

the **ir's** quarterly look
at new and growing
businesses
in the Helena area.

business newsmakers

fall 2015

A2Z



As Aristotle put it, "Pleasure in the job puts perfection in the work."

by Lacey Middlestead

At A2Z Staffing Solutions in Helena, this perfection is achieved daily by strategically matching the right staff with the right employer so that everyone is successful.

Since 2003, A2Z has provided on-demand staffing solutions statewide to local, state and federal government, corporations, and private sector employers. From traditional temporary, temporary to permanent, employee referral payroll program and recruitment services for office clerical, professional, scientific, technical and medical clients, A2Z fulfills any need for any client.

Setting A2Z apart from other staffing agencies is the fact that it is an independent and women-owned business. Manning the helm of this successful operation are not one but three tenacious ladies who are absolutely passionate about what they do. Deena Korting (president/CEO), Anna Kazmierowski (vice president/COO) and Charlotte Eskildsen (sec., treasurer/office manager) have all worked together practically since A2Z started. The amiable partnership has been fundamental to A2Z's success.

"We all have very diverse personalities, but we work together like a well-oiled machine," said Korting. "We have synergy."

They each admitted having a passion for a different aspect of the business. Korting's love for people, for instance, compelled her to recently relocate to work-



Anna Kazmierowski

ing front and center at the front desk in their office. That way, she explained, she gets to greet everyone that walks through the door and have the opportunity to get to know their employees and clients on a more personal level.

"Many applicants rely on A2Z as a resource for employment search or their career transition," said Eskildsen. "We are able to ultimately lead them down a career path they now love...and we are proud to be part of this success story each time."

Building those relationships and paying it forward, explained Kazmierowski, is what it's all about. By listening to their client's needs they are able to connect them with the appropriate staff or job, and in doing so, empower them in their personal and career aspirations. A2Z prides itself on being a "service-oriented" agency that always prioritizes their clients and employees. "We are proactive and offer solutions to our clients by being accommodating, flexible, continuous process improvement, on-the-go access to newest e-services technology, and always focusing on our clients' experience," said Kazmierowski. "Each client is unique and we thrive to make the hiring processes as easy as possible." That commitment to service and being "YOUR staffing agency" is what keeps clients coming back to A2Z year after year.

"We're very appreciative that clients entrust us with their hiring needs in support of their business daily operations —we know they could choose anyone—

but they choose us," said Kazmierowski.

While the women of A2Z work hard together as a team each day, they highly value their long term, dedicated and talented staff, Darla Smith (accounting manager), Katie Gabriel and Emily Lindquist (staffing coordinators). "All have given our company a kinship in every possible form. Their excellence, commitment and passion for helping people, drive our company's success!" Kazmierowski said. We don't forget to add in a bit of fun too, "You have to have laughter to keep the family feeling going on here," said Korting.

"Despite low unemployment rates, we continue having a high quality applicant pool to recommend to our clients," said Kazmierowski.

“

Each client is unique
and we thrive
to make the
hiring processes
as easy as possible.

”

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Montana City Grill

Just a few minutes south of Helena off I-15 is a truly unique restaurant that blends fine dining with a hint of Montana casual. Offering “seven restaurants in one” the Montana City Grill is the perfect family friendly destination for lunch, dinner and special occasions.

by Lacey Middlestead

Chris Rehor assumed ownership of Montana City Grill nearly 10 years ago, and ever since, he's worked furiously to continue developing, growing and enhancing the restaurant. Montana City Grill has always offered an extensive menu including Italian, seafood, Bar-b-que, vegetarian, salads and steaks. But recently, Rehor amped up the menu even more by adding beef ribs glazed in a gourmet red BBQ sauce, pork tenderloin, a new appetizer sampler and beer cheese na



Chris Rehor

chos. The restaurant is also one of the only locations in town to offer prime rib seven nights a week as well as a lobster dinner. Rehor promises even more changes to the menu coming soon.

