



Health, Wellness, & Fitness Quarterly



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Oakland Physical Therapy Celebrates 30 Years of Helping People

Physical Therapists Frank and Kristie Kava established Oakland Physical Therapy as one of the first private practices in Michigan specializing in orthopedic physical therapy over 30 years ago. Since then, Oakland Physical Therapy, P.C. has rehabilitated thousands of patients who suffered a variety of orthopedic problems including joint sprains, muscle strains, back pain, tendinitis, disc problems, and fractures. Rehabilitation services have also been provided for patients following orthopedic surgeries.



The Holly Hill Medical Village

In September of 1981, Oakland Physical therapy opened its first office in Novi, in the Holly Hill Medical Village on Ten Mile near Haggerty Road. It was the only private practice physical therapy facility between Farmington and Brighton. As the reputation of Oakland Physical Therapy grew, patients came from as far away as Macomb, Sterling Heights, Troy, and Windsor. The first office was only 1,500 square feet with rather modest furnishings and equipment. In

1987, the practice doubled in size and expanded to a newer building in the same complex.

Oakland Physical Therapy has developed a solid reputation for expertise in orthopedic manual physical therapy—the skilled manipulation of the joints and soft tissue. Manual Physical therapy allows the physical therapists not only to manipulate joints but also to treat muscles with specific types of soft tissue mobilization and stretching. An emphasis is placed on advising and guiding the patient on efficient movement in all functional, occupational, recreational, and athletic activities.

Oakland Physical Therapy has always placed a heavy emphasis on education. While Building their private practice and continuing to be proactive in continuing education, Kristie and Frank have also taught orthopedic physical therapy at local colleges including Oakland University. Also, many of the therapists at Oakland Physical Therapy have had the unique opportunity to work with some of the most world renowned manual therapy practitioners in the United States and Europe.



Kristie and Frank Kava were among the first to achieve advanced certification in manual therapy from the renowned Manual Therapy Program and Oakland University. Frank has also been recognized as a Certified Specialist in Orthopedics by the American Physical Therapy Association. In the late 1980's, some of the experts in manual therapy from Norway trained the American physical therapists here. In exchange, both Kristie and Frank studied and trained in their facilities in Oslo, Norway.

For the past 30 years, Oakland Physical Therapy has been fortunate to have been associated with over 25 physical therapists. Many did their physical therapy internships and started their careers providing physical therapy for patients at Oakland Physical Therapy. The majority of these therapists have gone on to achieve specialty certifications in orthopedic manual physical therapy.



Oakland Physical Therapy added another location on the Providence Park campus at Grand River and Beck Road in 1993. In 1999, Oakland Physical Therapy consolidated its operations at the Providence Park Medical Building. There, under the leadership of Kristie Kava, the Pilates Method of exercise was incorporated into the physical therapy and treatment protocol. The value and sophistication of the Pilates philosophy, in the way that it complements manual therapy, takes exercise to another level.

One of the first in the Detroit Metropolitan area to develop a performing arts physical therapy program, **Dr. Kristie Kava**, received her Doctorate of Science in Physical Therapy in 2007. Her research focused on the effects of exercise on musicians. Dr. Kava has treated many musicians in the area, has provided education programs for several Performing Arts Medicine Association conferences, and for the Boston Symphony Orchestra. She continues to consult with the Wellness Program in the Michigan State University School of Music.

After receiving her physical therapy degree from Oakland Physical Therapy in 1999, **Cathy Jamrog, MPT**, joined the staff at Oakland Physical Therapy and continues to be a valuable member of the group. She has a solid background in orthopedic manual physical therapy and is recently pursuing advanced certification in rehabilitative Pilates.



The first office location on the Providence Park

After finishing her internship at our facility, **Dr. Beth Burkel** joined our staff, expressing a sincere desire to specialize in orthopedic physical therapy. Dr. Burkel received her Doctorate of Physical Therapy from Oakland University in December 2005. She was awarded the Academic Excellence Award given to the student with the highest grade point average. Since that time, Dr. Burkel has achieved Specialty Certification in Orthopedic Manual Physical Therapy after completing a rigorous program at Oakland University. Dr. Burkel has been active in outpatient orthopedics and has developed in the role of clinical instructor.

