

Our Goal is to help You Meet Yours

Physical Therapy
Occupational Therapy
Speech Therapy
Sports Medicine
Aquatic Therapy
Prosthetics and Orthotics
Hand Therapy
Golf Program

Cert. Athletic Trainers
Psychology Services
Physician Services
Lymphedema Therapy
Work Rehabilitation
Job Site Evaluation
Functional Capacity
Evaluations

Schuylkill County's Only Accredited Outpatient Rehabilitation Center



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

FALL 2009

Schuylkill Rehabilitation News

COMMUNITY EDUCATION

Evening Lectures:

Living with Lymphedema

Tuesday, October 27 @ 6:00 p.m.

Presenter: Patty Gregas, OTR/L, Director of Occupational and Physical Therapies

Learn how a Lymphedema program can help control this condition and enhance one's quality of life.

Current Concepts on Hip & Knee Replacements

Tuesday, November 17 @ 6:00 p.m.

Presenters: Daniel J. D'Arco, Orthopedic Surgeon, Jen Herndon, LPT

Learn about various concepts, myths & realities with hip and knee replacements and the role of physical therapy.

What is Aquatic Physical Therapy?

Thursday, December 10 @ 6:00 p.m.

Presenter: Kelly Painter, PTA

Learn the different ways this non-weight bearing therapy program can benefit you when needing physical rehabilitation.

Support Groups:

Amputee

2nd Monday of the Month @ Noon:
October 12, November 9, December 14

Fibromyalgia/Chronic Pain

1st Wednesday of the Month @ 6:00 p.m.:
October 7, November 4, December 2

Multiple Sclerosis (MS)

Last Friday of the Month @ 1:00 p.m.:
October 30, *November 20, *December 18

Parkinson's Disease

1st Friday of the Month @ 1:00 p.m.:
October 2, November 6, December 4

Stroke

1st Wednesday of the Month @ Noon:
October 7, November 4, December 2

Traumatic Brain Injury

2nd Wednesday of the Month @ 6:00 p.m.:
October 14, November 11, December 9

*Different week for this month only.

**Support groups are open to all individuals, family, and caregivers of those experiencing Amputation, Fibromyalgia/Chronic Pain, MS, Parkinson's, Stroke, and TBI.

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

FYI

WEBSITE UPDATED: New Design Easier to Navigate

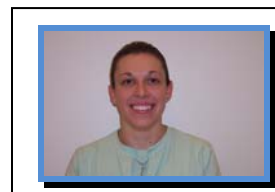
We would like to invite you to visit our website at www.schuylkillrehab.com. Our website has been updated to include Schuylkill Rehabilitation's latest Physical, Occupational and Speech therapies, innovative therapeutic techniques, and support programs. Karen Barton, Customer Service Coordinator stated, "our website has been enhanced so the viewer can navigate more efficiently while continuing to offer a convenient way for the community to note our outpatient rehabilitation center's calendar of events as well as downloading useful publications." In addition, the website includes links to other health-related sites where information can be obtained regarding injury, illness, and disability.



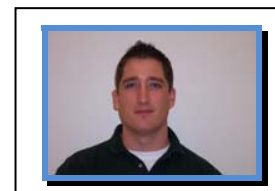
IN THE SPOTLIGHT

WELCOME ABOARD!

Schuylkill Rehabilitation Center is pleased to announce Ashley Smolinsky, PT, DPT, and Mark Burnhauser, PTA, have joined the Physical Therapy team. Ashley and Mark are great assets to the SRC family and continue to exemplify our mission of providing the best therapists and rehabilitation services and programs in Schuylkill County.



Ashley Smolinsky is a Licensed Physical Therapist attaining her Doctorate in Physical Therapy in May 2008 at Widener University, Chester, PA. In 2005, Ashley received her B.S. in Health Science from Lock Haven University, Lock Haven, PA. Currently residing in Hazleton, PA, Ashley is an avid sports fan and enjoys playing golf and basketball.



Mark Burnhauser is a Physical Therapist Assistant currently pursuing his Doctorate of Physical Therapy from Neumann University, Aston, PA. In 2007, Mark received a B.S. in Chemistry from Penn State University-Hazleton and in 2006 he received an A.S. in the Physical Therapy Assistant program from PSU - Hazleton. Currently residing in Mahanoy City with his wife, Amanda, Mark enjoys participating in all types of sports especially, snowboarding, surfing, and weightlifting.

LIVING WITH LYMPHEDEMA

Presented by: **Patty Gregas, OTR/L**
 Director of Occupational and Physical Therapies



Lymphedema is a condition resulting primarily from blocked fluid in the upper and/or lower extremities when lymph vessels or lymph nodes are impaired or removed from the body. Symptoms of Lymphedema may include: a full sensation in the arm/leg, skin feeling tight, decreased flexibility in joints of the affected extremity, difficulty fitting into clothing in one specific area and ring/watch tightness. Lymphedema may be mild, moderate, or severe. It may arise immediately after treatment, or not show up for years. Any person with lymph node removal or impairment possesses a lifelong risk of developing lymphedema.

Lymphedema is not curable, however, it is manageable. The goals for treatment of Lymphedema are: education on proper skin care, diet and precautions, decrease in the volume or size of the limb and instruction on self-management of the condition. Our program at Schuylkill Rehabilitation Center can provide you with the proper tools and education to control this condition, thus leading to an enhanced quality of life.

