

Jacksonville Orthopaedic Institute Rehabilitation

Fall 2013

Stretch

A Patient Education Newsletter

The Story of JOI Rehabilitation

In December of 2013, Jacksonville Orthopaedic Institute (JOI) Rehabilitation will celebrate its 10th anniversary. Our history began when the JOI Physicians wanted to improve the overall quality of care by offering Physical Therapy, Occupational Therapy and Athletic Training Services to their patients. On December 1st, 2003, the San Marco center was the first center to open its doors. JOI Rehab started with 14 employees on its first day and 8 of those employees are still employed by JOI Rehab.

On December 1st, the first day of business for JOI Rehab, 68 patients were seen. From the beginning, we provided Athletic Training Services to Bishop Kenny High School, The Bolles School, Bishop Snyder High School, Florida State College at Jacksonville and the Jacksonville Jaguars.

Very quickly the need for more centers became apparent. JOI Rehab aggressively opened new centers to meet the growing therapy needs of our patients. The Beaches clinic opened in January of 2005, University in July of 2005, Point Meadows in October 2005, South in January of 2006, Westside in April of 2006, North in January of 2007, Mandarin in December of 2008, and Fleming Island in January of 2010.

Today, JOI Rehab employees 103 employees in these 9 locations dedicated to serving our patients and providing high quality health care. We have expanded our Sports Medicine Program by providing athletic training services to Episcopal High School, Providence High School, Atlantic Coast High School, The Jacksonville Sharks and The Jacksonville Roar. We also provide physical therapy services to the student-athletes of Jacksonville University.

We opened a Spine Center in May of 2012, adding the services of Acupuncture, Laser Therapy and Massage. We also added two other lasers to San Marco and the Beaches Clinics. We provide Dartfish video analysis services and the Graston Technique at all nine of our centers. We purchased an Alter G Anti-Gravity Treadmill at the San Marco clinic to assist patients return to gradual weight bearing activities in a controlled environment. Our Hand Therapy Department continues to provide custom splinting and outstanding patient outcomes. We currently employ 11 Certified Hand Therapists (CHTs), more than any other physical therapy provider in Northeast Florida.

We have treated over 100,000 patients over the past 10 years of dedicated service to the Jacksonville Community. JOI Rehab will continue to provide new cutting edge services to better meet the needs of our patients. We pride ourselves in bringing our patients the best quality health care a provider can offer. Our contest winning slogan for our 10th Anniversary t-shirt tells our story: "9 Clinics...10 Years...One Focus...YOU!" We are so proud of our 10 year employees: Joanna Starkey, Chad Evans, Matt Paulus, Sonya Thigpen, Linda Richburg, Debbie Rockett, and Charlesetta Johnson. We look forward to many more years of providing the highest quality of rehabilitation services to YOU, OUR PATIENTS.

-Tim Wall, Administrator

joionline.net

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Exclusive Sports Medicine Provider



Our 10 Year JOI

Joanna L Starkey DPT/CHT

Joanna came to Jacksonville and what would become JOI in 2001. She received her undergraduate degree from Ohio State University where she also was active in her first career as a professional ballet dancer. She then went to Shenandoah University in Northern Virginia for her Masters and Doctorate degree in physical therapy. While working in undergraduate school, she was introduced to the world of “hand therapy” and instantly became interested. She became a certified hand therapist as soon as she became eligible in 2005. Since that time, she has helped review and write current study programs for the American Hand Society. She also maintains her interest in the performing arts medicine, working with Broadway Physical therapy prior to coming to Jacksonville. As the founding hand therapist at JOI she has helped develop a hand therapy program that now includes 8 clinics and over 15 therapists. She remains very active in the Jacksonville hand community presenting at local continuing education courses and working with MDs here at JOI and in Virginia to develop and progress hand therapy. She is also a staff “expert reviewer” for the American Society of Hand Therapy. Joanna has also recently become a more experienced marathon runner and has enjoyed working with fellow runners in the clinic to develop programs to help treat and prevent injuries in the running population. Joanna has enjoyed all the wonderful opportunities JOI has given her in the last 10 years to develop as a well rounded manual physical therapist.. She is also thankful for the incredibly unique opportunity to work so closely with the doctors here and especially for all the wonderful patients who remind her every day why she is grateful for the amazing job she gets to do.



Chad Evans, MPT

Bachelor of Science in Health Science Education (University of Florida, 1993)

Master's degree in Physical Therapy (University of St. Augustine for Health Sciences, 1999)

For nearly the past 15 years Chad has worked in outpatient orthopaedics, and has been with JOI Rehab since the first clinic opened in 2003. He has worked in several different offices and has become skilled in working with patients of all age groups and activity levels. Currently Chad is working at our University office and traveling to JU to work with their student athletes. In the fall, he will begin working on his doctorate degree in physical therapy and hopes to share this new knowledge with his patients.

