

# Wellness Monthly



By: Orthopedic & Sports Physical Therapy  
June 2009  
Celebrating 6 years  
of service!



## Work Anniversaries

Ben Guck- June 9<sup>th</sup> 1 yr.

## Birthdays

Connie Vosberg- June 14<sup>th</sup>  
Kim Ceroll- June 26th

## Wedding Anniversaries

Peggy Wasmiller- June 13<sup>th</sup>  
Connie Vosberg- June 16th

## Farewells and Welcome's

Welcome! Rizzi King, PTA- June 22<sup>nd</sup>

## Joke Submitted by Ben Guck- PT, DPT

HAPPY FATHERS DAY!

Top Ten Things You'll Never Hear a Dad Say

10. Well, how 'bout that?... I'm lost! Looks like we'll have to stop and ask for directions.
9. You know Pumpkin, now that you're thirteen, you'll be ready for unchaperoned car dates.
8. I noticed that all your friends have a certain "up yours" attitude ... I like that.
7. Here's a credit card and the keys to my new car --  
GO CRAZY.
6. What do you mean you wanna play football? Figure skating not good enough for you, son?
5. Your Mother and I are going away for the weekend ... you might want to throw a party.
4. Well, I don't know what's wrong with your car. Probably one of those doo-hickey thingies -- Just have it towed to a mechanic and pay whatever he asks.
3. No son of mine is going to live under this roof without an earring -- now let's go to the mall.
2. Whaddya wanna go and get a job for? I make plenty of money for you to spend.
1. Father's Day? aahh -- don't worry about that -- it's no big deal.

## Services at OSPTI

Physical Therapy  
Occupational Therapy  
Massage Therapy  
Paraffin Wax  
Aqua bed Massage  
Open Gym  
Open Pool  
Personal Training

## What's happening at OSPTI?

**Water Aerobics-** \$30/mo 2x/wk  
Monday & Thursdays 10:30 am  
Tuesday & Thursdays 5:15 pm

**Water Arthritis-** \$15/mo 1x/wk  
Wednesdays 9:00 am

Wednesdays 9:45 am Apr. 8th – May 13<sup>th</sup>

**Walker's Group & Runner's Club**

\$20.00/person 4x/week  
Mondays & Wednesdays 12:00pm & 5:30pm

## OSPTI

ORTHOPEDIC & SPORTS  
PHYSICAL THERAPY INC.



Striving to Meet Your Goals!

For further information please contact OSPTI at  
218-641-7725

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## History of OSPTI

Desiring to return to her home town, and recognizing a need in the community, Shawn opened OSPTI in the spring of 2003 in a little office on Minnesota Avenue. Her vision was to offer the Twin Towns a private practice setting so those in need could benefit from physical therapy. While the business primarily provides orthopedic services, OSPTI has expanded to offer Occupational Therapy and an active Wellness Program to help meet more needs locally.

The first OSPTI office was located at 73 Minnesota Avenue, across from Pizza Hut, and consisted of 800 square feet. With 4 employees and 1 treatment room, Shawn knew it wouldn't be long until they were in need of more space. In 2004, Shawn married Chris Roberts who then joined the OSPTI staff as the Business Manager.

In January, 2005 OSPTI opened a branch in Hankinson, ND. This branch is a part of the Hankinson Community Center and connected to the St. Gerard's Nursing home in town. It consists of 2 treatment rooms a gym and lobby area. There are 2-3 employees on staff there Monday-Friday.

In February of 2005 OSPTI moved from Minnesota Avenue to 430 5<sup>th</sup> St N in Breckenridge, across from the Breckenridge Water Tower. This building consisted of 3200 square feet with 2400 square feet used for treatment. The new building had 2 treatment rooms, a staff office, large gym and a lobby entrance. With the addition of a treatment room and large gym space, the staff numbers increased. OSPTI was exactly what the community needed and the patient numbers kept increasing. It was 2 short years before the company was in need of even more space.

In February of 2008, OSPTI finished its largest expansion to date. While there was no move involved, the current building was added onto increasing their square footage. Also added in the expansion was a therapy pool. The pool is kept at approximately 90-92° and is used for therapy patients and different wellness aquatic classes. OSPTI continues to grow and currently has approximately 15 employees including 3 Physical Therapists, 2 Physical Therapist Assistant, 2 Occupational Therapy Assistant, 2 massage Therapists, and 2 contract Occupational Therapists.

## Staff Feature

### Shawn Krause-Roberts PT, MPT, ATC

OSPTI is proud to recognize its owner, Shawn Krause Roberts. Shawn began OSPTI in 2003 and has been a part of its growth and involvement in the community. Currently OSPTI has approximately 15 employees, due in no small part to Shawn's vision of what was needed in the Twin Town community in regards to physical and occupational therapy.

Shawn is a Breckenridge native, graduating from BHS in 1991. She was very active in the community in her younger years before leaving to attend St. Cloud State University, graduating with a degree in Bio-Medical Science and Sports Medicine/Athletic Training. Shawn has extensive experience with sports programs of varying levels in her 12+ years.

Shawn obtained her Physical Therapy degree at St. Scholastica in Duluth, MN in 1999. Shawn's titles include Physical Therapist, Masters in Physical Therapy, and Certified Athletic Trainer. After graduating and working at both St. Catherine's in Wahpeton and St. Francis Medical Center in Breckenridge, she ventured to the Twin Cities to work for Fairview Health Systems/Institute for Athletic Medicine and then for Therapy Partners, private practice group in Burnsville.

At OSPTI Shawn works with orthopedic and post surgery rehab patients. She has a special interest in pediatrics and 'return to sport' or athletic enhancement patients. Shawn also works with several area schools to provide treatment to students with special needs. Shawn has many certifications in many manual techniques including ASTYM and Aquatic Therapy.

Shawn is happily married to her husband Chris Roberts and they have 3 children: Collin is 5 and anxious to start Kindergarten this fall; Sydni is turning 3 in July and is their sweet, 'spit fire' little girl; and finally Cooper, who is 13 months old and works hard to keep up with his active siblings. Shawn enjoys time outdoors with her family. She participates in many community activities including the OSPTI Women's Volleyball team. Her schedule is very full but states that while nothing is more important than family and friends, her work is very rewarding. "It's all about finding a balance that works for you."