



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

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

- |                           |                                 |
|---------------------------|---------------------------------|
| Psychology Services       | Occupational Therapy            |
| Speech Therapy            | Physician Services              |
| Sports Medicine           | Lymphedema Therapy              |
| Aquatic Therapy           | Work Rehabilitation             |
| Prosthetics and Orthotics | Job Site Evaluation             |
| Hand Therapy              | Functional Capacity Evaluations |
| Golf Program              |                                 |

*Schuylkill County's Only Accredited Outpatient Rehabilitation Center*



Schuylkill Rehabilitation Center  
 300 Schuylkill Medical Plaza  
 Pottsville, PA 17901

# Schuylkill Rehabilitation News

**COMMUNITY EDUCATION**

**Evening Lectures:**

**Living with Lymphedema**

Thursday, October 20, 2011 @ 6:00 p.m.  
**Presenters:** Lynn Kamarousky, OTR/L Certified Lymphedema Therapist  
 Learn how a Lymphedema program can help control this condition and enhance one's quality of life.

**ACL Prevention Program**

Monday, November 7, 2011 @ 6:00 pm  
**Presenter:** Mike Smith, LPT

Learn ways to strengthen the Anterior Crucial Ligament (ACL) to help prevent injury when performing non-contact sports.

**WalkAide: A Treatment Option for Foot Drop**

Tuesday, December 6, 2011 @ 6:00 p.m.  
**Presenters:** Kelly Zerbe, LPT, and Heather Estes, PTA & Kris Robertson, Hangar Inc.

Learn how this medical device is used as a treatment option for a condition called Foot Drop.

**Support Groups:**

**Amputee**

2<sup>nd</sup> Monday of the Month @ Noon:  
 Oct. 10, Nov. 14, Dec. 12

**Fibromyalgia/Chronic Pain**

1<sup>st</sup> Wed. of the Month @ 6:00 p.m.:  
 Oct. 5, Nov. 2, Dec. 7

**Multiple Sclerosis (MS)**

4<sup>th</sup> Friday of the Month @ 1:00 p.m.:  
 Oct. 28, \*Nov. 18, \*Dec. 16

**Parkinson's Disease**

1<sup>st</sup> Friday of the Month @ 1:00 p.m.:  
 \*Oct. 14, Nov. 4, Dec. 2

**Stroke**

1<sup>st</sup> Wednesday of the Month @ Noon:  
 Oct. 5, Nov. 2, Dec. 7

**Traumatic Brain Injury**

2<sup>nd</sup> Wed. of the Month @ 6:00 p.m.:  
 Oct. 12, Nov. 9, Dec. 14

\*Different Date due to Holiday.

\*\*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](http://www.schuylkillrehab.com)**

**FYI**

**LIVING WITH LYMPHEDEMA**



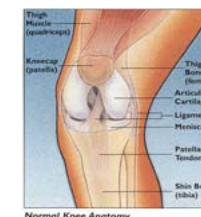
In honor of October being National Breast Cancer Awareness Month, Schuylkill Rehabilitation Center will be hosting an evening lecture on our Lymphedema program, entitled "Living with Lymphedema," on Thursday, October 20, 2011 at 6:00 p.m.

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. Due to this, lymphedema may occur as a side effect of breast cancer treatment that results in the accumulation of protein-rich fluid or chronic arm swelling. 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.

*(Continued on Page 3)*

**IN THE SPOTLIGHT**

**Anterior Cruciate Ligament (ACL) Prevention Program Offered**



The Anterior Cruciate Ligament (ACL) is one of four major ligaments providing support to the knee. Of these four ligaments, the ACL is the most important to stabilize the knee and is the most commonly injured during athletic events. Sports such as basketball, volleyball and soccer requiring frequent jumping or sudden change in direction have shown higher rates of ACL injuries. Extensive research has gone into studying risk factors that predispose athletes to non-contact ACL injuries. Additionally, much research has focused on examining if these risk factors can be manipulated to reduce the incidence of such injuries.

*(Continued on Page 3)*

## NOVEMBER IS NATIONAL DIABETES MONTH

There are 20.8 million children and adults in the United States living with diabetes; while 6.2 million are unaware that they even have the disease.

Diabetes is a disease in which the body is unable to produce or unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream, causing one's blood glucose or "sugar" to rise too high.

