

Ortman Chiropractic Clinic

BREAKING NEWS

Exciting News to Share

Ortman Hotel Property

We have exciting news here in Canistota. The clinic has decided to sell the Ortman Hotel property to Jake and Kaitlyn Killoran. They have established their roots in this community and they are very excited to start building this fall!

A note from the Killoran's:

We, the proud owners of the Cameron Inn, The Depot Inn, and Clover Cottage, are thrilled to announce the rebuilding of the iconic Ortman Hotel! Set in its original location, this project also includes reconstructing the walkway to the Ortman Clinic. Our partnership with the Ortman Clinic over the past five years has been incredibly fulfilling, allowing us to serve their patients and contribute to a business with a long history of helping countless individuals. The chance to enhance and extend this collaboration, helping even more patients benefit from the Ortman Clinic's services, is an opportunity we are blessed to embrace. Stay tuned for more updates as we bring the Ortman Hotel back to life!

Sincerely,
Jake and Kaitlyn Killoran



New shuffleboard and pickleball court are finished!

Great news to all our patients. These activities are built and ready for fun!

Just beware: Once you start you won't be able to stop playing because it is SO FUN :)

There is a closet that houses all the equipment needed to play these games which include pickleball paddles, balls, and shuffleboard equipment.



Over the past four years, we've had a blast playing bean bags, so we decided to upgrade to new and improved boards!

Ice Cream Social Dates:

May 7
June 4
July 9
August 6
September 10

This year, the Ice Cream Socials will be held at the shelter house by the shuffleboard and pickleball court. Enjoy ice cream and stay as long as you would like. We will have the shelter open from 3:30-6:00 p.m.





Ortman Chiropractic Clinic



Chiropractic care is a holistic approach to health that focuses on the relationship between the spine and the nervous system. Our skilled chiropractors are dedicated to helping you achieve optimal health by addressing issues related to spinal misalignments, known as subluxations.

Key Benefits of Chiropractic Care:

Pain Relief: Chiropractic adjustments are renowned for providing effective relief from various types of pain, including back pain, neck pain, and headaches. By restoring proper alignment to the spine, we aim to alleviate discomfort and promote natural healing.

Improved Functionality: A well-aligned spine enhances the function of the nervous system. This, in turn, can lead to improved mobility, better posture, and increased overall body functionality. Whether you're an athlete, farmer, construction worker, or an office worker, chiropractic care can help optimize your performance.

Holistic Approach to Healing: Chiropractors recognize the interconnectedness of the body and its ability to heal itself. Rather than merely addressing symptoms, chiropractic care focuses on identifying and correcting the underlying causes of health issues.

Enhanced Well-being: Regular chiropractic adjustments contribute to a sense of well-being by promoting balance within the body. Patients often report increased energy levels, better sleep, and an overall improvement in their quality of life.



Physiotherapy

- Ultrasound and Ultrasound with E-Stem
- Diathermy and Autothermy
- Micro-Current
- Laser
- Traction: Cervical and Lumbar

Orthopedic Supports

- Lumbar Braces
- Cervical Collars
- Supports for Knee, Ankle, Wrist, Elbow, Shoulder, Ribs and Finger
- Cervical Contour Sleep Pillows
- Chair & Car Back Support Cushions
- Hot & Cold Packs
- Micro-Current Pain Patches
- TENs Units
- TMJ Splints

X-rays

Spine and Extremity X-Rays

Orthotics

- Generic & Custom Orthotics
- Arch Supports
- Heel Cushions
- Lifts
- Metatarsal Pads

Nutrition Center

- Supplements from:
- Nutri-Dyn
 - Tonic Sea
 - Carlson
 - Progressive Lab
 - Biospec
 - Orthomolecular Products

Laboratory Tests

- Comprehensive Blood Panel
- Blood Glucose
- Thyroid Function
- Basic Lipid Panels
- Comprehensive Lipid Panels
- CBC
- Vitamin D
- B12
- Ferritin
- PSA
- Adrenal Stress
- Male & Female Hormone Levels- And Many More! Discuss With Your Doctor.