Don't forget about lunch! Montana City Grill also features daily lunch specials and a soup and salad bar Monday through Friday from 11 a.m. to 2 p.m. Sports enthusiasts will never miss a moment of action with nine flat screen televisions in the bar area featuring ESPN College Extra. Customers can cheer on their favorite teams while sipping on a variety of wines and micro brews and munching on \$50 cent wings every Monday and all day Saturday. Rehor also started a wine club that meets every second and fourth Thursday at 6 p.m. Featuring a large banquet room, Montana City Grill makes an excellent choice for office holiday parties, retirement parties, birthdays and rehearsal dinners. Guests can choose from a variety of buffet and plated dinner options as well as indulge in a full private bar area. With the Elkhorn Mountain Inn, Montana City Store and Cenex gas station all across the street, Montana City Grill is a one-stop shop for an enjoyable evening out on the town. Guests can eat, drink, get gas, and rest up for the night all within walking distance. “Over the last 10 years I've met a lot of new people and made some wonderful new friends,” said Rehor. “I'm excited to say I've been successful at running this restaurant for the past 10 years. I'm very appreciative and would like to thank the community for their loyalty and patronage over the years. I'd also like to extend a special thanks to all of my crew and staff for their commitment and service.”



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Stockman Bank

Committed to community banking

For over 62 years, Stockman Bank has been deeply committed to community banking and believes that this commitment is the catalyst behind the success and progress of Stockman Bank of Helena. As the financial services industry becomes increasingly competitive, Stockman continues to be proactive in strategy and focus. Highly skilled banking professionals, state-of-the-art technology and a very successful Travel Club are key resources in positioning them as the region's premier financial center. Stockman Bank of Helena has two full service locations at 5 West Lyndale and 3094 N. Sanders St. These full-service branches are staffed with caring professionals to meet the needs of all customers. Stockman Bank offers simplified deposit services as well as competitive loan products for commercial, agricultural, development, construction, real estate, and consumer based lending. The Sanders location has an auto-bank facility for customer convenience, and Stockman has 11 ATM's located in Town Pump Food Stores throughout Helena, East Helena, Townsend, Three Forks and Boulder. Outstanding customer service is a priority, and both bank locations encourage customers to stop in for a cup of coffee and a friendly visit while doing their banking. In 2014, Stockman was proud to introduce the Elite Travel Club for Helena customers. This is an exclusive banking package for those 50 and over that offers many features, including social and educational activities along with group travel trips here and abroad. In addition, Elite Travel Club coordinators Cheryl Crowson and Joanie Werner also serve as personal bankers to members, making the banking experience more enhanced. The club has been overwhelmingly successful since its

inception, and boasts over 650 members. Here are some of the thoughts shared by Elite Travel Club members:

- *The trips are well planned and very affordable!*
- *Everything is taken care and best of all the trips and activities are fun and educational!*
- *It's a wonderful way to meet new friends and renew old friendships!*

John McLaughlin, President of Stockman Bank Helena commented that “we are a local bank that serves the needs of all members of the community. We take pride in being family owned; never losing sight of the fact that our customers are friends and neighbors who trust that decisions will be made promptly and locally, and know that their banking needs will be met with respect.” Stockman Bank, a Montana owned and operated company was established in 1953 by Miles City rancher and businessman Wm. Nefsy. There are 34 locations statewide. To learn more visit www.stockmanbank.com.

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Great Divide Cyclery

by Lacey Middlestead

Road Bike Action Magazine editor, Zapata Espinoza, said “bicycles may change, but cycling is timeless.” After 33 years in business, Great Divide Cyclery in Helena has honed its commitment to keeping pace with industry growth and transformation while never losing sight of the passion for cycling that fuels it all.

In April of 2014, Billings native Dan Barry took over the reins as the new owner of Great Divide. He has worked diligently ever since to continue helping drive Helena's cycling culture.

Barry landed his first job in a bike shop at 15 years old and has loved the sport ever since. “It was a good fit from day one,” said Barry. “After that I always knew I wanted to own a bike shop.” This will be Barry's 20th year in the industry and his third season living his dream.

Great Divide is a full-retail cycling shop that offers something for every level of rider from kids picking out their very first bike to avid adult cyclists. The shop carries several high end brands including Specialized, Santa Cruz, Juliana, and Salsa. Several group rides are offered throughout the year and this coming February, Great Divide will be offering small group basic repair classes.

The shop is committed to more than just decking out riders with the best bikes and gear though—it invests itself in the riding community. Great Divide is a large supporter of Prickly Pear Land Trust and the main sponsor for the Butte 100 Mountain Bike Race. For that race, Great Divide not only donates a bicycle for the volunteers but provides a full on mechanic for the duration. Barry explained that his crew is also working to install bicycle racks around Helena so that people have a safe place to store their bikes.

“I like to see people on bikes in every capacity and just enjoying being outside,” said Barry.