Schuylkill Rehabilitation Center will be hosting an evening lecture on their Lymphedema program, entitled "Living with Lymphedema," on Tuesday, October 27, 2009 at 6:00 p.m. If you or someone you know has been diagnosed with Lymphedema, please join us to learn more about this condition. Reservations are suggested but not required (621-9500).

HOURS OF OPERATION:

MONDAY – FRIDAY: 7:00 AM – 6:00 PM
SATURDAY: 8:00 AM - NOON

(570) 621-9500

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

October is Breast Cancer Awareness Month

BREAST CANCER DETECTION PLAN SHOULD INCLUDE:

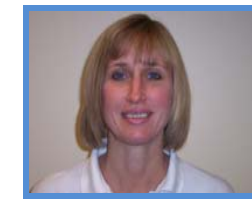
- ✎ Monthly breast self-examination beginning at age 20
- ✎ Baseline mammogram by age 40
- ✎ Mammogram every one to two years for women ages 40-49
- ✎ Mammogram every year for women aged 50 and older
- ✎ A personal calendar to record your self-exams, mammograms, and doctor appointments
- ✎ A low-fat diet, regular exercise, and no smoking or drinking

For more information on breast cancer and breast cancer awareness visit www.breastcancer.org or www.nationalbreastcancer.org



CURRENT CONCEPTS ON HIP & KNEE REPLACEMENTS:

Presented by: **Dr. Daniel D'Arco, Orthopedic Surgeon**
 & **Jennifer Herndon, LPT**



Total hip or knee replacement is a surgical procedure that results in decreased pain and improvement in the quality of life among individuals with severe arthritis of the hip or knee. The degenerative joint is usually diagnosed through X-rays by your physician or an orthopedic surgeon. Once the diagnosis has been made, options other than a total joint replacement do exist. They include beginning Physical Therapy rehabilitation, medications such as an anti-inflammatory, injections, assistive devices such as a cane, arthroscopic surgery or a combination of the above.

When one chooses surgery as their mode of treatment, the physician or the insurance company may require Physical Therapy prior to the surgery. Physical and Occupational therapy is also required post-surgery. Inpatient therapy focuses on restoring range of motion, improving strength, and ambulation (typically on a walker), as well as improving the ability to complete activities of daily living, such as dressing, grooming, etc. The goal of outpatient therapy is to improve range of motion, strength, endurance, balance, pain relief, as well as, increasing concentration when walking without use of an assistive device. A home exercise program will also be established, as it is a key part of rehabilitation.

A total hip or knee replacement can be a life changing decision. It may provide drastic improvement to your overall quality of life by decreasing your pain and improving your ability to complete your activities of daily living. Although this is not a process that occurs overnight, your replacement in combination with rehab should improve your overall functional abilities, which were once affected because of your hip or knee pain. **To learn more about the "Current Concepts of Hip & Knee Replacements" and the role of Physical Therapy, please join us at Schuylkill Rehabilitation Center's Education Room on Tuesday, November 17, 2009 at 6:00 p.m.**

WHAT IS AQUATIC PHYSICAL THERAPY?



Presented by: **Kelly Painter, PTA**

Aquatic Physical Therapy is the practice of delivering Physical Therapy treatment in a therapeutic pool with a water temperature between 88-96 degrees Fahrenheit. Aquatic Physical Therapy is the perfect environment for people who find land therapy too painful or have weight bearing restrictions. People with diagnosis which would benefit from aquatic physical therapy include, but not limited to, arthritis, balance/coordination impairments, fibromyalgia, neurological disorders, low back pain, total hip or knee replacements, orthopedic injuries, deconditioning/weakness, sports injuries, and difficulty walking. Aquatic physical therapy can give a head start to recovery and reduce overall therapy needs.

Aquatic Physical therapy enables patients to initiate exercise at an earlier stage of their rehabilitation through the properties of water. The buoyancy of water reduces the gravitational pull that lessens compression forces on the joints. Performing exercises in the pool allows you to gain the benefit of exercise without the compression forces that occur with gravity on land. Therefore, exercises performed in the pool are much easier than land therapy. The water's hydrostatic pressure helps reduce swelling and provides a constant feedback which is useful when decreasing pain, protecting and reducing stress on joints, increasing postural awareness, improving gait patterns, reducing muscle spasms, and promoting relaxation, increasing balance/coordination and decreasing tissue swelling.

Aquatic Physical Therapy at Schuylkill Rehabilitation Center includes a specifically designed stainless steel 12'X20' therapeutic pool which has a depth of 4'0" including a deep well of 6'X6'. The temperature is maintained at approximately 90 degrees Fahrenheit. Our pool has an underwater treadmill and bike as well as a hydraulic lift which makes it accessible for those who are unable to independently walk into the pool. The pool also has massage and resistive training jets allowing us to accommodate a wide variety of patients. Accessible locker rooms are complete with lockers, showers, and changing areas. The incorporation of aquatic physical therapy into a comprehensive integrated land-pool rehab program has resulted in overall improved function for our patients. **To learn more about "Aquatic Physical Therapy", Schuylkill Rehabilitation Center would like to invite you to a community in-service on December 10, 2009 @ 6pm.**