



# Making the Connection is Making a Difference

*Where Physical Therapy and Wellness Meet*

*“Our organization focuses on the entire wellness model. We wouldn’t be where we are without the guidance from PartnerSHIP 4 Health.”*

Shawn Krause-Roberts, PT, MPT, ATC  
*President/Owner*  
Orthopedic & Sports Physical Therapy, Inc.  
Breckenridge, Minnesota.



Shawn Krause-Roberts is owner and President of OSPTI (Orthopedic & Sports Physical Therapy, Inc.) in Breckenridge, Minnesota. As a member of the PartnerSHIP 4 Health (PS4H) Community Leadership Team, she learned about how PS4H would be working with health care organizations to better equip them in addressing the importance of physical activity, healthy eating, and tobacco-free living with every client.

Krause-Roberts realized that partnering with PS4H would help OSPTI address the obesity epidemic in their own backyard. According to the Center for Disease Control (CDC), more than one-third of U.S. adults (35.7%) and approximately 17% (or 12.5 million) of children and adolescents aged 2-19 years are obese.

There is a direct connection between the physical therapy recovery process and personal health choices. If a person uses tobacco or is exposed to secondhand smoke, is physically inactive and/or not eating healthy foods, the recovery process is lengthened. Therapy becomes more time intensive and costly for everyone. Prior to partnering with PS4H, OSPTI staff addressed wellness issues through random conversations with patients. “Through our work with PS4H we have incorporated intentional conversations about overall wellness with our patients. It has become a critical element to improving their treatment outcomes,” says Krause-Roberts.

Krause-Roberts further explains, “After consultations with PS4H we recognized the importance of making changes to our own patient documentation and orientation system. Staff also became trained to have more effective conversations about wellness with our patients during their initial visits.”

These key conversations assist patients in setting short-term personal goals that will help them to establish healthier lifestyles. Patients are also referred to community resources when appropriate. “OSPTI has an exercise program on site available to patients, as well as the ability to design a program for them to continue at home,” states Krause-Roberts.

OSPTI offers tobacco users who are considering a quit attempt the option for phone counseling through either the MN or ND Clinic Fax Referral Program for Tobacco Cessation. If a referral is made, a quitline coach calls the referred patient to discuss a quit plan and offers them essential resources to assist them during their quit attempt.

OSPTI has gone far beyond their own walls in the quest to help their patients become healthier. Through their ongoing relationship with PS4H they have become a champion for Breckenridge’s active living movement. OSPTI has taken a leadership role in several community events such as the International Walk to School Day, Bike and Walk to Work and School Week, Bike Safety Rodeos and Geo-caching.

Krause-Roberts states, “We have had a very positive response from patients regarding our decision to address weight and tobacco use. One of our patients, who initially came in for pain, has lost 60 pounds. One of his children told me that ‘we gave them their Dad back.’ It was wonderful to hear about the impact it had on the patient’s family. Partnering with PS4H has enhanced our ability to make a difference in our patient’s lives.”