Barry is one of the lucky few who has found a way to make a living doing what he loves. “It's more of a passion than a job,” he said. “I'm excited to come to work every day...there's always new products and technology to learn about.”

“I couldn't see myself doing anything else,” said Barry. “It's my livelihood.”



Dan Barry

Keller Williams Real Estate



Craig Stevens (Team Manager), Andy Onushco (Realtor, 646-6310), Mel Carlin (Buyers Specialists, 422-2873) & Freyja Bell (Buyers Specialist, 461-8588)

by Lacey Middlestead

There is a deep longing inside each of us for a place to call home. Home is where you look forward to returning to at the end of each day, or to cook Thanksgiving dinner in, or watch your son or daughter take their first

steps. Home is where dreams are fulfilled, families are born, and love is abundant.

Broker—Andy Onushco, of Keller Williams Capital Realty recently assembled a small but passionate realty group dedicated to finding that perfect home for their clients.

Onushco has been investing in real estate for over 20 years and

has worked as a Keller Williams agent and broker for the past five years. He was initially attracted to Keller Williams because of their reputable training programs and profit sharing. This past February, Training Magazine named Keller Williams as the number one training organization in the world.

After a few years with Keller Williams, Onushco realized that he could deliver better customer service to his clients and further grow his own business by building a team. Rounding off Onushco's team are Craig Stevens, acting as the chief operating officer, and realtors Freyja Bell and Mel Carlin. Stevens is responsible for the team's day to day operations like scheduling, budgeting, marketing, and logistics. Both Bell and Carlin are fairly new realtors but each brings their own unique blend of knowledge and experience to the group.

Bell's desire to join the industry stemmed from her love of working with people and offering exceptional customer service. “This team is awesome and has made it less scary to jump into the industry,” said Bell. “Everyone brings something different to the table... it's a really good balance.”

In joining Keller Williams, Carlin brought with her 15 years of prior experience in the lending and title business, which she feels makes her a well-rounded agent. “I love helping people find the perfect house,” said Carlin. “Everyone has a different view of what constitutes a perfect house...I like the challenge of trying to figure that out.”

While Carlin and Bell are Buyers' Agents, Onushco's primary focus and passion is working with sellers and investment properties. He explained loving the strategic nature of it and how everyone has different objectives depending on their current situation.

“It's a bit of an addiction,” said Onushco of the real estate business. “I love helping people make one of the largest financial decisions of their life and finding their perfect home or realize their investment objectives. It's really rewarding.”

Onushco explained that being at Keller Williams is not just about a paycheck—it's a very “intimate” job. “You're there for people, often during some really personal situations,” he said. “That requires building trust and being available.”

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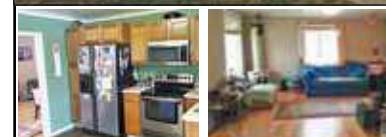
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Beautiful Queen Anne Victorian home in the heart of Helena's Mansion District--Upper Westside. Built in 1896, this home is the Edward C. Babcock Mansion. Intricate inlaid wood floors, 3 Italian marble fireplaces, built-in cabinetry and some original light fixtures. The kitchen and butler's pantry have been updated with all of today's finest finishes. All bathrooms have marble tile. Unlike many homes of this era, this home is ready to move into. All systems updated!

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Big Sky Healthcare Community

With hospital stays getting shorter and a growing number of patients requiring complex medical care, finding the right place to recover is more important than ever. Big Sky Healthcare Community in Helena is focused on short-term care and has transitioned 165 patients from hospital to home in the last year.

“For our patients, we know the primary destination is home. We have the professionals and specialized services to assist in achieving that goal,” said Guy Hayter, administrator at Big Sky Healthcare Community.

Therapy is crucial in accelerating the recovery process for many complex conditions. Hayter says Big Sky and sister community, Rocky Mountain Healthcare

Community, are the only skilled nursing facilities in the area that offer physical, occupational and speech therapy seven days a week. The exercises are aimed at improving mobility and function, reducing pain and ultimately maximizing independence. “With two extra days, patients don’t sit idle and have to play catch up later. It gives them the opportunity to get home quicker,” said Director of Rehabilitation Stacy Wynne.

Ray Beasley noticed a big difference in his mobility after just a week at Big Sky. Beasley, who is 85, had a bad fall and arrived at the community in early October following hip surgery. “When I came here I couldn’t do anything. It didn’t take long before I was standing and walking with the help of a walker. I credit therapy—they are all very encouraging.”

