

# COMEBACK

## ATHLETE OF THE MONTH

sponsored by Valir Physical Therapy

### VALIR PHYSICAL THERAPY

*Getting you back in the game!*

#### Libby Demeter – Mustang High School

**Libby Demeter**, sophomore cheerleader for **Mustang High School**, was in the midst of an intense cheer practice during the 2010 basketball season when she tried to land a double full and heard a significant snapping noise in her ankle. The pain was intense and she fell to the ground. Deep down she knew she had really injured her ankle, but with the intensity of competitive cheer, she finished out the practice.

After practice, the pain didn't subside so she scheduled an appointment with **Dr. R.J. Langerman**. After visiting Dr. Langerman, she left with good news. She had torn some ligaments and tendons and had even broken a bone, but she would not need surgery. Libby was prescribed a couple weeks of rest followed by rehab at **Valir Physical Therapy** in Mustang.

**Ryan Flanary** and the team at Valir pushed Libby hard and she experienced some pain, but she stuck with her rehabilitation program. "Ryan made me feel very comfortable at Valir. His staff was very knowledgeable and encouraging." When asked what was good and bad about her PT experience at Valir she responded, "The people were awesome and the strength I felt returning in my ankle each week was amazing. The only bad part was exercises called steamboats. Thanks VALIR, for getting me BACK IN THE GAME!"

Nominations for the "Comeback Athlete of the Month" can be emailed to [joe.streich@valir.com](mailto:joe.streich@valir.com) or mailed to 825 N. Broadway, Suite 400, Oklahoma City, OK 73102.



#### 1 Altus

301 E. Broadway  
Altus, OK 73521  
(580) 477-3305  
(580) 477-2423 fax  
Manager: Dustin Burrow, PT



#### 2 Edmond (new address as of Sept. 8)

1425 S. Santa Fe Ave., Ste. E  
Edmond, OK 73063  
(405) 285-8845  
(405) 285-8848 fax  
Manager: Clint Lawrence, PT



#### 3 Elk City

717 W. 3rd St.  
Elk City, OK 73044  
(580) 225-0848  
(580) 225-0873 fax  
Manager: Tawnya Rouse, PT



#### 4 Guthrie

1726 S. Division St., Ste. A  
Guthrie, OK 73044  
(405) 609-3600  
(405) 605-8638 fax  
Manager: Jay Wheat, MPT



#### 5 Midwest City

6904 E. Reno  
Midwest City, OK 73110  
(405) 610-2488  
(405) 610-2484 fax  
Manager: David Haynes, MS, PT,  
SCS, ATC, Cert. MDT



#### 6 Mustang

549 N. Mustang Road  
Mustang, OK 73064  
(405) 376-3535  
(405) 376-3583 fax  
Manager: Ryan Flanary, PT



#### 7 Norman

2236 W. Main  
Norman, OK 73069  
(405) 321-5969  
(405) 321-5967 fax  
Manager: Rob Caruso, PT, ATC, Cert. MDT



#### 8 OKC Hefner Pointe

10914 Hefner Pointe Dr., Ste. 204  
Oklahoma City, OK 73120  
(405) 749-6720  
(405) 749-1066 fax  
Manager: David Huslig, PT



#### 9 OKC Rehabilitation Hospital

621 N.W. 6th St.  
Oklahoma City, OK 73102  
(405) 553-1501  
(405) 553-1003 fax  
Manager: David Miller, PT



#### 10 OKC South

8409 S. Western  
Oklahoma City, OK 73139  
(405) 616-0113  
(405) 616-0116 fax  
Manager: Jason Keltner, PT, ATC



#### 11 Purcell

1907 S. Green Ave.  
Purcell, OK 73080  
(405) 527-3524  
(405) 527-3536 fax  
Manager: Samer Zantout, MPT



#### 12 Shawnee (new address as of Oct. 5)

1924 N. Kickapoo  
Shawnee, OK 74804  
(405) 214-9808  
(405) 214-9389 fax  
Manager: Scott Howard, PT



#### 13 Yukon (inside Crosstrainers)

1091 S. Cornwell  
Yukon, OK 73099  
(405) 354-6698  
(405) 354-6609 fax  
Manager: Mark Palmer, PT



#### Therapies Available

- Physical Therapy
- Aquatic Therapy
- Occupational Therapy
- Speech Therapy
- Hand Therapy

#### INSURANCE CONTRACTS

- |  |                              |
|--|------------------------------|
| Aetna US Healthcare                              | Humana / Choice Care         |
| Blue Cross Blue Shield                           | Medicaid                     |
| Beech Street                                     | Medicare                     |
| Blueincs HMO                                     | MultiPlan / PHCS             |
| Cigna  | OSMA / PLICO                 |
| Community Care HMO                               | PPO USA / GEHA               |
| CompChoice                                       | Pacificare / Secure Horizons |
| CorVel   | Preferred Community Choice   |
| Coventry   | Tricare / Champus            |
| (First Health, CCN, Mail Handlers, PPO Oklahoma) | United Healthcare            |
| Health Choice                                    | Workers' Compensation        |



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