

Healthbeat

SRHC • Winter 2021

'Fortunate to be here'

Surviving COVID-19, thanks to dedicated care at Salina Regional Health Center

► page 6

Full circle

Erik Bowell, MD, brings his family medicine expertise back to the place he grew up

► page 8

Retaining our workers

Significant investments made to care for patients

► page 10



Salina Regional
Health Center

Bringing advanced TAVR surgery to the Salina area.



Richard Toon, MD



Elias Quintos, MD



David L. Battin, MD

If you suffer from aortic stenosis, you no longer need to travel outside the Salina area to receive the most advanced, least invasive treatment. Salina Regional Health Center is proud to now offer transcatheter aortic valve replacement (TAVR) surgery, a minimally invasive option for patients who are at intermediate or high risk of complications from open-heart aortic valve replacement.

Prior to TAVR, treatment options were limited to temporarily improving valve function with medication or replacing the diseased valve through open-heart surgery. TAVR involves

replacing the aortic valve with a tissue valve via a catheter. With TAVR, the recovery process can be much shorter and less painful.

If you are experiencing symptoms of aortic stenosis including chest pain, dizziness, fatigue, shortness of breath and/or irregular heartbeat, ask your primary care physician to refer you to the Valve Clinic, where we can determine if the TAVR procedure is right for you. For more information or to request a consultation, please call 785-452-7562 or visit srhc.com



3 tips

for realistic resolutions

When the holiday lights go out and you're back to the dark days of winter, keeping New Year's resolutions can be challenging. If your resolve dissolves, hibernating may sound better than tackling self-improvement projects. But these three strategies can help you get back on track.



- 1 Start small to go big.** Break each large resolution into smaller benchmark goals you're more likely to reach. For example:
- + If you resolved to get 150 minutes of exercise each week, start with two 10-minute walks each day.
 - + If eating healthier is your goal, begin by swapping one sweet dessert a week for fresh fruit with yogurt.



- 2 Make connections.** From family and friends to health care professionals, plenty of people can help you succeed. For example:
- + **An exercise partner.** You're less likely to flake on a workout if someone's waiting to meet you.
 - + **Your primary care provider.** Ask for smoking cessation support or tips for sleeping better.
 - + **A dietitian.** Seek advice on revamping your diet.
 - + **Support groups.** Learn what works and share success stories.
 - + **A mental health professional.** Get guidance on improving your outlook or personal relationships.



- 3 Give yourself a hand—and a break.** When you hit a benchmark goal and are ready for the next level, reward yourself with a small treat.



Our dietitians and exercise physiologist on staff at WellPlan with COMCARE PA in Salina can provide guidance to keep your resolutions on track. Call 785-825-8221.

And if your resolve dissolves again, remember: 60% of folks who achieve their New Year's resolutions have at least one setback along the way. So try not to beat yourself up. Instead, give yourself the empathy and advice you'd offer a friend: Nobody's perfect! And tomorrow will be a great day to try again.

Sources: Academy of Nutrition and Dietetics; American Psychological Association; Mental Health America

HEATING SAFETY

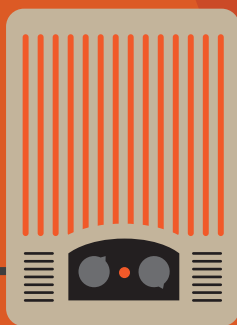


Install smoke detectors in every bedroom, on every level of your home (including the basement) and outside all sleeping areas.

Have your chimney and furnace professionally inspected and cleaned each year.



Cover your fireplace with a screen.



Keep flammable items at least 3 feet from space heaters, fireplaces and other heating equipment.

Sources: National Safety Council; U.S. Fire Administration

Knowledge is power

Learn to spot symptoms of a heart attack

You could have one or more of these:

Shoulders or arms: pain or discomfort in one or both

Chest: pain or discomfort

Lungs: shortness of breath

Body: breaking out in a cold sweat; fatigue or weakness

Head: dizziness; light-headedness

Neck or jaw: pain or discomfort

Back: pain or discomfort

Stomach: pain or discomfort; nausea; vomiting



Call 911 if you're having symptoms of a heart attack.