Besides therapists, the clinical transitional care team includes nurse



practitioners, RN transition coordinators, licensed nurses, certified nursing assistants, dieticians and case managers. They are all led by Big Sky’s newest addition, Medical Director Jonathan Griffin, MD, MHA. The family physician is also the Medical Director of Blue Cross Blue Shield Montana.


Quality medical care is essential, but patients also need to feel comfortable in their new setting. Big Sky has 30 private rooms dedicated to transitional care. And Hayter says the associates strive to exceed customer expectations. “We call it ‘The Spirit of Welcov’ and it’s our commitment to making a difference every day,” Hayter said. “During your stay we want you to feel comfortable, supported and confident in your care.”

And according to Beasley, who is already planning for discharge, that kind of trust will also make a difference when it’s time to go home.

“There will probably be some fear when I leave because I don’t want to fall again, but I know they’re doing a good job at preparing me for home. They’ve done it for so many people, so many times before.”

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The ir's annual look
at women in business
in the Helena area

women in business

Advanced Rehab, Physical Therapy & Pilates Clinic



Advanced Rehab, Physical Therapy & Pilates Clinic is EXPANDING!

In 2000, in a small historical home downtown and with the intent of delivering the best care in a holistic warm healing environment, Advanced Rehab's founder Sandra Marston opened the practice. As part of providing the highest quality of services, Ms. Marston found that the Pilates method of training had the specificity to help get patients better. At first the method was just used in patient care, however once therapy was complete patients started asking for classes to allow them to continue achieving more benefits with the method. A year after opening the practice, she opened a full Pilates Studio. Back then people would ask, "What is Pilates? Do you think it is just a fad?" That was 14 years ago....

As famous athletes have incorporated Pilates into their training regimes, the awareness of all Pilates can do to improve athletic performance has become clear. Now the questions have become, "When are you going to offer more intense, athletic Pilates classes as well as cardio intervals." The answer is "Very Soon." Ms. Marston and Advanced Rehab's certified Pilates instructors are working on advanced choreography, and intervals as well as performing market research for membership options... Ms. Marston notes, "For the past decade we focused on meeting the needs of special populations. With Pilates we have pulled people out of Osteoporosis, provided classes that allowed people with chronic conditions to safely exercise and stay fit. As the athletic world is embracing Pilates, and as our credentials have far exceeded the average from a physical therapy standpoint, our patient population has become more athletic based... from competitive athletes to helping people transition through each decade of life and still being active safely-our demand for more advanced, higher paced and challenging Pilates repertoire has dramatically increased. In 2013 we expanded our physical space to 4000 sq.ft. , and were able to add more Pilates reformers and cardio equipment. It is an exciting time for the practice and we all look forward to helping each population improve strength, stability, stamina and function through Pilates and cardio interval training. We are still providing the highest level of physical therapy services, we're just expanding the follow through after, when rehab is no longer needed, but athletic performance and high functional ability are the goals."

Still not quite sure what Pilates is? It is a system of training developed by Josoph Pilates (1880-1967). He was a man ahead of his time in understanding the inter-connections of the body. He knew that being just strong without flexibility could be damaging body, and he had great insight in knowing that movement for safety requires stability. Stability means that your structure is supported for movement. He developed spring loaded equipment that he used to help heal injured soldiers, and later ballerinas of New York.

When the Pilates trademark was lifted in 2001 the world was free to explore the health benefits of his technique, and it has only gained momentum ever since. Now football teams like the Green Bay Packers and Oakland Raiders use the technique in training. From volleyball Olympic champions Misty May-Treanor and Kerri Walsh to NBA stars Jason Kidd and LeBron James use Pilates method of training as well. Pilates has also found its place among famous personalities such as Jennifer Aniston, Madonna, and Oprah Winfrey. To take your health and fitness to the next level, check out Pilates at Advanced Rehab. 406-495-8995, 1005 Partridge Place Ste. 3 (Behind Fuel Fitness and Bob Wards).

with Pilates we have pulled people out of
Osteoporosis, provided classes
that allowed people with chronic conditions
to safely exercise and stay fit

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MANUAL THERAPY



STABILIZATION TRAINING AND RE-PATTERNING



PILATES CLASSES AND PERSONAL TRAINING



Sandra Marston

Her accomplishments with a "Post Doc" and "Fellowship" training as well as her own personal experience with pain and limitation lends to her ability to hear, understand and help heal patients. Specializing in spinal injuries, chronic pain, motor vehicle and worker's comp injuries.



