

Schuylkill Rehabilitation Center

Our Goal is to Help You Meet Yours.



Physical Therapy

Occupational Therapy

Speech Therapy

Sports Medicine

Aquatic Therapy

Prosthetics & Orthotics

Hand Therapy

Golf Program

Cert. Athletic Trainers

Psychology Services

Full Time Physician

Lymphedema Therapy

Work Rehabilitation

Job Site Evaluation

Functional Capacity

Evaluation

Social Services



Schuylkill County's Only Accredited
Outpatient Rehabilitation Center

*Providing the highest
quality services to
people of all ages.*



**Schuylkill
Rehabilitation
Center**

300 Schuylkill Medical Plaza
Pottsville, PA 17901
570-621-9500
www.schuylkillrehab.com

Fall 2006



Schuylkill Rehab News



COMMUNITY EDUCATION

Wrestling Seminar

Thursday, October 26, 2006

7:00 p.m.

Presented by Bernie Stasko, Jim Lord,
and Jen Evans; ATC's

Learn about the new wrestling rules and
regulations being implemented this
season.

Awareness of Basal Joint Arthritis

Tuesday, November 14, 2006

7:00 p.m.

Presented by Lynn Kamarousky, OTR/L
Learn the basics of Basal Joint Arthritis
and how an Occupational Therapist can
assist you in the treatment process.

Carpal Tunnel Syndrome

Monday, December 11, 2006

7:00 p.m.

Presented by Patty Gregas, OTR/L
Learn the basics of CTS and how an
Occupational Therapist can help in
improving hand function.

Support Groups:

Stroke

Wednesday, Oct 4, 2006 12:00 noon

Wednesday, Nov 1, 2006 12:00 noon

Wednesday, Dec 6, 2006 12:00 noon

Open to all individuals who have had a
stroke, their family members, caregivers,
etc.

Fibromyalgia/Chronic

Pain/Multiple Sclerosis/Amputee/

Brain Injury

Wednesday, Oct 11, 2006 6:00 p.m.

Wednesday, Nov 8, 2006 6:00 p.m.

Wednesday, Dec 6, 2006 6:00 p.m.

Open to all individuals, family,
caregivers, of those experiencing
Fibro/Chronic Pain/MS/Brain Injury.

*ALL PROGRAMS HELD AT
SCHUYLKILL REHABILITATION
CENTER, ANY QUESTIONS, CALL
(570) 621-9500 OR VISIT
www.schuylkillrehab.com

FYI

Introduction to the Joule System

By Katy Heckman, OTR/L

Schuylkill Rehabilitation Center has dedicated a specific program for work related injuries for the past fourteen years, entitled Workinetics. Over the years, Functional Capacity Evaluations have been a key component to getting individuals back to work. A Functional Capacity Evaluation (FCE) is a systematic process of assessing an individual's physical capacities and functional abilities. The FCE matches human performance levels to the demands of a specific job, work activity, or occupation. It establishes the physical level of work an individual can perform. The FCE is useful in determining job placement, job accommodation, or return to work after injury or illness. FCEs can provide objective information regarding functional work ability in the determination of occupational disability status.

SRC is proud to announce the purchase of an innovative new system to complete FCEs and the staff has been trained by the experts who produced this system. It is referred to as JOULE by Valpar International. The JOULE is a revolutionary new Functional Capacity Evaluation system designed to be more safe, flexible, standardized, and cost effective. This product contains a standardized system for collecting and evaluating subjective client data that can be matched to objective observations. JOULE contains all of the components necessary to complete dozens of protocol plans requiring assessment of all the weighed activities, positional tolerances, repetitive tolerances, and upper extremity testing. It uses a conversion system to account for the many ergonomic variables in a work environment which might affect a client's work abilities.

Individuals that should be referred for an FCE include those who have achieved maximum medical improvement but continue to have issues related to re-injury and return to work. Other individuals include those who need quantification of their physical capacities for determination of disability status or those who need their function quantified prior to vocational job search and/or return to work.

IN THE SPOTLIGHT

Wrestling with Regulations



By: Bernie Stasko, Jim Lord, and Jen Evans; ATC's

Starting this season in Pennsylvania, high school level wrestling will adopt several new rules which will impact this sport. The most significant rule change is the complete re-writing of the weight management program, which strongly discourages rapid weight loss. This means that the wrestler's weekly weight loss plan is not to exceed 1.5 percent a week. Along with restricting how much weight loss per week, another component of the rule change is that the hydration level is not to exceed 1.025. This is in conjunction with a body fat assessment, which is allowed to be no lower than 7 percent for males and 12 percent for females.

