



# ORTMAN

CHIROPRACTIC CLINIC

SPRING 2016  
NEWSLETTER

(605) 296-3431  
WWW.ORTMANCLINIC.COM

## Events *Calendar*

**April 15, 16 and April 22, 23**  
Schmeckfest in Freeman, SD

**MAY 8** Historic Prairie Village Opens  
Madison, SD — [www.prairievillage.org](http://www.prairievillage.org)

**MAY 20-22** SD Free Fishing Weekend

**JULY 14-16** Canistota Sports Days

**JULY 8-24** Laura Ingalls Wilder Pageant  
Desmet, SD — [www.desmetpageant.org](http://www.desmetpageant.org)

**AUG. 15-18** Turner County Fair in Parker, SD

**AUG. 19-21** Riverboat Days & Summer Arts  
Festival in Yankton, SD

**AUG. 24-28** Corn Palace Festival in Mitchell, SD

## Reminders ✓

### PLEASE BRING YOUR MEDICATION LIST TO APPOINTMENTS INSURANCE

- ✓ Please bring all new insurance or Medicare cards to appointments!
- ✓ Patients with accident or workman's comp claims need to: bring the name and address of the insurance company handling the claim, the claim number, and speak to our insurance rep, prior to their first visit.
- ✓ Please let us know if your appointment will be submitted to accident or workman's comp when scheduling your appointment. Required paperwork can be found at: [www.ortmanclinic.com](http://www.ortmanclinic.com).



DR. A. S. ORTMAN



Dr. Amon Ortman and people lining up for treatment at the Ortman Clinic on Dr. Amon's farm in 1927.

## THE ORTMAN TECHNIQUE

The *Ortman Technique* was developed over 100 years ago by a young farmer named Amon Ortman. Amon began treating family and friends complaining of back and neck pain by seating them on anything convenient such as a milk can, bucket, buggy seat or wagon tongue.

Today, we continue to administer the *Ortman Technique* as it was 100 years ago, while the patient is sitting and by primarily using firm thumb pressure to correct the spinal misalignment and balance nerve, soft tissue and joint functions.

We also believe good nutrition is crucial for fulfilling a lifetime of health and wellness. Our extensive selection of nutritional supplements has everything you need to help you and your family maintain a healthy lifestyle.

Thank you for your trust and referrals throughout the years. We look forward to providing the same compassionate care for you and your future generations.

Our doctors are the only chiropractors in the world trained to administer the Ortman Technique. Whether the pain is in the neck, back, shoulders, knees or other joints, the Ortman Technique continues to provide relief and typically achieves effective, lasting results.





## ULTRAFLOA PROBIOTICS

*Promoting a healthy microbial balance*

We now have several new probiotics that target your distinct health needs.

- Immune health support\*
- Digestive health support\*
- Relief of intestinal distress\*
- Relief of minor gastrointestinal (GI) pain\*
- Bowel regularity support\*
- Nasal and respiratory health support\*
- New UltraFlora Children's Chewable and UltraFlora Baby Drops

### WHY TAKE A PROBIOTIC SUPPLEMENT?

Probiotics are naturally occurring microorganisms within your GI tract, where more than 70% of your immune system is located. Unhealthy diets, stress and other factors can disrupt the body's balance of "good" and "bad" microorganisms and affect digestive, urogenital, respiratory and immune health. A quality probiotic can help promote a healthy microbial balance to support multiple aspects of health.

### ULTRAFLOA FORMULAS ARE DIFFERENT

Not all 'probiotic' strains are created equal. Depending on the manufacturing source, probiotics can vary significantly in potency, efficacy and predicted safety. Specific strains can have different effects on health. The UltraFlora line makes it simple with several distinct formulas to meet individual needs. More importantly – the purity, clinical reliability and predicted safety of our formulas are guaranteed through the scientific identification of strains with established health benefits. \*

*Want to learn more?*

**TALK TO YOUR ORTMAN CLINIC DOCTOR  
TODAY ABOUT ULTRAFLOA PROBIOTICS**

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# MEDICARE UPDATE

Confusion regarding Medicare coverage of chiropractic is very common. We receive many questions on the topic.

Basically, Medicare will cover any chiropractic care for a single service which is correction of a spinal subluxation by chiropractic manipulation. **No** other service is covered including: examinations, x-rays, lab tests, physiotherapy, supplements, orthopedic supports, exercise therapy or extremity treatments. Even though the examinations and x-rays are not covered, one or both may be needed to demonstrate a subluxation, which is required to properly meet Medicare requirements. Patients will not be seen by our doctors or receive treatment without a current examination or when necessary, an x-ray.

If there is not a finding of a subluxation, Medicare will not cover your treatment, which means it becomes an 'out of pocket' expense to the patient. If there is a subluxation, Medicare may cover a certain number of treatments but continued treatments will not be covered when they are considered preventative, maintenance or supportive. When services are not covered, patients have options to either pay cash at the time of service or wait for Medicare to deny their claim and then be billed by the clinic.

We hope this information is helpful but please feel free to call and clarify any questions you may have before making or coming in for your appointment. Our wish is to avoid any confusion and make sure our patients are clearly informed regarding Medicare.

The Doctors and staff share in your frustration with more paperwork and the time requirements, but we hope you understand that we are doing our best to comply with the current laws and meet Medicare standards.