Sources: American Heart Association; National Institutes of Health

Grandma's chicken vegetable soup

Makes 4 servings.

Ingredients

- 1 can (14½-ounce) reduced-sodium chicken broth
- ½ cup water
- 1 pound (3 medium) potatoes, cut into ½-inch cubes
- 1 medium carrot, cut into ¼-inch slices
- 1 pound boned and skinned chicken breasts, cut into 1-inch chunks
- 1 medium zucchini, cut into ¼-inch slices
- 3 green onions, sliced
- 2 teaspoons dried basil
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper



Directions

- + In 3-quart saucepan over medium heat, combine broth and water.
- + Cover and bring to boil.
- + Add potatoes and carrot; cover and cook 5 minutes.
- + Add chicken, zucchini, onions and basil; bring to boil, reduce heat, cover and cook until chicken is opaque throughout,

about 7 minutes.

- + Season with salt and pepper.

Nutrition information

Serving size: ¼ recipe. Amount per serving: 240 calories, 3.1g total fat (1g saturated fat), 25g carbohydrates, 28g protein, 4g dietary fiber, 216mg sodium.

Source: Produce for Better Health Foundation

Diabetes: How to beat back burnout

Let's face it: Some days, following your diabetes self-care plan can seem a little overwhelming. Here are five ways to get past that feeling:

Talk it out. Reach out to family and friends, or go to a diabetes support group. Talking can help you feel stronger when you're struggling.

Do what's fun. Make time for something you enjoy. It will help ease that self-care stress.

Ask the pros. If monitoring your diabetes gets to be too much for you, let your health care team know. If you ask, they will help.



Form a team. Ask your family or a couple of friends to make the same healthy lifestyle changes you're working on.

Sources: American Association of Diabetes Educators; American Diabetes Association; Centers for Disease Control and Prevention





Gene and Dawn Morse get some fresh air during Dawn's stay in the hospital to recover from COVID-19.

Grateful to be alive

Dawn Morse recovers from COVID-19 after spending 41 days in the hospital

By Aaron Anders

Gene and Dawn Morse started a new venture in November 2020 as they moved their two dogs, three cats, tortoise and all of their belongings into a new home on an acre of land in Canton, Kansas. Dawn made the house her home as well as her place of work during the pandemic.

Life in the Morse family changed even more dramatically after Dawn started feeling ill and tested positive for COVID-19

in August of this year. She spent 41 days battling COVID-19 at Salina Regional Health Center.

Dawn had tried to get the COVID-19 vaccine in February at a local pharmacy, but was turned away because she was not over the age of 65 and did not have any serious medical conditions.

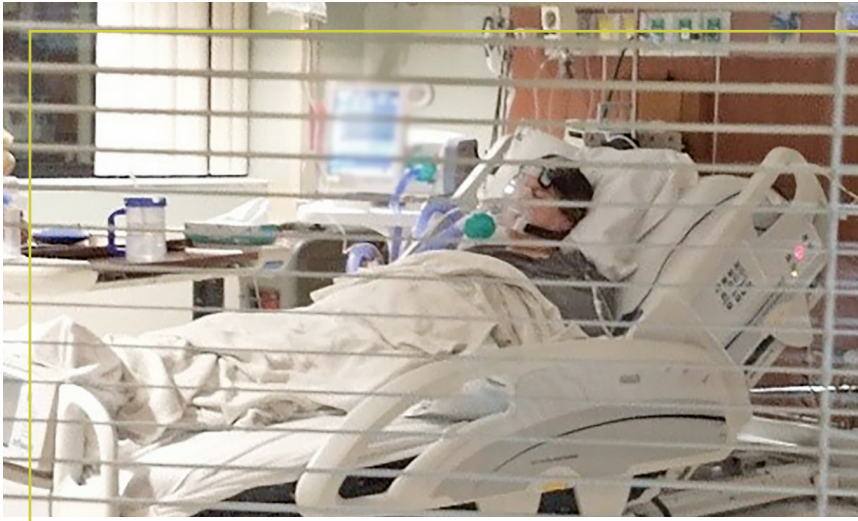
"I was planning on getting the COVID-19 vaccine," Dawn says. "But I just never got around to it."

