

# Schuykill Rehabilitation Center

**Our Goal is to Help You Meet Yours.**

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



- |                         |                                |
|-------------------------|--------------------------------|
| Physical Therapy        | Cert. Athletic Trainers        |
| Occupational Therapy    | Psychology Services            |
| Speech Therapy          | Full Time Physician            |
| Sports Medicine         | Lymphedema Therapy             |
| Aquatic Therapy         | Work Rehabilitation            |
| Prosthetics & Orthotics | Job Site Evaluation            |
| Hand Therapy            | Functional Capacity Evaluation |
| Golf Program            | Social Services                |



Schuykill County's Only Accredited Outpatient Rehabilitation Center



300 Schuykill Medical Plaza  
Pottsville, PA 17901  
570-621-9500  
[www.schuykillrehab.com](http://www.schuykillrehab.com)

FALL 2007



## Schuykill Rehab News



### COMMUNITY EDUCATION

#### Bioness H200

Wednesday October 17 @ 6:00p.m.  
Presented by Erin Taronis, OTR/L

#### Freedom Guide Dogs Give Lenny Independence

Tuesday October 23 @ 6:30 p.m.  
Presented by Lenny McHugh and Micah

#### Heel Spurs and Planter Fasciitis

Monday November 5 @ 6:00 p.m.  
Presented by Marie Reiley, PTA

#### MRSA: The Super Bug Important Information On Prevention

Thursday November 8, at 7pm  
Presented by SRC Athletic Trainers  
Schuykill Haven High School

#### Stroke Awareness

Monday December 3 @ 6:00 p.m.  
Presented by Heather Estes, PTA

#### Support Groups:

##### Stroke

Wednesday Oct 3, Nov 7, Dec 5 @ 12:00 (noon)

##### Fibromyalgia/Chronic Pain/Multiple Sclerosis

Wednesday Oct 3, Nov 7, Dec 5 @ 6:00 p.m.

##### Traumatic Brain Injury

Wednesday Oct 10, Nov 14, Dec 12 @ 6:00 p.m.

\*\*Support groups are open to all individuals, family, and caregivers, of those experiencing Stroke/Fibro/Chronic Pain/MS/Brain Injury.

\*ALL PROGRAMS HELD AT SCHUYLKILL REHABILITATION CENTER. FOR QUESTIONS, CALL (570) 621-9500. CHECK OUT OUR CALENDAR OF EVENTS AT [www.schuykillrehab.com](http://www.schuykillrehab.com)

### FYI

#### Plantar Fasciitis and Heel Spurs



By: Marie Reiley, PTA

Plantar fasciitis and heel spurs are the most common causes of heel pain and can be effectively treated with physical therapy. Plantar Fasciitis occurs when the long, flat ligament on the bottom of the foot (Plantar Fascia), which connects your heel bone to your toes, stretches irregularly and develops small tears that cause the ligament to become inflamed. A heel spur is a soft, bendable, deposit of calcium caused by the tension and inflammation of the plantar fascia. These conditions can occur over time or by a sudden injury. It can also be created by a change or increase in activity, wearing ill fitted shoes, maintaining an unhealthy weight, or excessive standing. Shoes which can aggravate this condition are those with a hard surface, provide no or poor arch supports, or do not easily bend under the ball of the foot. The most common complaint is discomfort and pain in the bottom of the heel along with mild swelling and redness. Pain generally occurs when walking after awakening, climbing stairs, getting up from a seated position, or standing for long periods of time. A physical therapist can help to alleviate this pain, by first conducting a thorough evaluation and formulating an individualized treatment plan. Physical Therapy treatment modalities may include stretching, ultrasound, iontophoresis, massage, ice, specialized taping techniques, and recommended modifications in daily activities.

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### IN THE SPOTLIGHT



#### MRSA: The Super Bug Are you at Risk?

The athletic training staff of Schuykill Rehabilitation Center will be presenting a program on the MRSA, "The Super Bug" on Thursday, November 8<sup>th</sup>, 2007 at 7pm in the auditorium of Schuykill Haven High School.