During the physical examination, skinfold measurements will be taken using a Lange brand skinfold caliper at three sites; triceps, subscapula, and abdomen. This is to determine body fat; if body

Famous Quotes

“Motivation is what gets you started, habit is what keeps you going.”

- Jim Ryun

Get Motivated & Stay Motivated

Motivation can be defined as a concept used to describe the factors within an individual which arouse, maintain, and channel behavior towards a desired goal. It is considered a goal-directed behavior that keeps you focused and on target, regardless of the number of obstacles in your path. Motivation leads to attaining a desired goal and accomplishment of the goal. It establishes a sense of character of the self, which in turn, creates behavior that is recurrent and unconscious, called a habit.

Seven Keys to Self-Motivation:

- *List goals that motivate you: What are the rewards and benefits?
- *Establish goals: Must be realistic and possible
- *Don't dwell on past failures: View them as minor setbacks, learn from them and get back on track
- *Find your objectives: Must be specific and measurable
- *Identify your strengths and weaknesses: Awareness of self
- *Be confident and know your self worth
- *Take the first step, the commitment step: Often the hardest because this is where self doubt comes in, but you can DO it.

One can use self-motivation to complete a treatment, start therapy, lose weight, start a new career, end bad habits, and create good habits. Motivation is the key to success.

INFORMATION

Welcome JIM LORD, ATC



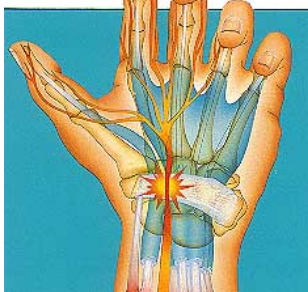
Schuylkill Rehabilitation Center recently hired a certified athletic trainer. Jim Lord is a Pottsville native, who graduated in 2004 from East Stroudsburg University. He received a Bachelor's degree in Athletic Training and is both, a Certified Athletic Trainer (ATC) and a Certified Strength Conditioning Specialist (CSCS). He is currently providing services to the Tri-Valley school district high school students, through Schuylkill Rehab. In his spare time, Jim enjoys golfing and exercising.

Wrestling with Regulations continued from Page 1.....

fat is lower than 7 and 12 percent for males and females respectively, the subject fails the exam. Also, during the physical exam, a hydration test will be administered in order to determine the specific gravity of the wrestlers' urine. This is done using a refractometer, which is a precision optical instrument designed to measure the concentration or mixture ratio of water soluble fluids. It measures the refractive index, the speed at which light passes through a liquid. The more dense the liquid, the slower the light will travel through it, and the higher its reading will be on the refractometer. If the hydration levels are above 1.025, the subject fails. Lastly, after the exam the wrestler or student athlete will be inserted into the database for the school and given his/her own personal log in, so that he/she can access information regarding maintenance of their weight and chart progress. This will allow the wrestler to have an active role in maintaining healthy eating habits, along with charting their weight concerning their descent of 1.5 percent per week.

Currently, only certified athletic trainers with specific training are able to perform this new physical examination for wrestlers. The certified athletic trainers at Schuylkill Rehabilitation Center have been trained in these procedures and are available to answer any of your questions or concerns.

Carpal Tunnel Syndrome



By: Patty Gregas, OTR/L

One of the most common repetitive injuries is Carpal Tunnel Syndrome (CTS), which can affect the function of a person's hand. The term CTS refers to compression of the median nerve in a narrow tunnel between bone and ligaments at the wrist. Repetitive bending of your hand or wrist can cause swelling in the tendon sheaths, which then press on the median nerve in the wrist. This results in symptoms of tingling, numbness, "pins and needles", along with burning pain in the wrist, hand, or fingers.

Any activity that causes a repetitive motion, awkward posture, extremes of wrist positions (upward or downward), direct pressure on the heel of the hand, along with vibration may put someone at increased risk for developing CTS. Other common causes of CTS include: wrist fractures, dislocations, normal wear and tear of structures with age, and fluid retention, which can often occur during pregnancy. Often, the symptoms begin by waking up the

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MORE INFORMATION

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individuals at night with pain and numbness. CTS can get progressively worse, resulting in increased pain and decreased hand strength, and the individual may begin dropping things.

