



InMotion Clinic

A coordinated team approach to care



In this busy world, many of us prefer convenience and access, whether we're shopping, buying gasoline, or paying bills. Now this same one-stop, convenient approach is available for your wellness needs at the InMotion Clinic at St. John Medical Center.

Our team of highly skilled physicians and caregivers is motivated to provide the right level of care at the right time. They provide a highly coordinated care approach with one common goal: to improve the quality of life and performance for those patients we serve.

We further demonstrate our commitment to bringing you the finest care by recruiting talented and dedicated physicians and clinicians. Two outstanding orthopedic surgeons have recently joined the InMotion team.

Meet the new players Michael Brown, MD, graduated with his medical degree from the University of Oklahoma School of Medicine and completed a fellowship in total joint replacement at the University of Texas Southwest. He moved here from Tulsa, Okla., where he practiced with an orthopedic group for the last two years.

Dr. Brown is looking forward to returning to the Pacific Northwest, where he worked at Evergreen Medical Center in Kirkland, Wash., and Swedish Medical Center in Seattle. Dr. Brown

Your InMotion team (from top left to right): Robert Arnsdorf, MD; Lanina Ragan, ARNP; Michael Brown, MD; Linda Conaway, PhD; Tim Kelly, MD; Kim Christensen, DC; Jim Nakashima, MD; Mark Reis, MD; and Jonathan Wong, PA-C.

enjoys working in a team atmosphere and has a passion for sports medicine. In his college days, he played football for the Oklahoma Sooners and Coach Barry Switzer—and that love for sports has carried over.

Mark Reis, MD, joined InMotion last November. He earned his medical degree from Northwestern University in Chicago and completed his subspecialty at the Kerlan Jobe Clinic in Los Angeles. While there, Dr. Reis participated in athletic coverage for USC football, L.A. Lakers, L.A. Dodgers, L.A. Kings, and L.A. Angels sports teams.

Dr. Reis moved here from Port Townsend, where he had a private practice for nine years and operating privileges at Virginia Mason Medical Center in Seattle. He has also served on the Associate Clinical Faculty for the University of Washington Department of Orthopaedic Surgery since 2000. Dr. Reis is the current president of the Washington State Orthopaedic Association.

What we can do for you The InMotion team of professionals and specialists provides a wide array of services for coordinating your care, including:

- Physical therapy and rehabilitation.
- Orthopedic surgery.

“ I appreciate every aspect of the InMotion Clinic so much. I do wish all the other doctor's offices I have to visit were nearly as good as all of you here at InMotion Clinic. ”
—A recent patient

InMotion Sports Medicine gets you back in the game

Whether you are recovering from a sports-related injury and wanting to get back in the game or simply trying to improve upon your current performance, InMotion has a wide array of services to help you meet your athletic goals.

We have access to innovative diagnostic technology, same-day appointments with our orthopedic surgeons, and a fully equipped rehab center at Columbia Rehabilitation. With a healthcare network that understands sports and sports injuries, we can provide the most comprehensive and complete healthcare for any athlete.

At your service Kim Christensen, DC, a strength and conditioning specialist, has more than 27 years experience and is board-certified in chiropractic rehabilitation and certified in sports medicine. He is also a past team clinician for several college and high school athletic teams.

Ted Putvin, certified athletic trainer (ATC), coordinates our comprehensive Sports Medicine Program. A sports medicine coordinator can help expedite the injury recovery or sports enhancement process by working with our team of skilled professionals, including physical therapists, exercise physiologists, a health psychologist, a board-certified chiropractor, registered dietitians, and numerous physicians.

Taking it to school The InMotion Clinic began providing sports medicine and athletic training for all Kelso High School athletes in January 2006. Putvin's involvement adds to the clinic's progressive and rehabilitative treatment of

today's modern athletes. InMotion-supported speed and agility camps are held year-round and are designed to help offseason athletes improve their foot speed, reaction time, power, and overall performance.

InMotion provides or coordinates the following services to get you or your team into peak athletic condition:

- **Athletic training and sports rehabilitation.** Preventing, recognizing, treating, and rehabilitating injuries for athletes helps get them back on the court or field.
- **Chiropractic care and physical therapy.** Chiropractic techniques in conjunction with physical therapy can effectively reduce pain and increase athletes' functional ability.
- **Sports nutrition.** Registered dietitians put together quality nutrition plans that take into consideration the amount of energy athletes expend through competition.
- **Strength, speed, and conditioning training.** Athletes learn the proper form and technique, along with the best exercises and routines, to help them improve their strength, speed, and lateral quickness.
- **Video motion analysis.** Cameras are used to analyze the movement of the athlete and recommend changes to increase efficiency and effectiveness.
- **Health psychology.** Counselors and therapists help athletes with goal setting, visualization, and mental preparedness to help minimize performance anxiety.



- Pain management.
- Health psychology.
- Rheumatology.
- Chiropractic.
- Sports medicine.

In addition to our excellent services and clinicians, InMotion has access to some of the most advanced technology anywhere, including a high-field, state-of-the-art MRI; CT; and other leading-edge technology.

From back pain to a recurring ache from a sports or other injury, InMotion can make a positive difference. Find out for yourself. Contact us at:

(360) 414-2700

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Longview, WA 98632

For more information about our services, visit our web site at www.peacehealth.org/InMotion.



Certified athletic trainer Ted Putvin (far right) and certified strength specialist John Odden (far left) work with Kelso High School athlete Kyle Hoppe to assess his vertical reach, one of the diagnostic tests for InMotion's speed and agility programs.