

## **Celebrating 10 years of Service in the Quad City area with Compassionate and Complete Patient Care**

**By Aaron Braaten and Brad Harper**

Owners of Braaten Health, LLC

Published as Feature Article in Health Cells Magazine November, 2011

In 2000, Aaron Braaten and his family were relocating back to their hometown of the QCA after living away since 1987. Aaron began the search to start a service-based business and found that health care, especially outpatient services, is what closely fit with his core beliefs. "When I started Braaten Health, our mission was compassionate and complete patient care," explains Aaron. "This closely aligns with our objective to provide measurable best-in-class services that result in an improved quality of life. Based on our continuous growth, and on the tremendous community support we've received, it is clear that our mission and objective have been accomplished in our first 10 years."

"Developing a strategy is the first step in launching a new company, but then finding professionals to support the vision quickly, becomes the most important aspect of success", says Aaron. "We encourage you to visit our website [www.braatenhealth.com](http://www.braatenhealth.com) for a complete review of all professionals within the Braaten Health team. We strongly believe that each employee adds specific value in their area of expertise and that each decision made daily continues to influence our ability to provide the best service in the most efficient manner."

Today, Braaten Health encompasses three branches of outpatient services: Midwest Therapy Centers, Quad City & Clinton Occupational Health, and The REM Center.

### **Midwest Therapy Centers**

Therapy is the art and science of physical care and rehabilitation. Midwest Therapy's professionals help individuals whose movement and function are adversely affected by injury, disease, aging, or environmental factors. Together with the help of therapy specialists, patients work towards the goal of relieving pain, as well as developing, maintaining, and restoring maximum movement and functional ability. Functional movement is central to what it means to be healthy and independent.

Midwest Therapy's professional staff promotes care that becomes an extension of the patient's individual treatment plan and helps them reach their maximum functional capabilities. It is Midwest Therapy's intent to provide a quality, comprehensive service that is accommodating for the patient. With a strong commitment to continuity of care and understanding, maintaining relationships with discharge planners, case workers and the physicians who refer their patients is of primary importance.

In the outpatient clinics each team of therapists treats both acute and chronic conditions which may be the result of illness, injury or surgical intervention. Physical therapy

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specialists treat orthopedic, neurological, and vascular conditions while occupational therapists specialize in upper extremity dysfunction.

Midwest Therapy also provides on-site therapy services at Skilled Nursing facilities, including Ridgecrest Village and Iowa Masonic Health Facilities, and several Home Health agencies throughout the area. The Long Term Care and Home Health therapists focus on returning each patient to their previous level of daily activity through individualized care and attention to each aspect of their lives.

“Creating unique services is something we always strive for at Braaten Health,” says Aaron. Pulmonary Rehabilitation is a unique service at Midwest Therapy that no other outpatient therapy clinic in the QCA is certified to provide.

Pulmonary rehab is appropriate for those diagnosed with COPD (chronic obstructive pulmonary disease), asthma, interstitial lung disease, pulmonary fibrosis, lung cancer or other lung disorders. Those who are deconditioned following hospitalization or exacerbation of COPD also are appropriate for rehabilitation and benefit greatly from this program. The goals of pulmonary rehabilitation are to educate the participant about their disease process and how to manage it more effectively and increase endurance and physical conditioning through exercise.

Midwest Therapy Centers have offices in Davenport at 2035 Bridge Avenue and 1820 W 3<sup>rd</sup> Street, in Moline at 4360 7<sup>th</sup> Street, and in Clinton at 1647 Lincoln Way.

## **Occupational Health Expansion ...**

With a traditional physician-referral base already established for therapy relationships, Brad Harper, OT, Vice President, and Co-Owner of Braaten Health, began developing a similar service-line strategy for occupational medicine services. In 2003 Braaten Health approached Dr. Camilla Frederick and opened Quad City Occupational Health in June and she became a partner in the firm in 2005.

Since 2003 Dr. Camilla Frederick has been Medical Director, services strategist, and lead physician for Quad City Occupational Health. She has additional expertise in Independent Medical Exams, Comprehensive Consults, and Return to Work and Fit for Duty exams. Dr. Frederick has worked as on-site physician and overseen nursing staff for employers, including John Deere, ADM, Oscar Mayer and Heinz USA.