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women in business

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The other 25 nominees were:

- ▶ **Brianna Antonia**
Lattes and Sundaes
- ▶ **Cheryl Boid**
Appleton Furniture Design Center
- ▶ **Kayt Bonahoom**
Great Ape Crepes
- ▶ **Jean Branscum**
Montana Medical Association
- ▶ **Carolle Ann Day**
Golden Girls
- ▶ **Catherine Day**
Carroll College
- ▶ **Amy Dihn**
Paradise Nails
- ▶ **Rosslyn Duncan**
Valley Bank
- ▶ **Crystal Eckerson**
Rocky Mountain Bank
- ▶ **Della Ehlke**
Montana Hydraulics/Felco Industries
- ▶ **Bethany Flint**
Blackfoot River Brewing Company
- ▶ **Teresa French**
Valley Bank
- ▶ **Diana Hammer**
Environmental Protection Agency
- ▶ **Jasyn Harrington**
Career Training Institute
- ▶ **Denice Harris**
AAA MountainWest
- ▶ **Shalon Hastings**
Taco Del Sol and The Hub Coffee
- ▶ **Stacy Hughes**
Clement at Spanglish Kids Preschool
- ▶ **Laura (Meg) Jacoby**
Jacoby-Dee Insurance
- ▶ **Tracie Kenyon**
Montana Credit Union Network
- ▶ **Laura Nordahl**
Tetra Tech MM, Inc.
- ▶ **Tona Pierson**
Representative Payee Services
- ▶ **Sherri Plummer**
Mountain Mud Coffee
- ▶ **Stacy Ripple**
Montana State Fund
- ▶ **Jena Sabatini**
Residence Inn and Hampton Inn
- ▶ **Heidi Wampler**
Alpine Animal Clinic



Each year in our Women in Business special section the IR is proud to celebrate the professional women in our community who have set themselves apart as leaders.

This year we are taking that effort a step further. For the past few weeks we've solicited nominations for Helena Independent Record Business Woman of the Year. The nominees came from all across Helena and demonstrate the diversity we have within our business community.

Nominees for this year's award include business owners, managers, scientists, teachers, presidents and CEOs. They are truly representative of Helena's finest.

The selection process was difficult, but I believe this year's winner is a shining example of the kind of leader and entrepreneur that makes Helena such a wonderful place to live and do business. Congratulations Margaret.

Greg Lemon
Editor
Helena Independent Record



We would like
to congratulate
the Business
Woman of
the Year and
all the local
women that
inspire.

women in business

The ir's annual look
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women in business

Business Women of the Year

Bistro owner named Helena Businesswoman of the Year

ALEXANDER DEEDY
Independent Record

After Margaret Corcoran graduated from the University of Montana with a master's degree in classical languages, she and her husband Jim Madden moved to Boston to make their riches. It didn't go exactly as planned. "We were overeducated and unemployable," she laughed.

Corcoran had worked at a bakery in Missoula, and she soon found work in Boston at a bakery that taught her to bake French treats. It was knowledge she used time and again to find work, eventually positioning herself to buy and run her own restaurant. Now the owner of Benny's Bistro in downtown Helena, Corcoran was named last week as Helena Business Woman of the year by the Helena Independent Record. The newspaper solicited nominations for the award for several weeks in October, and Corcoran's name appeared time and again.

"A leader in promoting locally-sourced goods, Margaret is also one of the best employers in town," one nomination read.

"She treats her employees respectfully and has mentored several current chefs and restaurateurs," another stated.

"Margaret is a business woman who supports other local businesses and regional entrepreneurs," one person wrote.

Another noted she's not a "here today, gone tomorrow" Helena resident. Corcoran was born and raised in the Flathead area, but her husband is from Helena. After leaving Boston, the two moved to Seattle for a few years before Madden decided he wanted to head home.

With years of experience baking French-style pastries Corcoran approached the owner of the Pasta Pantry and offered her expertise in adding a new good to the business. The owner agreed.

Once successful, the two women decided they should expand the baking side of the business and opened Park Avenue bakery.

Corcoran eventually decided she wanted to



own a business of her own, and 20 years ago she bought Benny's Bistro.

"I always say I bought a nice little turnkey operation and I immediately tried to make it as complicated as I could," she said.

She added baked desserts to the bistro's menu at the same time as juggling the responsibilities of a restaurant owner.