A rapid decline

Dawn's symptoms began with what she thought seemed like a sinus

infection. After her symptoms got worse, they realized she needed medical care. "I had a high fever and was having trouble breathing," Dawn says. "The morning before I went to the ER, I had woken up and I kind of had a rattle in my chest."

After using a fingertip pulse oximeter at home, which showed that her oxygen level was at a dangerous level—in the mid-80s (a normal blood oxygen level reading is typically between 95% and 100%), they decided it was time to go to the emergency room at SRHC.



Dawn spent 41 days battling COVID-19 at SRHC, including a stint in the ICU (shown here). She doesn't remember much from that time, but she is grateful for her care.

Dawn battled COVID-19 in the ER and ICU while her lungs were failing.

"I do not really remember much from that time, as it is pretty much a blur," she says. "I am very grateful that I survived it and feel fortunate to be here today, as later I was told that I was lucky to still be alive. One medical professional told me there were a couple of times they were pretty sure they had lost me."

Staying positive

Dawn believes she would not have made it if it weren't for the health care professionals at SRHC, including ICU physician Justin Hanke, MD, and the ICU staff, along with her positive attitude.

"I had an amazing support system along with friends and family who were constantly telling me that I could fight it, I could do it, they were rooting for me, they were praying for me—and I think that is what pulled me through," Dawn says. "I cannot say enough wonderful things about the staff at the hospital. I always felt that I was well cared for, and I felt like I mattered very much to them. I

don't think I could have made it without some of the nursing staff who cared for me, because they were so encouraging."

Yvonne Sowers, RN, was one of the nurses who cared for Dawn during her recovery. "Dawn was an amazing woman. She had such a radiant personality, so much that she almost glowed sometimes," Sowers says. Sowers has found that COVID-19 patients who stay positive tend to do better.

On one of Dawn's down days, Sowers surprised her with a girl's day. Sowers trimmed and painted Dawn's toenails and the two shared about an hour of girl time.

"That meant the world to Dawn," Gene says. "Even though it was a small thing, it was a big thing for Dawn."

After effects

After being released from the hospital, Dawn continued to be on oxygen and do physical and occupational therapy at home. She continues to do routine exercises throughout the day using exercise bands to strengthen her arms and legs.



Robert Frelove, MD

"Since mid-July, 88% of COVID-19 hospitalizations at SRHC have been in unvaccinated individuals,

as have 80% of COVID-19 deaths. I am not sharing the above as a scare tactic. I offer it purely as local evidence that the Delta variant is causing severe illness in younger people and that COVID-19 vaccinations do work to reduce the risk of severe disease, hospitalization and death. For this and several other reasons, I encourage everyone to get vaccinated. If you just haven't gotten around to doing it, please go do it."

—Robert Frelove, MD,
Senior Vice President/Chief
Medical Officer, SRHC

Two months after getting COVID-19, Dawn did not have any taste or smell and was no longer ticklish on her feet or anywhere else on her body. Three months after release from the hospital, those sensations started to slowly return.

Dawn was on work leave for over two months and is now working from home again. She was able to get vaccinated against the coronavirus 90 days after the COVID-19 infection. "It changed my summer a lot, it really put my life on hold—going on several months now. I am very grateful to survive."

Turning tragedy into triumph

The devastating loss of his infant son motivates Erik Bowell, MD, to help care for others

By Aaron Anders

In August, central Kansas native Erik Bowell, MD, walked into COMCARE inside the Santa Fe Medical Arts Building for the first time not as a patient but as a family medicine physician. He had just accomplished his goal of starting his own practice after finishing his three-year family medicine residency at North Colorado Family Residency in Greeley and Sterling. Following the tragic loss of his child in 2010, Dr. Bowell decided to change his career path despite being in his 40s. He had a calling to become a family medicine physician and was no longer scared of the obstacles

that come with becoming a medical doctor. More than 30 years after graduating from Chapman High School in 1989, Dr. Bowell followed that call.

In high school, Dr. Bowell was not sure what profession he should pursue. “I thought about going into medicine. It was near the top of my list,” he says. “I had several doubts about being able to pay for medical school and about completing so many years of college.” Dr. Bowell worked in law enforcement in Dickinson County for several years before going into finance and banking.