### Diabetic Side Effects:

- Foot Ulcers
- Poor Circulation(Slows Wound Healing Process)
- Neuropathy (Nerve Damage)
- Blindness

**Type 2 Diabetes Support Group:**  
Upcoming Meetings at 6:00 p.m.

October 6, November 3 &  
December 1

Schuylkill Medical Center-  
South Jackson Street,  
Conference Room B

For any questions, call Ruby Paris,  
RN, CDE at 621-5020 or Diane  
Ehlinger, RN, BS CDE at 621-4367



Join Schuylkill  
Health on Saturday,  
**October 29** at Stoyer's  
Dam/Bubeck Park,  
Schuylkill Haven, PA for a  
**5k Walk/Run** to Benefit  
Diabetes Education  
Programs at the Schuylkill  
Medical Centers.

RUN – 9:00 a.m.  
WALK – 9:15 a.m.

Call 570-621-5555  
for more details.

## INFORMATION

### Fall Prevention: 6 Tips to Prevent Falls



Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

#### **1. Make an appointment with your doctor**

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

What medications are you taking? Have you fallen before? Could your health conditions cause a fall?

#### **2. Keep moving**

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

#### **3. Wear sensible shoes**

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet.

#### **4. Remove home hazards**

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. Remove boxes, newspapers, electrical cords and phone cords from walkways. Move coffee tables, magazine racks and plant stands from high-traffic areas. Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home. Repair loose, wooden floorboards and carpeting right away. Store clothing, dishes, food and other necessities within easy reach. Immediately clean spilled liquids, grease or food. Use nonskid floor wax. Use nonslip mats in your bathtub or shower.

#### **5. Light up your living space**

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also: Place night lights in your bedroom, bathroom and hallways. Place a lamp within reach of your bed for middle-of-the-night needs. Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches. Turn on the lights before going up or down stairs. Store flashlights in easy-to-find places in case of power outages.

#### **6. Use assistive devices**

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example: Hand rails for both sides of stairways, non-slip treads for bare-wood steps, raised toilet seat or one with armrests, grab bars for the shower or tub, a sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down.

- If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

## INFORMATION (continued)

### ... ACL Prevention (continued from page 1)

**Schuylkill Rehabilitation Center** invites you to come hear about what risk factors have shown to place athletes at a higher risk of ACL injury as well as prevention programs that have shown to significantly reduce the incidence of ACL injuries, especially in the female athletic population. Female athletes are *two to eight times more at risk* to injure the anterior cruciate ligament than male athletes.

Please join Mike Smith, LPT on Monday, November 7, 2011 at 6:00 p.m. to learn about ACL risk factors and how an ACL injury prevention program can be incorporated into a warm-up routine to help prevent knee injuries. These exercises emphasize strengthening specific muscles and correcting lower extremity mechanics to reduce the stress placed on the anterior cruciate ligament during high risk athletic activities such as; jump stops, cutting motions and landing from a jump.



### ... Lymphedema (continued from page 1)

Lymphedema is not curable, however, it is manageable. 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 join Lynn Kamarousky, OTR/L, Certified Lymphedema Therapist to learn more about this condition.



### WALK-AIDE:

### A Treatment Option For Foot Drop

The Walk-Aide is a treatment option available at **Schuylkill Rehabilitation Center** for a neuromuscular condition known as foot drop. A foot drop occurs when a stroke, spinal-cord injury or central nervous system disease interrupts the natural nerve-to-muscle message in the leg, causing your foot to drag when you walk.

The Walk-Aide incorporates Myo-Orthotics Technology and is designed to stimulate the typical nerve-to-muscle signals in the leg and foot which causes the foot to lift at the appropriate time in the walking cycle. The result of this is a smoother, more natural, and safer stepping motion.

After more than a decade, this medical device has received marketing clearance from the Federal Drug Administration (FDA) for improving the walking ability of people experiencing foot drop who have met the qualifications for this treatment program. To learn more about this advanced technology and how it may help you or someone you know, please join our therapists Kelly Zerbe, LPT, and Heather Estes, PTA, and, Kris Robertson, Certified Orthotist, on Tuesday, December 6, 2011 at 6:00 p.m.

Please refer to [www.schuylkillrehab.com](http://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.