MRSA or Methicillin-resistant Staphylococcus aureus is an infection caused by Staphylococcus aureus bacteria — often called "staph." This strain of bacteria is found to be resistant to the broad-spectrum of commonly used antibiotics. Over the past several years, MRSA infections have increased. Many such infections have occurred among the general population, such as, athletes or students who share equipment or personal items such as towels or razors.

This free community-based educational seminar will address public concerns regarding this infectious disease and offer preventive guidelines.

## Famous Quotes

***“Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.”***

**- Epicurus**

## October Is National Breast Cancer Awareness Month

Breast cancer is the most common cancer and the second leading cause of death in women in the United States. Breast cancer is a malignant tumor that grows in one or both of the breasts and usually develops in the ducts or lobules.

According to the American Cancer Society, it's estimated that over 2 million women living in the U.S have been treated for breast cancer, about 178,480 women in the U.S. will be found to have invasive breast cancer in 2007 and about 40,460 women will die from the disease this year.

Breast cancer is much less prevalent among the male population; however The American Cancer Society estimates that 2,030 new cases of invasive breast cancer will be diagnosed among men in the United States in 2007.

Education and awareness are key tools to tackle on breast cancer. Early detection is of primary importance, so take charge of YOUR breast health by practicing regular self breast exams, and making sure to schedule an annual mammogram.

Make sure to check out [www.cancer.org](http://www.cancer.org) for more information.



## INFORMATION

### Bioness H200: Advanced Technology for Stroke Rehabilitation



By: Erin Taronis, OTR/L

Breakthrough technology is now available to increase the potential to improve upper limb function following a stroke. The Bioness H200 is a state of the art electrical stimulation unit. This orthotic device is ergonomically designed to surround the individual's hand, wrist, forearm, thus promoting proper limb positioning. The Bioness H200 enhances the potential for recovery and is easily incorporated into the traditional approach to upper limb rehabilitation.

Positive outcomes of consistent use of the Bioness H200 may include: improving hand function and voluntary hand movement, facilitating neuromuscular re-education, maintaining or increasing range of motion, increasing local blood circulation, reducing spasticity, and preventing atrophy. Recovery of upper limb function is vital for the participation in activities of daily living (ADLs), such as bathing, dressing, home management, meal preparation, etc. Incorporating the Bioness H200 into an individual's rehabilitation program may increase independence with activities of daily of living (ADLs), thus promoting the best quality of life possible. Clinical expectations and positive outcomes are greater for individuals that are less than six months post-stroke.

The Bioness H200 is contraindicated for certain medical conditions, namely implanted electrical devices such as a pacemaker or defibrillator. Occupational therapists at Schuylkill Rehabilitation Center are clinically certified to use the Bioness H200 in rehabilitation programs. An individual must meet specific criteria and have a physician's prescription to determine if you are an appropriate candidate. To learn more about the Bioness H200, please join us on Wednesday October 17, 2007 @ 6:00 p.m.

### Freedom Guide Dogs Give Lenny Freedom



Lenny McHugh is a Pottsville native born with Retinitis Pigmentosa, commonly referred to as RP. RP is an eye disease that affects a person's night vision and peripheral vision. It is a genetic disorder that is usually hereditary.

Lenny faced many obstacles growing up. Support from others, self motivation, a great sense of humor, along with God's help helped him overcome these obstacles. Lenny's accomplishments include being the first blind person in PA Jaycee history to become a chapter president of a non-handicap chapter, woodworking, and even going sky diving from a one mile freefall. One day he even decided he wanted to become a blind magician only to demonstrate that a handicap is only what you make of it. These are only some of Lenny's numerous accomplishments. In 1995, Lenny underwent a major surgery which left him unable to travel independently. He took part in extensive physical therapy to regain his strength and balance and it was at this time when Lenny realized Freedom Guide Dogs was the solution for him to return to travel. Indy came into Lenny's life and worked with him for nine years. Sadly, Indy retired this year and is currently residing in Ringtown, PA. Since 4/11/2007 Lenny has a new partner named Micah. Come join us on Tuesday October 23 at 6:30 p.m. to learn more about Lenny, his life experiences, and how Freedom Guide Dogs can help YOU, also visit

[http://www.geocities.com/lenny\\_mchugh/](http://www.geocities.com/lenny_mchugh/).