An unspeakable loss

He was working in finance and

retail in 2010 when he lost his not yet 2-month-old son, Zane, to sudden infant death syndrome (SIDS). “Losing a child to SIDS is one of the worst things a parent could ever go through,” Dr. Bowell says. “The worst thing imaginable happened—so what else was there left to be afraid of? All of these fears and doubts I had about changing my career path and going back to school dissipated. I really felt called to go back to school and to go into medicine.”

SIDS is the term used for unexplained deaths that sometimes occur in babies—usually before one year of age. Dr. Bowell explains that scientists are making progress in areas of research. They now think there may be areas of the brain that might have a certain defect that causes it. “We know there are ways to help lower the risk of SIDS, such as having the baby sleep on their back, not leaving loose or heavy materials in the crib, and having babies sleep separate from each other. Sometimes even despite those interventions it still happens,” Dr. Bowell says.

After Zane’s death, the Bowell family and the CrossRoads Church raised around \$50,000 in 12 years through the annual Battle of the

Family medicine physician Erik Bowell, MD, asks Luxx Hilbert, age 2, to open wide during her annual physical exam at the COMCARE Santa Fe clinic, 520 S. Santa Fe Ave., Suite 300. Dr. Bowell joined the COMCARE physicians this year and is glad to work with patients of all ages.





Schelyce Hilbert looks on while Erik Bowell, MD, checks the heartbeat of her 2-year-old daughter, Luxx Hilbert, during Luxx's annual physical at COMCARE.

Bands benefit concert—led by Dr. Bowell's father, Pastor Ron Bowell. The money raised went to The Kansas Infant Death and SIDS Network, Inc., which serves individuals who have been affected by the tragedy of infant death or SIDS. The money provides supportive services, community education, professional training and associated research.

Moving forward

The medical field was not completely new to Dr. Bowell—he married a medical assistant who

worked at Smoky Hill Family Medicine Residency in Salina. Fortunately for Dr. Bowell, the Kansas University School of Medicine established their location in Salina during the time he was wanting to go to a medical school. He received his bachelor of science in biology with a minor in chemistry from Kansas Wesleyan University and then completed his medical degree at the KU School of Medicine in Salina.

Dr. Bowell had to find the right balance between school,

study time and family life. As an older student, he was used to working with different types of people; it was easy for him to apply his life experience to the classroom and maintain a positive perspective. "There was never a doubt or second guess during my 10-year journey while going back to school and completing my residency in Colorado," Dr. Bowell says. "I always knew this was the right decision for me. This is what I was meant to do, at the time in my life that I was meant to do it."



Erik Bowell,
MD

Coming full circle

Dr. Bowell is enjoying getting to know his co-workers at COMCARE and is glad to get established back in the community again. He's also enjoying getting to know his patients. Some of them he has known for years, while others he is meeting for the first time. "This is home—I was born and raised in this area,"

Dr. Bowell says. "I have lived in other places and I have always come back here, as I feel this is my home. Salina Regional Health Center is a great organization to work for. They care about their employees, they have good resources, and I feel like there is no better place to start my practice."

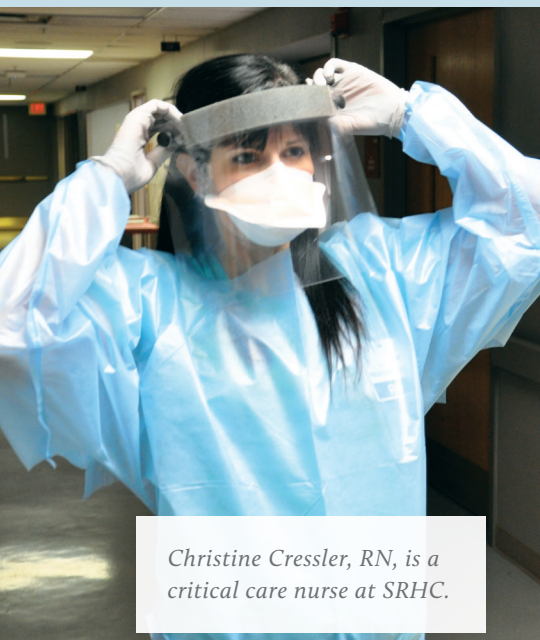
Meeting the region's he

Supporting and retaining medical staff is key—now more than ever

By John Berggren

Staff shortages in health care have received a lot of national attention during the COVID-19 pandemic, and there's no question health care providers on the local level have been affected by the strain on hospitals and clinics. Salina Regional Health Center's own staff turnover rates at times have exceeded its historical norms and current goals.

