



# Schuylkill Rehabilitation News

## The Road to Excellence Leads Here Schuylkill Rehabilitation Center



Physical Therapy  
Sports Medicine  
Aquatic Therapy  
Certified Athletic Trainers  
Prosthetics & Orthotics  
Golf Program  
Psychology Services  
Neck & Spine Therapy  
Occupational Therapy

Speech Therapy  
Hand Therapy  
Lymphedema Management  
Work Rehabilitation  
Job Site Evaluation  
Functional Capabilities Evaluation  
Support Group Programs

Providing the highest quality services to people of all ages.

All major insurances accepted



 Schuylkill County's Only Accredited Outpatient Rehabilitation Center

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

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### COMMUNITY EDUCATION

#### Evening Lectures:

**Cancer Rehab Program**  
Wednesday, April 29, 2015 @ 6:00 p.m.

**Presenter:** Patty Gregas, OTR/L, Occupational Therapist, Director of Occupational and Physical Therapies  
Learn about the array of physical rehabilitation services available to those living with cancer and its effects.

#### Workinetics

Wednesday, May 6, 2015 @ 2:00 p.m.

**Presenter:** Lauren Gibas, OTR/L, & Katie Heckman, OTR/L, Occupational Therapists; Learn about services designed to reinforce proper body mechanics, transition employees safely back to work, and prevent re-injury.

**Nerve Injuries of the Hand and Wrist**  
Wednesday, June 17, 2015 @ 6:00 p.m.

**Presenter:** Louise G. Kalymun, OTR/L, Occupational Therapist, Hand Therapy Coordinator; Learn about Occupational Therapy treatments that can be instrumental in improving the functional ability of the hand and upper extremity.

#### Support Groups:

##### Fibromyalgia/Chronic Pain

1<sup>st</sup> Wed. of the Month @ 6:00 p.m.  
April 1, May 6, June 3

**\*May 6 meeting to feature "Living in pain and how to deal with the pain" lecture presented by Tony Gaburick**  
**Parkinson's Disease**

1<sup>st</sup> Friday of the Month @ 1:00 p.m.  
April 10, May 1, June 5

##### Amputee

2<sup>nd</sup> Friday of the Month @ 1:00 p.m.  
April 10, May 8, June 12

##### Traumatic Brain Injury & Stroke

3<sup>rd</sup> Friday of the Month @ 12:30 p.m.

April 17, May 15, June 19

##### Multiple Sclerosis (MS)

Last Friday of the Month @ 1:00 p.m.  
April 24, May 29, June 26

•Support groups are open to all individuals, family, and caregivers of those experiencing Amputation, Fibromyalgia/Chronic Pain, MS,

### Cancer Rehab Program



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

Schuylkill Rehabilitation Center is pleased to introduce its newest program, **Cancer Rehab**. Join Patty Gregas, Director of Occupational and Physical Therapies, **Wednesday, April 29th at 6:00 p.m.** to learn about the individualized programs that are now available for cancer patients at Schuylkill Rehabilitation Center.

Cancer and its treatment can cause debilitating side effects for patients. A person's ability to function and his/her quality of life can be compromised. Research has demonstrated positive findings between the relationship of exercise/rehabilitation and the quality of life in patients with cancer. Physical, occupational, and speech therapies can help to enhance functional recovery, reduce fatigue, and the risk of complications. Lymphedema Management can be useful in managing the swelling that sometimes occurs when the lymphatic system is impaired due to surgery or radiation therapy. *Continued Page 2.....*

### Nerve Injuries of the Hand and Wrist



Louise G. Kalymun, OTR/L  
Hand Therapy Coordinator

Louise G. Kalymun, OTR/L, Occupational Therapist, Hand Therapy Coordinator at Schuylkill Rehabilitation Center will be presenting a lecture on **Occupational Therapy and the Management of Nerve Injury** on Wednesday, June 17, 2015 at 6:00 p.m. in Schuylkill Rehabilitation Center's conference

The upper extremity is a complicated structure which grants us the ability to be independent in performing activities of daily living, leisure, home, and work tasks. When the arm receives a nerve injury from a trauma or compression to the nerve, limitations in independence will occur as the motor and/or sensory function of the nerve is disrupted. A nerve injury can affect motor function, sensibility and pain and limit ability to use the upper extremity.