## MORE INFORMATION

### ***“Plantar Fasciitis and Heel Spurs” Continued from Page 1.....***

For most people, treatment can be effective with these non invasive techniques. Your physician can refer you to physical therapy for stretching and thermal modalities of the muscles, recommend night splints for proper positioning to stretch the plantar fascia and Achilles tendon in a lengthened position, or prescribe off-the-shelf or custom-fitted arch supports (orthotics) to help distribute pressure to your feet more evenly. If pain continues your doctor may also prescribe anti-inflammatory drugs or cortisone injections. For more information on Plantar Fasciitis and Heel Spurs, join us on Monday November 5, 2007 @ 6:00 p.m.

### Spinal Decompression Therapy: The Most Advanced Treatment for Neck and Back Problems

By: Bob Dusel, LPT

Schuylkill Rehabilitation Center now offers the most advanced and innovative treatment for injuries of the neck and back. The Spinal Decompression Therapy System is a non-surgical therapy for the relief of neck and arm pain or for the relief of back and leg pain. During this treatment procedure, a spinal disc can be isolated and placed under negative pressure creating a vacuum effect within the disc. This is accomplished through proper positioning and by cycling through synchronized phases of relaxation and distraction of the spinal segment. The Decompression Therapy System can offer relief to individuals with herniated or bulging discs, degenerative disc disease, facet syndrome, sciatica, post-surgical failure, chronic low back pain, numbness/tingling in the arm or leg, and headaches. This treatment approach is FDA approved and when used in conjunction with other therapeutic modalities, such as stretching and exercise, the Spinal Decompression Therapy System can be an effective treatment option to relieve your neck or back pain.

Call us at 570-621-9500 to learn more about Spinal Decompression Therapy and find out if it's right for YOU.

### Stroke Awareness

By: Heather Estes, PTA

Stroke is the third leading cause of death in the United States, and the leading cause of adult disability. An estimated 750,000 strokes occur annually. Demographic and medical trends show that the number of people who have had strokes has greatly increased. There are more than 4.7 million stroke survivors living in our country today and two-thirds of them are disabled. The more you know about stroke, the more you can help contribute to your own recovery or to that of someone for whom you care.

Strokes can occur at any age, but are more likely as we get older. Stroke is also referred to as a “brain attack”. It occurs when a clogged artery stops the flow of blood and oxygen to the brain or when a blood vessel bursts in the brain. Without oxygen within the blood, brain cells begin to die, causing a stroke. As brain cells die, basic skills such as speech, mobility, and memory may be damaged or even lost. When stroke occurs because arteries to the brain are clogged with blood clots or fatty deposits, it is called an ischemic stroke. Hemorrhagic strokes occur when a blood vessel breaks and blood spills into the brain. Some common stroke symptoms include but are not limited to the following:

1. Sudden numbness or weakness of face, arm or leg – especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause
6. Sudden nausea, fever and vomiting
7. Brief loss of consciousness or period of decreased consciousness

Sometimes symptoms may appear for only a very short period of time and then disappear, possibly indicating a Transient Ischemic Attack (TIA). Even though a TIA is not a stroke, it indicates serious underlying stroke risks and is a powerful warning that a stroke may follow. Schuylkill Rehabilitation Center offers a multidisciplinary team approach to ones rehabilitation following a stroke. The team at SRC consists of a physical therapy, occupational therapy, speech therapy, psychological services, patient service coordination, and support groups. The team at SRC will work directly with stroke survivors and their caregivers to address needs in physical, communication, thinking and swallowing abilities and to reintroduce leisure and social activities back into a survivor's life. To learn more about stroke awareness, please join us on Monday December 3, 2007 @ 6:00 p.m. at Schuylkill Rehab Center.

Please refer to [www.schuylkillrehab.com](http://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. Also, please feel free to e-mail your ideas for upcoming education seminars or check the calendar for scheduled events.