As with any medical condition, early diagnosis is important in order to minimize the discomfort and prevent or inhibit permanent nerve damage. If someone is experiencing the symptoms described, he/she should seek medical attention. A physician will complete a medical history, conduct a physical exam, and may run several other tests, such as a standard wrist x-ray, a nerve conduction velocity test, or an electromyogram (EMG), to confirm the diagnosis. Through proper diagnostic testing, the severity of one's CTS can be determined and the appropriate course of treatment can be carried out.

Conservative treatment for CTS can include medication to reduce swelling and inflammation, along with a referral to occupational therapy (OT). An occupational therapist can fabricate splints to reduce the overuse of the wrist and provide for rest, provide modalities to reduce the pain and inflammation, as well as, provide an exercise program to increase flexibility and strength. An OT can also offer adaptive equipment and ergonomic recommendations to reduce one's symptoms and improve his/her ability to complete Activities of Daily Living (ADL's), ranging from self-care tasks, such as dressing to work activities, such as typing. Unfortunately, if the symptoms are severe, surgery may be recommended by the physician, followed by post-operation rehabilitation, to improve hand function in Occupational Therapy.

Carpal Tunnel Syndrome can affect the function of an individual's hand, limiting many aspects of a person's life ranging from self-care to work and leisure tasks. To learn more about Carpal Tunnel Syndrome, you can attend our evening lecture on December 11, 2006 at 7:00 p.m.

Basal Joint Arthritis of the Thumb



By: Lynn Kamarousky, OTR/L

Basal joint arthritis of the thumb is an osteoarthritic condition that affects the joint at the base of the thumb where it meets the wrist. It often occurs as a result of wear and tear on the joint. It is a common condition that occurs among individuals over forty years of age, and women are more likely than men to suffer from the disease. It may occur at a younger age if you have injured your thumb or you perform repetitive gripping, twisting, or turning with the thumb and fingers. The most common symptom is pain in the lower part of the thumb. The pain may increase when you attempt to use your fingers and thumb resistively, as when picking up a heavy item. It may also increase when pinching or gripping a small object for prolonged periods, as when handwriting.

To properly diagnose basal joint arthritis, your doctor may need to rule out other conditions. Tendonitis of the thumb may be causing the pain, as well as, a sprain of a ligament. Your doctor can diagnose based on the examination and by reading x-rays, which can reveal how much of the joint is destroyed or damaged. If the arthritis is diagnosed early, conservative occupational therapy treatment may be beneficial. A common treatment option is splinting of the thumb, which helps to reduce the inflammation associated with arthritis. Many splints are now available; some that immobilize your thumb so that you have little movement, and some flexible splints allow for movement of the thumb while providing support. Your doctor may also prescribe anti-inflammatory medication. Modalities such as ultrasound and paraffin wax dips may also prove to be helpful. Paraffin dips can be provided in the clinic, and if found beneficial, a home unit can be purchased at an economical price.

Your occupational therapist can also educate you on joint protection techniques. Many activities which currently cause the pain do not need to be stopped, but instead, need to be completed in a different manner which protects the small joints of your hand. It may be as simple as using a tool with a wider handle, so that you do not have to grip as tightly during a task. If the above options do not work, your doctor may choose to use a cortisone injection to further reduce inflammation. This coupled with further splinting and joint protection techniques, may provide you with some relief. Surgery is the last option and during the procedure, the diseased joint, which includes a small bone of the wrist, is removed. A partial piece or full tendon, taken from your arm, is used to rebuild the empty space and a cast or splint is worn for several weeks during the healing phase. After this time, your surgeon may prescribe occupational therapy with the goal of regaining full motion of the thumb.

If you are interested in learning more about this condition and its treatment, please join us for a free seminar at Schuylkill Rehabilitation Center on Tuesday, November 14, 2006 at 7:00 p.m.

Please refer to www.schuylkillrehab.com for a copy of our Patient Bill of Rights, Privacy Statement, Code of Ethics, Mission Statement, and Outcome Reports. You can also complete satisfaction and strategic planning surveys. Please feel free to e-mail your ideas for upcoming education seminars.

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