

KCHS NEWSLETTER

OCTOBER 2026

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FOR INFO ON KCHS
PHYSICAL THERAPY



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care

WHY CHOOSE KCHS?

EVIDENCE BASED CARE

Our therapists use the latest research and proven rehabilitation techniques to provide effective, high-quality care.



PERSONALIZED TREATMENT PLANS

No two patients are the same. Every treatment plan is tailored to your condition, abilities and recovery needs.



DEDICATED ONE-ON-ONE THERAPY

Every session is focused on you, allowing our therapists to provide individualized attention, monitor your progress and adjust your treatment as you improve.



FOCUSED ON YOUR INDIVIDUAL GOALS

Whether your goal is returning to work, getting back on the field, recovering after surgery or simply moving with less pain, your therapy plan is built around what matters most to you.



LINDSAY KRULL
PT, DPT, CSCS

ROSS OBERG
PT, DPT, ATC

MARY LUTKEMEIER
PT, MPT

VALARIE GROLLMES
PTA

PHYSICAL THERAPY MONTH

When you think of physical therapy, you might picture someone recovering from surgery or getting back on their feet after an injury. While recovery is an important part of physical therapy, there's much more to it.

Physical therapy can help people of all ages move better, build strength, improve balance, manage pain and stay active in the things they enjoy.

Physical therapy can make a difference in many areas of everyday life, from easing nagging aches and improving mobility to building strength and helping you feel more confident in your movement.

At Kearney County Health Services, our Physical Therapy team provides **personalized, one-on-one care focused on your individual needs and goals**. Our goal is to help you move better and keep doing the things that matter most.

MOVEMENT CHALLENGE

Small moves add up! How many can you check off this week?

♥ TAKE A 10 MINUTE WALK

♥ DO 10 SIT-TO-STANDS

♥ STRETCH FOR 5 MINUTES

♥ TAKE A SCREEN BREAK

♥ TAKE THE STAIRS

♥ DO SOMETHING FOR FUN

♥ MOVE EVERY HOUR

♥ CHOOSE THE STAIRS

♥ PARK A LITTLE FARTHER

♥ WALK AFTER DINNER

**SIGNS IT'S
TIME TO SEE
A PHYSICAL
THERAPIST**

**PAIN THAT
WON'T GO
AWAY**

**LIMITED
MOVEMENT OR
STIFFNESS**

**BALANCE
PROBLEMS OR
FREQUENT FALLS**

**AN INJURY KEEPS
BOTHERING YOU**



www.kchs.org



308.832.3400



727 East First Street, Minden