Early recognition of these trends by leaders at SRHC and support from the board of trustees prompted the organization early on to implement a number of initiatives aimed at alleviating stress, recognizing hard work, and even offering spiritual and emotional support.



Christine Cressler, RN, is a critical care nurse at SRHC.

Committing to service

Additional support has been extended to licensed, registered and certified staff members who provide direct patient care throughout the organization. In return for a two-year commitment of service, staff members in clinical areas have received significant retention bonuses, with larger amounts awarded to those who work on-call, weekends and holidays. As a result of the program, more than 80% of SRHC's licensed, registered and certified staff who provide direct patient care have committed to staying with the organization for

the next two years. Those who didn't sign often cited plans for retirement, personal or family obligations, or career paths that didn't allow them to commit.

Early results of the program have been positive, as indicated by a stabilizing turnover rate among these positions. These measures were taken in advance of any state or federal programs being offered to help retain health care workers.

"These retention programs have been meaningful," says Christine Cressler, RN, a critical care nurse at SRHC. "These amounts could help with a down payment on a

alth care needs

These efforts include a series of “Hero Bonuses” and “Thank You Bonuses” that began in 2020 and were recently extended again this year. All active full- and part-time workers throughout the organization, including its affiliated hospitals and clinics, have received between \$2,000 and \$3,300 in bonuses, depending on hours worked, as a result of these programs. Administrators have been excluded from these retention bonuses.

“Our staff is our strongest resource, and we’re fortunate to be in a position to help our employees in order to meet the health needs of the region,” says Joel Phelps, President/CEO at SRHC. “These are hard times for everyone. Uncertainties in home life with child care and schools impacted by COVID-19, fear about the disease, and burnout among those on the front lines impacts not just COVID-19 care, but care for heart attacks, traumas, stroke, cancer—you name it.”

An uptick in morale

As a result of the initiatives and bonuses, an increase in morale among workers throughout the health system has been noticed.



Shantel Middleton works in food services at SRHC.

“I know people in our department have felt appreciated and needed,” says Shantel Middleton, a food services worker at SRHC. “We want to keep doing our jobs. The bonuses have certainly been meaningful, and I think it feels like a reward for coming to work over the last two years. We’re all praying for life to get back to normal from COVID-19. It’s great to know the hospital supports us.”

house or help pay off debts, so they’re meaningful to anyone. So many employment efforts in health care are related to recruitment, and for those of us who have been here a while, it’s nice to see all of these efforts toward retention.

“COVID-19 has been stressful in our departments,” Cressler says. “We see patients struggling with a disease that’s so unpredictable. We spend a lot of time consoling patients and connecting them with families because they can’t be together. It’s been hard on everyone. But I know these programs have made a difference, and it’s great to see the hospital

doing all it can to help us and keep us.”

Investing in the future

Overall, SRHC has provided more than \$12 million in retention bonuses and incentives for existing employees over the past year to help them navigate the demands and uncertainty brought on by the pandemic. The organization also has maintained its comprehensive package of benefits offered to employees and its tradition of providing salary increases based on market forces and merit.

SRHC also continues aggressive recruitment efforts with special

incentives for nurses, therapists, technologists and other positions in high demand including sign-on bonuses, student loan forgiveness, relocation assistance and competitive salaries for new hires.

“We’re focused on retaining and recruiting the people we need to provide skilled care for our patients around the region,” says Joel Phelps, President/CEO at SRHC. “We have an amazing team here at all levels directed to serving our patients, and it’s an honor for me to be a part of this team, which has endured so much over the past two years.”



Make healthy hearts a

On a list of the greatest gifts you could give your kids, a healthy heart would be near the top. After all, heart disease is the nation's No. 1 killer. And it often starts in childhood.