Matt Paulus, MS, ATC

Matt is a native of Wisconsin and attended the University of Wisconsin-La Crosse and obtained his bachelor's degree in Exercise Science-Athletic Training. He then attended Indiana University for his Master's degree in Kinesiology-Athletic Training. Matt has been a Certified Athletic Trainer since 1997 and especially enjoys working with post-operative knee and shoulder patients. Matt specializes in throwing biomechanics, foot orthotics fabrication and soft tissue mobilization using the Graston Technique (Level II trained). Matt currently is the Site Coordinator for the North and Westside facilities. Before that he was the Sports Medicine Director from 2002 to 2008 while working out of the San Marco office. Matt served as the Head Athletic Trainer at Bishop Kenny High School from 1999 to 2005. Matt has been working with the physicians at JOI for 14 years. He has also interned as an athletic trainer with the NFL's New Orleans Saints (2 summers) and Jacksonville Jaguars (1 summer). Matt has been married for 10 years and has 2 sons that keep him and his wife very busy. He also enjoys playing golf in his spare time.



Rehab Employees



Sonya Thigpen, PTA, ATC

Bachelor of Science in Exercise and Sports Science (University of Florida, 2002)

Associate of Science in Applied Sciences (Florida State College, 2011)

For the past eleven years, Sonya has been working in outpatient orthopaedic rehabilitation. She has been with JOI Rehabilitation since the first clinic opened its doors in 2003. Sonya served as the Head Athletic Trainer at Florida State College at Jacksonville (formerly Florida Community College at Jacksonville) from 2002-2008. In 2008 she took on a new role of Assistant Sports Medicine Director for the JOI Sports Medicine Program. Sonya received her license as a Physical Therapist Assistant in 2011 and stepped down from her role as Assistant Sports Medicine Director to focus more on the clinical aspect of Physical Therapy. She continues to be involved in the JOI Sports Medicine Program where she helps with sports medicine coverage at the high school and collegiate level. Sonya also works closely with the Jacksonville Juniors Volleyball Association (JJVA), helping to provide sports medicine coverage for all of their home tournaments. When she is not working, she enjoys spending time with her family, going to the beach, cheering on the Gators and the Jaguars, and is actively involved as a worship leader at her church.

Linda Richburg, BA

Bachelor of Arts in Communication and minor in Psychology

Linda has been the referral coordinator for JOI Rehab since April of 2005. She began working in the medical field for one of the JOI orthopaedic surgeons in 2002. Linda has worked in the medical field for over 30 years as front desk specialist and office manager for a general surgeon. She enjoys working with the public and helping to meet the needs of our patients.



Debbie Rockett, BSC, PT, OCS

Bachelor of Science with Honors (Sunderland University, England, 1987)

Bachelor in Physiotherapy (Sheffield Hallam University, West Yorkshire 1991)

Orthopedic Certified Specialist, June 2012

Debbie has worked in several fields of physiotherapy, and has specialized in orthopaedic outpatient therapy services. She received her post-graduate certification in Mobilization of the Spine and Extremities in 1992. Recently, Debbie became an Orthopedic Certified Specialist. Debbie has been with JOI Rehab since the opening in 2003.

Charlesetta Johnson

Charlesetta has been working in the Physical Therapy industry for over 16 years. She has been with Jacksonville Orthopaedic Institute Rehabilitation for the last 10 years. Charlesetta has held several positions over the past 10 years and is currently the Supervisor of our Rehab Data Entry Dept., our Educational Coordinator for student interns, and Site Coordinator at our Mandarin Rehabilitation clinic.





JOI Rehabilitation has nine convenient locations to serve you.

1 San Marco

1325 San Marco Boulevard
Suite 102
Jacksonville, FL 32207
P: 904.858.7045
F: 904.858.7047

2 North

12961 North Main Street
Suite 201 & 202
Jacksonville, FL 32218
P: 904.757.2474
F: 904.757.5541

3 Point Meadows

(Gate Parkway & 9A)
7740 Point Meadows Drive
Suite 1 & 2
Jacksonville, FL 32256
P: 904.564.9594
F: 904.564.9687

4 Westside

5393Roosevelt Boulevard
Suite 17
Jacksonville, FL 32210
P: 904.389.8570
F: 904.389.8599

5 Beaches

1577 Roberts Drive
Suite 320
Jacksonville Beach, FL 32250
P: 904.247.3324
F: 904.247.3926

6 South

14985 Old St. Augustine
Road, Suite 106
Jacksonville, FL 32258
P: 904.288.9491
F: 904.288.9698

7 University

5737 Barnhill Drive
Building B, Suite 204
Jacksonville, FL 32207
P: 904.733.9948
F: 904.733.9984

8 Mandarin

12276 San Jose Blvd
Suite 716 & 717
Jacksonville, FL 32223
P: 904.288.9604
F: 904.288.9643

9 Fleming Island

1845 Town Center Blvd
Suite 410
Fleming Island, FL 32003
P: 904.621.0396
F: 904.621.0397

**A SPECIAL THANK YOU TO
ALL OF OUR REHAB PATIENTS...**

9 Clinics...

10 Years...

1 Focus ...

YOU!

TRIVIA

- 1.) In what year did JOI Rehab open the North Clinic?
- 2.) How many CHT's does JOI Rehab employ?
- 3.) What month did JOI Rehab 1st open its doors?
- 4.) What 2 colleges is JOI the Sports Medicine Provider for?
- 5.) Name one high school that JOI is a Sports Medicine Provider.

****Please turn in your answers at any JOI Rehab front desk to win a chance in a weekly drawing for a FREE MASSAGE and a FREE T-SHIRT until December, 2013. ****