. Rudersdorf, pulmonologist, is partnered with MHCS as the Sleep Study Facility Director.

Our sleep lab rooms are private, cool, dark and quiet. They are stocked with comforts you would have at home and are complete with private bathrooms and furnished with a Sleep Number bed to facilitate a peaceful and restful night's sleep.



Above: Memorial Health Care Systems Sleep Labs offer all the comforts of home during your stay including queen size Sleep Number beds.

Patients wear monitor systems during their overnight stay. The minimally invasive monitor systems have been designed to have reduced distractions with little discomfort and no pain.

Many patients can be concerned about their ability to sleep away from the comforts of their own home with monitors on. Most of our sleep study patients report having a restful experience during their stay. One patient stated, "The tech did a great job explaining everything and answering all my questions. I had the best night sleep I've had in a long time!" Another patient wrote, "Arlyn was good at making everything comfortable. The room was comfortable and relaxing... convenient for living in Seward, NE."

**We now offer automated courtesy calls** to remind you of upcoming appointments.

Talk to a staff member to learn more!