Though she had no previous experience running a business, Corcoran had picked up enough in her previous jobs to make it work and keep a positive outlook through the whole process. Even detailed number work was something Corcoran looked at as an opportunity for a fun challenge.

"It's like a game or a puzzle," she said.

Crunching numbers is just one of the many skills a small business owner has to master. Corcoran said she feels like a social worker when mentoring young employees, and like an actress when promoting her business. Owning a restaurant takes creativity that requires an adventurous spirit.

"It's never boring," she said.

In the early years of the local food movement, Corcoran decided it was something she wanted to explore.

She worked with Jonda Crosby at the Alternative Energy Resources Organization, which was doing food system analysis and development at the time, to find local farmers and food producers who could supply the bistro.

"Margaret was a pioneer," said Crosby, who now works for the International Organic Inspectors Association.

Not only did Corcoran figure out creative ways to tailor a menu to local food, she was great to work with.

"She has a fabulous sense of humor," Crosby said. "Just tremendous energy and drive and I think people are really drawn to that kind of leadership and that kind of community-minded person."

Corcoran said she's still thinking about new ways to include local food in the Benny's menu. She's also hoping to expand the cooking classes and other educational opportunities sponsored by the bistro. And even though she was in the restaurant's kitchen Wednesday chopping vegetables and preparing tapas, Corcoran said she's trying to learn to pass on the day-to-day restaurant work and transition into a management approach that allows her more freedom to travel.

Throughout her career Corcoran said she's learned to not sweat the small problems and to give as much as the restaurant can to the community.

Staying on the sunny-side helps too.

"I try to laugh a lot," she said. "Just hang in there."



“

She treats her employees respectfully and has mentored several current chefs and restaurateurs

”

women in business

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New CT Scanner

With a tradition of exceptional care for our patients Alpine Animal Clinic is pleased to announce we now provide CT Scanning (Computed Axial Tomography) for veterinary patients! In addition to our excellent digital x-ray and ultrasound services, CT scanning expands imaging capability greatly and this imaging is available to any dog or cat patient by referral from your regular veterinarian.

Traditional x-rays provide only two dimensions and cannot differentiate between overlapping structures such as internal organs which overlap,

tumors hidden within tissues, or head, brain and spinal cord damage hidden within bony structures. CT imaging provides excellent detail, giving critical information for diagnosis, surgical planning, and prognosis. CT scanning is highly useful for many conditions including new onset seizures, back, neck, and disc problems, masses of the head, chest or abdomen, and complex bone or joint fractures.

Dr. Paul Ryan prepares to image this elderly Pug with CT Scanning.



Physical Rehabilitation Therapy applies the same principles and techniques to animal patients that Physical Therapy applies to human patients. These techniques are designed to:

- ▶ Accelerate healing
- ▶ Minimize pain
- ▶ Improve strength
- ▶ Increase range of motion

▶ Promote return to normal muscular and neurologic function
▶ Perform at peak levels
▶ Minimize re-injury
Cathy Davis, DVM, CCRT is a veterinarian who is also specially trained and certified as a Rehabilitation Therapist. She will perform a thorough physical examination and diagnostics for a proper

diagnosis of musculoskeletal and neurologic injury or disease. With that diagnosis, Dr. Davis will design an individualized plan that may consist of multiple modalities including manual therapy, therapeutic exercise, LASER therapy, pulsed electromagnetic therapy, hydrotherapy, electro-stimulation, and acupuncture.



Dr. Davis and Shannon work with this dog to improve function, strength and comfort.



Acupuncture reduces pain in this elderly dog, and improves muscle tone, strength, and function.

Why do we use a Water Treadmill?

Water Treadmill therapy prescribed by your veterinarian therapist will accurately and specifically target the needs of your pet by pinpointing depth of water and the amount of weight-bearing, resistance, and strength training as your pet recovers.

Water Treadmill therapy has the great advantage of safe and gradual return to weight-bearing,

carefully increasing resistance, and re-training and developing neuromuscular pathways. This increases muscle tone, coordination and corrects gait. Water Treadmill therapy has been shown by studies to maximize recovery after musculoskeletal and orthopedic injury, and greatly facilitates return to the best function possible.

In addition to strength, comfort and performance benefits, conditioning also slows mental decline.



Cathy Davis, DVM, CCRT uses LASER therapy in this fracture patient to stimulate healing and reduce pain.



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