

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



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Pottsville, PA 17901
570-621-9500
www.schuylkillrehab.com

FALL 2010

Schuylkill Rehabilitation News

COMMUNITY EDUCATION

Evening Lectures:

C.H.A.T. PROGRAM:

"Preparing for the Fall Season"

Monday, October 4 @ 6:00 p.m.

Presenter: Lauren Shandor, OTR/L

Learn about the importance of proper body mechanics when performing yard work and other "Fall-related" tasks.

C.H.A.T. PROGRAM:

Treatments for Osteoarthritis of the Knee and Hip

Wednesday, November 10 @ 6:00 p.m.

Presenters: Kimberly Hashin, MD, and Jennifer Herndon, LPT

Learn about Osteoarthritis and various methods of treatment when this condition affects the knee or hip and the role of physical therapy.

What is the TheraBite System?

Wednesday, December 8 @ 6:00 p.m.

Presenter: Susan Schuettler, MSCCSSL/P

Learn how this device can help those who are restricted in their ability to open their jaw due to various issues.

Support Groups:

Amputee

2nd Monday of Month @ Noon:

October 11, November 8, December 13

Fibromyalgia/Chronic Pain

1st Wednesday of Month @ 6:00 pm:

October 6, November 3, December 1

Multiple Sclerosis (MS)

Last Friday of Month @ 1:00 p.m.:

*October 22, *November 19 @ School of Nursing Multi-purpose Rm, *Dec. 17

Parkinson's Disease.

1st Friday of Month @ 1:00 p.m.:

October 1, November 5, December 3

Stroke

1st Wednesday of Month @ Noon:

October 6, November 3, December 1

Traumatic Brain Injury

2nd Wednesday of Month @ 6:00 pm:

October 13, November 10, December 8

*Different day 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. UNLESS NOTED. FOR QUESTIONS, CALL (570) 621-9500. CHECK OUT OUR CALENDAR OF EVENTS AT: www.schuylkillrehab.com*

IN THE SPOTLIGHT

CHAT ON THE ROAD: "Treatment for Osteoarthritis of the Knee and Hip"

Presented by:



Dr. Kimberly Hashin, MD



Jennifer Herndon, LPT

There are many types of arthritis, but living with **Osteoarthritis** does not have to be as painful as in the past. This condition is the breakdown and eventual loss of cartilage in the joint. There are many treatment options for Osteoarthritis of the knee and hip including medications, injections, change in lifestyle, and physical therapy.

We know exercise is important for everyone but especially for those who have Osteoarthritis. It is crucial in keeping your muscles and surrounding tissue strong and flexible in order to provide support for your bones. It will also help increase strength and flexibility, reduce joint pain, and combat fatigue. Incorporating exercise into your lifestyle is key when living with arthritic pain. The physical therapists at **Schuylkill Rehabilitation Center** can help manage arthritis pain while increasing muscle strength and promoting joint stability and flexibility through various therapeutic exercises, pain relief modalities and mobilizations.

Please join Dr. Kimberly Hashin and physical therapist, Jennifer Herndon, on November 10, 2010 at 6:00 pm for a Community Health Awareness Talk (C.H.A.T.). You will learn about various methods of treatment and the role of physical therapy when Osteoarthritis affects the knee and hip. This informal discussion will be held at our facility's Education Room.



LIVING WITH LYMPHEDEMA

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. If you or someone you know has been diagnosed with Lymphedema, please contact us to learn more about the benefits of this program.



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

WHAT IS THE THERABITE SYSTEM?

Presented by: Susan Schuettler, MSCCSSL/P
Speech Therapist

The **TheraBite System** is recommended for use in individuals who are restricted in their ability to open their jaws due to trismus, hypomobility or Temporo-Mandibular (TMJ). It may also be helpful for treating people who experience pain in the joints and/or muscles of the jaw.

The TheraBite System utilizes a device that gently stretches the jaw into normal range of motion. After receiving instruction on how to operate the device, the patient is able to use it at home and progress at their own rate. There will be periodic treatment sessions scheduled with a therapist to monitor the patient's progress as well as assess the system's parameters. The cost of the TheraBite System is covered by most health insurance plans and is Medicare approved.

Schuylkill Rehabilitation Center will be hosting an evening lecture on the "TheraBite System" on Wednesday, December 8, 2010 at 6:00 p.m. If you or someone you know has been diagnosed with any of the conditions mentioned above, please join us to learn more about the TheraBite System. Reservations are suggested but not required (621-9500).



"STRIVING FOR EXCELLENCE"

We at **Schuylkill Rehabilitation Center** strive for excellence in everything we do and continually look for ways to better serve our patients. The implementation of the new and complete **Electronic Medical Record (EMR)** on July 1, 2010 enables us to do just that. The most important benefit utilizing an electronic documentation system is that it improves patient safety and quality of care and we are excited to bring that enhanced capability to our rehabilitation facility. We take great pride in being your preferred Outpatient Rehabilitation Provider and look forward to offering premier rehabilitation programs for years to come. Our staff at **Schuylkill Rehabilitation Center** would also like to take this opportunity to express our gratitude to everyone involved with the successful conversion and commitment to the people we serve!

