

# Keeping care *InMotion*

The new *InMotion* Clinic at St. John Medical Center might be described as a one-stop shop. It provides an innovative, comprehensive approach focused on not just a patient's symptoms, but also his or her overall health and well-being.

Increasingly, the trend in and demand placed on healthcare is to provide innovative and even non-traditional medicine in the approach to wellness. The *InMotion* Clinic is, perhaps, the most unique approach to providing this type of care in Southwest Washington—offering an array of traditional as well as more holistic approaches to care.

Offering a multidisciplinary approach, the *InMotion* Clinic provides services to patients who have rehabilitation, wellness, and chronic pain needs. Some of these services already existed at St. John, and others are recent additions. For example, orthopedic services are being added to the *InMotion* Clinic,

providing choice in our community.

The *InMotion* care team can provide the emotional and physical interventions needed to help ensure optimal health. The team also consults with each other on a regular basis regarding the complex needs of our patients to increase the likelihood of positive outcomes and to build on our multidisciplinary approach to care.

*InMotion* offers its patients a unique approach to comprehensive performance improvement, physical medicine, and pain management care. The clinic will continue to develop unique and innovative services within our community while offering exceptional medicine and compassionate care, as well as excellent customer service and convenience.

*InMotion* is located on the first floor of St. John Medical Center at 1615 Delaware. To make an appointment call (360) 414-2700.

## How to get *InMotion*

The multidisciplinary initiative combines diverse care approaches with one common goal: to improve the quality of life and performance for those who have various forms of pain.

*InMotion* services include:

Health  
psychology

Pain  
management

Physical medicine  
and  
rehabilitation

Chiropractic care

Sports  
medicine

Physical  
therapy

Rheumatology (joint and muscular pain)

## Sports Medicine coordinator keeps you moving



Ted Putvin, ATC, is a certified athletic trainer and has extensive experience working with athletes of all ability levels. Ted has enjoyed working at the U.S. Olympic Training Center in Colorado Springs, Colo., with the U.S. Gymnastic Team, the U.S. Hockey Team, and the U.S. Cycling Team. Ted's past experience as an emergency medical technician and personal trainer gives him a unique

perspective on safe and effective training practices. His familiarity with both high school and college athletes enables him to develop and provide top-notch sports medicine interventions.

Ted has the ability to communicate with athletes, parents, coaches, and medical experts to help ensure an efficient and effective return to the playing field or court, which makes him an integral part of the coaching staff. Ted is the coordinator of our *InMotion* Sports Medicine Program and has coordinated our physical therapists, dietitians, physiatrists, strength and conditioning specialists, orthopedic surgeons, exercise physiologists, counselors, and therapists.



Timothy L. Kelly, MD, and Lanina Ragan, ARNP, have recently joined the *InMotion* care team to provide pain management services.