Quad City Occupational Health provides a variety of services to area employers with extensive expertise in occupational medicine and workers' compensation. Their comprehensive occupational health program is designed to help maintain a healthy work force and control the costs associated with employee physicals, health screenings, workplace injuries and employee rehabilitation.

With the rising costs of health insurance to both employers and employees, workplace wellness is becoming an effective way to control costly increases and lost productivity. Quad City Occupational Health is providing proactive wellness programs to employers to

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help minimize healthcare expenditures. Quad City Occupational Health understands each employer's needs are unique and service requirements are specific. In response to those needs, they take pride in delivering exceptional services expedited quickly and accurately. Their team of occupational health specialists are trained, committed, and enthusiastic medical professionals who work to provide cost effective and proactive solutions.

In the first 7 years of working with QCA employers they also developed great working relationships with many employers in the Clinton area. Based on this strengthening support and employer requests, Clinton Occupational Health was opened in 2008. Since 2009, Dr. Mary Shook leads the occupational health team for Clinton area employers.

Dr. Shook has worked exclusively in the specialty of Occupational Medicine since 1990. In addition to being Board Certified in Occupational Medicine and a Certified Independent Medical Examiner, Dr. Shook has experience in psychiatric issues related to work and has lectured on violence in the workplace, among other related topics.

## **Quad City & Clinton Occupational Health services provided are:**

- **Pre-Placement Services:** including physical and DOT examinations, medical surveillance, respirator physicals, drug testing and screening , and breath alcohol;
- **Injury Care:** primary injury care, physical and occupational therapy services, functional capacity evaluations and specialist referrals;
- **Medical Advisory Services:** physician review, medical directorship, Medical Review Officer (MRO) services, on-site consulting, education, and training, job analysis and job coaching;
- **Specialty Examinations:** Independent Medical Exams (IME's), return to work exams, impairment ratings, fitness for duty evaluations, assumption of care;
- **Wellness/Preventative Services:** flu and other vaccinations, proactive wellness programs, health risk assessments and coaching, biometric screening, environmental health and safety, pandemic preparedness, smoking cessation, dietary counseling, EAP and SAP Services, CPR, First Aid and AED classes, and screenings such as cholesterol, lipid, blood sugar, body fat, blood pressure and pulse.

Quad City Occupational Health is located at 1820 W 3<sup>rd</sup> Street in Davenport and Clinton Occupational Health is located at 1647 Lincoln Way, Clinton.

## **The REM Center**

In 2004 Braaten Health continued its expansion by creating an Illinois based independent sleep lab to service the Quad City market.

“Our sleep lab is home to state-of-the-art medical equipment for your safety during your study, but it couldn't be more different from the facilities at most labs. Our REM Center sleep lab was designed with all the comforts of home, including pillow-top mattresses,

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independent temperature controls and a private bathroom in each sleep suite. Our goal was to recreate your home environment for the best possible testing results,” says Aaron. “And we provide test results back to the referring physician within 4 days.”

The REM Center offers a solution to those with sleeping problems. The most important way The REM Center can assist patients and their doctors is through a sleep study called polysomnography. Sleep studies are completely painless while recording brain waves, breathing rate, oxygen levels, heart rate, and muscle movements during sleep. This information sheds light on many disorders that disrupt sleep and keep us from feeling our best, including insomnia and the inability to stay asleep throughout the night, snoring, sleep apnea, narcolepsy, and restless leg syndrome or childhood sleep disorders.

Located at 4364 - 7<sup>th</sup> Street in Moline, The REM Center is proud to work with all types of physicians, including family practice, pulmonologists, internists and neurologists and provides online access to patient studies, continuity of care for each patient, order CPAP's and other devices, and provides in-depth education to improve sleep hygiene.

**Braaten Health Employees** would like to take this opportunity to thank the 35,000+ patients that have received therapy services, the 2,100+ patients that have experienced our state-of-the art sleep lab, the 600+ employers that appreciate safe return to work strategies, and over 525 Physicians that have trusted in the outpatient health services to help improve their patients' wellness. Braaten Health and all employees are committed to maintaining their mission of Complete and Compassionate Care for all patients that enter their facilities. If they can leave you with one thought; “please remember that it is *Your Life, Your Health and Your Choice.*” The entire Braaten Health professionals look forward to the opportunity to provide you with measureable best-in-class services.

**For more information about Midwest Therapy Centers, Quad City & Clinton Occupational Health and the REM Center, please visit [www.braatenhealth.com](http://www.braatenhealth.com).**