Introducing Ortho Molecular Products



- Lithium Orotate:** Focused on mood and anxiety
- OcuView:** Focused on eye health
- Indigo Greens:** Antioxidant capsules (compared to powder Nutridyn Fruits and Greens)
- D-Hist:** Natural decongestant and antihistamine
- D-Hist Jr.:** Childrens natural decongestant and antihistamine
- Cosmedix:** Hair, skin and nail health
- Z-Binder:** Heavy metal detox
- Mitocore:** Antioxidant with partial multivitamin
- Vitamin D3 50,000:** Bone health, immunity and hormone balance



House For Rent

Lodging on Pine



When: Coming this summer

Where: 241 Pine Street Canistota, SD 57012
(1 block south of Ortman Clinic)

Time: Weekly rentals

Contact: Call Eric (Owner) - 605-877-5583
to inquire about availability/info/pricing.

*The home is currently undergoing the final renovations and furnishings, but will be complete in the coming weeks. *No pets allowed at this time.



Follow us on Facebook for updates and news!

Lodging In and Outside of Canistota

Cameron Inn.....(605) 254-6001

Friends and family will call 605-296-3555 and enter your room number, so please provide them with that information before your trip.

Canistota Depot Inn.....(605) 254-6001

Friends and family will call 605-296-3042 and enter your room number, so please provide them with that information before your trip.

Dakota Prairie Inn and Suites (Formerly UBar Inn & Suites).....

.....(605) 296-3466 or (605) 323-8040

Berens Motel.....(605) 296-3207

Friends and family will call 605-296-3206 to reach those staying at Berens Motel

AmericInn in Hartford, SD (24 miles).....(605) 528-5000

Al Al's Pheasant Ranch in Emery (17 miles).....(605) 940-4268

Houses to Rent

Clover Cottage-Canistota.....(605) 254-6001

Friends and family can call 605-296-3101 to reach those staying at the Clover Cottage.

Lodging on Pine-Canistota.....(605) 877-5583

Quaint House-Lake Vermillion (5 miles).....(605) 940-8386

Lake vermillion Retreat (5 miles).....(605) 370-4813

Bridgewater's Cottage at the Park-Bridgewater (14 miles).....

.....(281) 881-4232

West Ranch-Humboldt (18 miles).....(605)366-9437

The Farmhouse-Humboldt (18 miles)(605)366-9437

Triple Play Campground.....(605) 351-4468

Alex Smart(Local Driver).....(605) 240-0013

2024 Ohio and Indiana bus schedule

The bus will be stopping in Mount Eaton, OH; Apple Creek, OH; Wooster, OH; Mansfield, OH; Upper Sandusky, OH; Fort Wayne, IN; Topeka, IN; and Nappanee, IN.

To book your ticket with Pioneer Trails call (800) 458-2554.

To schedule your week treatment appointments at Ortman Clinic call (605) 296-3431.



Restaurants/Food

Hawk's Nest-Canistota, SD

Lake Time Steakhouse (at Lake Vermillion)
-Canistota, SD

Total Stop-Canistota, SD

Big J's Restaurant-Humboldt, SD

Hartford Steakhouse- Hartford, SD

Pizza Ranch-Hartford, SD

Dairy Queen-Hartford, SD



ORTMAN[®]
CHIROPRACTIC CLINIC

PRSRST STD
U.S. Postage
PAID
Canistota, SD
Permit No. 1

Share Your Story

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.

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.

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 109+ years who returned to their desired health. Do you have a success story with us? If you would like to share your story, speak with a staff member at your next appointment to find out how!



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 - 5:30 PM
Friday..... 8:00 AM - 3:00 PM
Saturday..... CLOSED
Sunday..... CLOSED

We are open every weekday
holiday until 10:00 AM; closed on
Christmas Day.

 Find us on
Facebook