Helping your kids develop lifelong heart-healthy habits, especially those centered around eating well and being active, is one way to give that gift. Use these tips to make heart health a family affair:

Check in with a doctor. Ask your children's doctor if they should be screened with blood pressure, blood glucose, cholesterol or body mass index (BMI) tests. These offer clues about heart disease risk.

Find time to eat together. Frequent family meals promote healthier eating and healthy weight.

Don't insist on a clean plate. Allow your children to stop eating when full.

Emphasize healthy foods. Make fast food the exception, not the rule. And cook heart-friendly foods at home.

Increase fruits and vegetables. They help with weight and blood pressure control.

Live by example. Kids pay attention to what you eat—as well as how much you exercise and whether you engage in habits like smoking that are unhealthy for the heart.

Helping your kids develop lifelong healthy habits is one way to give the gift of a healthy heart.





MATTER



Find a physician for your whole family: [srhc.com/physician-directory](https://www.srhc.com/physician-directory).

Add active toys to the toy box. Include things like a jump rope, a soccer ball or inline skates—with the recommended safety gear.

Cheer your children on. Find a sport or active pursuit your children enjoy, like swimming. Then provide opportunities for your kids to participate.

Prioritize play. Fit at least one hour of physical activity into your children's daily schedule. It could be active playtime or something more organized—anything to get your kids moving.

Plan some family fun. Ask everyone to set aside time during the week and on weekends for fun family fitness. You might all go for a bike ride, for example.

Issue family fitness challenges. For instance, see who can do the most situps during a TV commercial.

Restrict screen time. Set limits for each child to balance media use with other healthy behaviors.

Sources: American Academy of Pediatrics; American Heart Association

Skip the sugary drinks



Sugary drinks are the top source of added sugar in our diets. And added sugar isn't sweet for your health. A high intake is tied to everything from cavities and obesity to type 2 diabetes and heart disease, according to the Academy of Nutrition and Dietetics.

To cut back on the sweetened beverages your family drinks, try these tips from the American Heart Association:

Retrain everybody's taste buds. Mix half of a sugary drink with half of an unsweetened one. Then gradually scale back the sweetness.

Swap soda for sparkling water. For a boost of flavor, add a handful of frozen berries or lemon or lime slices.

Rev up the blender. Skip sugary coffee or energy drinks when you need an energy boost. Whip up a smoothie with plain, low-fat yogurt or milk and frozen fruit instead.

The snore that roars



Obstructive sleep apnea can easily be diagnosed and treated

By John Berggren

If you've been told your snoring is obnoxious or you find yourself waking up gasping for air, it might be a sign of a potentially serious problem.

These are two of the classic symptoms of obstructive sleep apnea, along with morning headaches or difficulty concentrating or staying awake during the day.

"It's often a spouse or partner who's the first to complain about excessive snoring and notices gasping for air," says Jackie Harvey, RRT, director of Respiratory Care and the Sleep Disorders Center at Salina Regional Health Center. "If you're keeping them up at night, it's a good idea to talk to your doctor and get tested."

Sleep testing options

Most patients with classic symptoms for sleep apnea, and no other underlying health conditions, can successfully be diagnosed with a home test. The test uses a nasal sensor, finger sensor and chest belt that plugs into a module about the size of a smart phone to collect data while you sleep. Patients return the equipment to the Sleep Disorders Center, where the data is downloaded onto a computer for analysis. Sometimes more than

one night of data is needed.

Patients with underlying health issues, like chronic obstructive pulmonary disorder, heart disease or neurologic disorders, likely will need an in-lab test. For in-lab tests, patients report to the Sleep Disorders Center—most often in the evening—where a sleep technologist assists patients by using more sophisticated monitoring devices to collect data.

"Diagnosis can be more complex when other health issues are involved," Harvey says.

Treatments allow restorative sleep

Obstructive sleep apnea occurs when the soft tissues of the airway, including the tongue and jaw, settle during sleep, which leads to snoring and involuntary pauses in breathing, or apneic events. These pauses momentarily wake a person up—though they may not remember it—which interrupts sleep and causes oxygen levels to go up and down. These fluctuations in oxygen levels can lead to serious health issues like heart disease, diabetes and stroke if left untreated.