The good news is that the American Chiropractic Association is currently collecting signatures to lobby congress for better chiropractic coverage by Medicare. You can sign the petition by visiting this Web address: [www.acatoday.org/equality](http://www.acatoday.org/equality)



## Thank You ORTMAN CLINIC STAFF

It takes the efforts of many to operate a successful chiropractic clinic. We appreciate your smiling positive attitudes that warm our office and hearts every day. Thank you for your hard work and dedication!



Paula celebrates 10 years with a lovely anniversary bouquet.

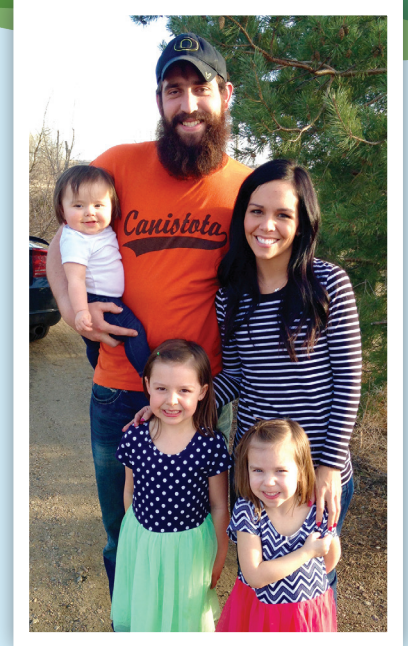
Congratulations to those celebrating a milestone this year. *Thank you for your years of loyalty and service.*

- ★ Paula — 10 Years
- ★ Sherri — 5 Years
- ★ Sarah — 5 Years

## Meet ALYSSA TRONVOLD

Alyssa has worked at the Ortman Clinic since June of 2014 as a Chiropractic Assistant. The things she enjoys most about her job are having such great co-workers/bosses and getting to see all the new and previous patients that come in.

Alyssa enjoys antiques, golfing, going to movies and most of all spending time with her family and friends. She has three daughters Adrian (6), Carsynn (3) and Averie (8 months). She is looking forward to continuing being a part of the clinic and watching it continue to grow.



Pictured Left to Right: Averie, Daren, Alyssa, Adrian, Carsynn

## TOWN N' COUNTRY MOTEL UNDER NEW OWNERSHIP

Greetings to all of the Ortman patients! My name is Jamie Feterl. I am the new owner of the Town N' Country Motel, located a half block east of Ortman Clinic, at 410 2nd Avenue, on the east side of the street. I reside in Salem, which is about 10 miles Northwest of Canistota. I am also a proud father to a newborn baby boy, Grayson.

Besides owning this quaint motel, I also work full-time in Sioux Falls Monday through Thursday, noon to 10:30 p.m. I stop by the motel every morning around 11 a.m. to ensure my guests are comfortable and have clean towels and other items.

I purchased the Town N' Country from the owners of the Depot Inn, because I found it was a good way for me to start a side business and continue to keep this small motel open for the many patrons who have chosen this location for their motel stay, as most of them are repeat Ortman Clinic customers.

For those who have not stayed at Town N' Country in the past, the motel is tucked away from the street in a quiet corridor and is just a short walk from the Ortman Clinic. Consisting of four suites, each room is unique with its own décor and features a kitchenette, recliner chair, fridge, microwave and other small appliances.



I hope to keep this little place open for years to come and I look forward to everyone who will be staying at the Town N' Country!

For reservations, please call 605-412-4778. between 8a.m. and 11 a.m. Monday through Thursday, or alternatively, anytime Friday through Sunday.

Thank you,  
Jamie Feterl



**ORTMAN**  
 CHIROPRACTIC CLINIC  
 PO BOX 157 CANISTOTA, SD 57012



## Great Referrer *Hall of Fame*

Remember how you felt when you walked through our door? Maybe you were at your wits end, tired of seeking answers to a health problem that wouldn't go away. Maybe you believed you would never feel good again.

Using the Ortman Technique, our doctors help return proper nervous system function to promote natural healing. We have received countless testimonials from patients throughout the last 100 years who returned to their desired health.

Our doctors have successfully treated a wide variety of conditions originating in the spine, joints and surrounding muscles and nerves. Conditions we have treated include back and neck pain, migraines, sciatica, pinched nerves and fibromyalgia — to name a few. Patients usually report relief from pain within a few days of their treatment. Specific conditions may require physiotherapies, supportive services or co-management with your medical doctor.

Do you have friends or family who might benefit from our treatments? The greatest gift you can give to them — and us — is the gift of referral. Tell them about your experience and ask them to give us a call. They will receive the same quality and focused care you have experienced.

*We want to thank and salute these Great Referrers for helping others feel the relief with the Ortman Technique:*



**Henry Lambright**  
 Brown City, MI

1 Week Lodging in Canistota

**Dawn Hagge**  
 Brandon, SD

\$100 Clinic Bucks



**ORTMAN**  
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 (605) 296-3431 or (605) 296-3432

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### BUSINESS HOURS:

Monday ..... 8:00 AM - 4:00 PM  
 Tuesday..... 8:00 AM - 4:00 PM  
 Wednesday ..... 8:00 AM - 4:00 PM  
 Thursday..... 8:00 AM - 4:00 PM  
 Friday..... 8:00 AM - 3:00 PM  
 Saturday.....Closed  
 Sunday .....Closed

### LATE NIGHT HOURS:

Open until 6:30 PM every first, third and fifth Thursday of the month.

### HOLIDAY HOURS:

Open until 10:00 AM every weekday holiday; closed on Christmas.