In 2006, **Linda Erickson, PT, MS** joined our staff and became the Assistant Director and Clinical Education Coordinator. Linda has brought a great deal of valuable experience to our staff. She has many years of orthopedic physical therapy in hospitals, outpatient facilities, as well as physical therapy in the automotive industrial environment. Linda graduated from the Georgia State Physical Therapy Program in 1978. She was one of the first therapists in Michigan

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Linda earned her masters degree in orthopedic manual physical therapy from Oakland University in 2004. She coordinates the internship program at Oakland Physical Therapy with several universities in the State of Michigan.

In 2007, when the Providence Park campus grew with the establishment of the Providence Park Hospital, Oakland Physical Therapy moved into its current location providing 5,000 square feet for patient services. In the new space all of the treatment rooms are private for improved patient-therapist communication and education during treatment. It also afforded space to accommodate new equipment.



The Current Medical Office Building at Providence Park

Dale Waltman, MPT, joined our staff in 2009. Dale graduated from Oakland University in 2009. He brought many years of experience in hospital and outpatient orthopedic physical therapy and additional study with the North American Institute of Orthopedic Manual Therapy. Dale continues to be actively involved in our staff.

Last year in 2011, **Dr. Courtney Gibson** joined our staff following completion of her internship at

Oakland Physical therapy and a Doctorate of Physical Therapy from Grand Valley State University. Dr. Gibson is an exceptional therapist and very skilled in orthopedic physical therapy diagnosis and treatment. She has expressed sincere desire to pursue advanced certification in orthopedic manual physical therapy and additional training in the Pilates method.

Oakland Physical Therapy has been honored to have participated in the care and treatment of thousands of patients. Very often patients with degenerative orthopedic conditions are more complex and have chronic episodes over the years. Many of these patients have experienced the value of care and chose to return to Oakland Physical Therapy, some over the past 25 years.

We have continued to emphasize personal and professional patient care by providing the highest quality of physical therapy. Our primary devotion is to our patients in providing care which is in their best interest of improving their physical well being and total wellness. We have always focused on the patient centered practice. Placing the patient first requires the therapist to be compassionate and caring to maintain excellence in practice.

Oakland Physical Therapy looks forward to many more years of providing quality care and physical therapy to patients in Novi as well as the Metropolitan area.



News!

❁ In October 2011, Dr. Kristie Kava co-presented a workshop for the Boston Symphony Orchestra regarding the importance of effective body posture and body awareness in reducing muscle strain, pain, and overuse injury in the instrumental musician. The workshop took place at Symphony Hall in Boston, MA.

❁ Dr. Kristie Kava is currently teaching a Rehabilitative Pilates class as part of a research study conducted by the Wayne State University School of Physical Therapy. The study is comparing the effects of Pilates versus Yoga exercise on subjects with neck pain

❁ In December 2011, Frank Kava attended the 23rd annual total knee course hosted by the Hospital for Special Surgery in New York City. The course looked at benefits for both surgical and non-surgical treatments of knee arthritis.

Oakland
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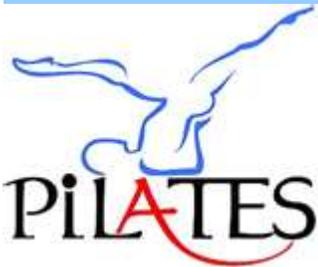
Our Therapists:

FRANK KAVA, PT, MS, OCS, OMPT
KRISTIE KAVA, PT, MS, DScPT, OMPT
LINDA ERICKSON, PT, MS, OMPT
ELIZABETH BURKEL, DPT, OMPT
CORTNEY GIBSON, DPT
CATHY JAMROG, MPT
DALE WALTMAN, MPT



NEW Beginner Pilates Class!

Beginning in early March Oakland Physical Therapy will have a beginner Pilates class available.



The class will take place on Thursdays at 10:30am in our office.

If you are interested, please call the office at (248)380-3550 to register!



Visit us on YouTube!
<http://www.youtube.com/user/OaklandPhysTherapy>

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<http://www.facebook.com>