Patients with mild to moderate obstructive sleep apnea may find improvement by using an appliance in their mouth at night that holds the jaw forward and tongue in position to keep the airway open during sleep. Those with moderate to severe obstructive sleep apnea can be treated with a continuous positive airway pressure (CPAP) device, which uses air pressure to keep airways open during sleep.

Sleep better

To learn more about our Sleep Disorders Center or to make an appointment, call **785-452-7649**. You can also go to **srhc.com** and click "Services," then "Sleep Disorders Center."

W E L C O M E

By John Berggren

Russell welcomes new CEO



David Caudill, CEO

Russell Regional Hospital welcomed **David Caudill** as its new chief executive officer in July.

Caudill previously served as CEO at Gove County Medical Center in Quinter and Grisell Memorial Hospital in Ransom. He has a dynamic background in health care, including experience in human resources and information technology. He's also worked as an emergency medical technician.

Caudill is a graduate of Fort Hays State University and is familiar with the importance of rural health care in Kansas.

"I'm excited to be at Russell Regional Hospital and utilize my education, experiences and knowledge to assist maintaining and growing health care in the Russell area," Caudill says. "Russell Regional Hospital offers many local health care benefits to the area and can also grow into new approaches and offerings for clients."

Five new physicians begin practice in north central Kansas

Abilene, Clay Center, Ellsworth and Smith Center recently welcomed new physicians to their communities.



Kimmy Hinman, MD

Abilene—Family physician **Kimmy Hinman, MD**, and general surgeon **Christopher Young, MD**, joined the staff



Christopher Young, MD

at Memorial Health System late last summer. Dr. Hinman provides care for the whole family, with special interests in obstetrics and pediatrics.

Dr. Young comes to Abilene after more than 30 years of surgical experience in Australia. He has special interest and training in colon and rectal surgeries, including fellowship training at Royal Prince Alfred Hospital and Concord Hospital in Australia and at the Cleveland Clinic in the U.S. To make an appointment with Dr. Hinman or Dr. Young, contact the Heartland Healthcare Clinic in Abilene at **785-263-4131**.



Eastin Casey, MD

Ellsworth—Family physician **Eastin Casey, MD**, joined the staff at Ellsworth County Medical Center in September. Dr.

Casey provides a full spectrum of care for the family, with special interests in diabetes care and women's and children's health. To schedule an appointment to see Dr. Casey, call the Ellsworth Rural Health Clinic at **785-810-1177**.



Stephen Moll, MD

Smith Center—**Stephen Moll, MD**, joined the staff at Smith County Memorial Hospital in September.

Dr. Moll provides comprehensive care for the whole family, including obstetrics. To schedule an appointment to see Dr. Moll, call Smith County Family Practice at **785-282-6834**.



Eric Anderson, MD

Clay Center—Family physician **Eric Anderson, MD**, joined the medical staff at Clay County Medical Center in September. He grew up in Clay Center and looks forward to taking care of the community that helped raise him. To schedule an appointment with Dr. Anderson, contact Clay Center Family Physicians at **785-632-2181**.

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a vaccine site near you.



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The home-field advantage starts here.

Salina Regional Orthopedic and Sports Medicine is proud to be the sports medicine provider to area high schools and colleges.

We offer comprehensive care that includes education to prevent sports injuries, sports performance, and the healing and preservation of damaged joints through surgery and rehabilitation.

Our team of physicians includes Dr. Matthew Pyle, Sports Medicine Physician and Orthopedic Surgeons Drs. Travis Rump, Todd Reilly and Timothy Hawkes. They provide specialty sports medicine care, whether it's general sports medicine such as treating sports injuries, ultrasound guided joint injections, nutrition, concussion management or surgery. Plus, an A-team including certified athletic trainers and physical therapists who work with athletes at every level.

At school, on the field or in our clinic, Salina Regional Orthopedic and Sports Medicine has everything you need to get back in the game and keep you in the game.



Matthew Pyle, D.O.
Sports Medicine Physician



Abe Noll, ATC
Smoky Valley High School and
Southeast of Saline High School



Cody Moon, ATC
Salina Central High School



Evan Bowers, ATC
Salina South High School



Shelby Barrett, ATC
EII-Saline High School



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