The occupational therapy program for the nerve injured patient requires an extensive evaluation of the upper extremity which will identify limitations in strength, active motion, and sensibility. *Continued Page 2.....*



Top 3%  
Internationally

**Congratulations:**

**Schuylkill  
Rehabilitation Center  
for an OUTSTANDING  
CARF Accreditation  
Survey**

The President / CEO of the Commission on Accreditation of Rehabilitation Facilities (CARF) International commented in the recent survey report that Schuylkill Rehabilitation Center's survey result was "an extraordinary accomplishment, as only 3% of all CARF surveys internationally result in no recommendations."

**World class rehabilitation right here in Schuylkill County!**

Read the full CARF survey letter and report on our web site [www.schuylkillrehab.com](http://www.schuylkillrehab.com)

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.

**Cancer Rehab....continued from Page 1**



A **Cancer Rehabilitation Program** is beneficial for all types of cancer and is appropriate for individuals throughout the continuum of cancer care, including those who are newly diagnosed, undergoing treatment, receiving hospice or palliative care, or who are in the survivorship phase of cancer. Maintaining some level of activity during or after cancer treatment helps to reduce the risk of complications and can lead to an enhanced quality of life. Performing a daily regime of exercise can allow for a sense of control over your condition which in turn can lead to less anxiety and stress.

The rehabilitation evaluation process can also help identify additional service needs including nutritional and psychosocial needs. Other resources available within the Schuylkill Health System include outpatient medical nutrition therapy provided by a licensed dietitian, a Chemo-Connect Support group that addresses psychosocial and emotional needs, and a Gentle Yoga Program for cancer survivors. Those support groups can assist with adapting behaviors in ways that contribute to overall health and fitness, and restore dignity and control.

Join Patty Gregas, OTR/L, Director of Occupational and Physical Therapies, on **Wednesday, April 29, 2015 at 6:00 p.m.** in Schuylkill Rehabilitation Center's conference room to learn about the array of physical rehabilitation services available to anyone living with cancer or its effects.

**Nerve Injuries of the Hand and Wrist.....continued from Page 1**

A specialized hand therapy program is established for the patient, as it is key to improving the functional ability of the hand and upper extremity. Education of the injury is of utmost importance, as all of the following topics are addressed: nerve regeneration, use of splinting to increase function of the arm and prevent joint contractures, motor retraining, desensitization and sensory re-education programs, active exercise, and nerve gliding exercises. Adaptive equipment needs are also evaluated to identify appropriate equipment which will aid in improving independent function of the arm. A team approach, consisting of the physician, therapist, and most importantly, the patient, is necessary to promote a positive outcome resulting in increased functional ability.

To learn more about Nerve Injuries of the Hand and Wrist, join us on **Wednesday, June 17, 2015 at 6:00 p.m.**

**Special Presentation – Living in Pain and How to Deal With the Pain**

The **Fibromyalgia/Chronic Pain Support Group Meeting** scheduled for **Wednesday, May 6, 2015 at 6:00 p.m.** will feature a presentation by an individual who would like to share his story about dealing with chronic pain. Anyone with an interest is welcome to attend the lecture which will be held in Schuylkill Rehabilitation Center's conference room.



**Workinetics Programs at SRC**

**The Workinetics Department at Schuylkill Rehabilitation Center  
Can Help YOU Get Back to Work Safely**



Lauren Gibas, OTR/L  
Occupational Therapist



Katie Heckman, OTR/L  
Occupational Therapist

Schuylkill Rehabilitation Center invites you to join Occupational Therapists, Lauren Gibas, OTR/L, and Katie Heckman, OTR/L on **Wednesday, May 6, 2015 at 2:00 p.m.** for an informative presentation about the array of services related to employment that are available at our physical rehabilitation facility.

The **Workinetics** Department at Schuylkill Rehabilitation Center offers work simulation and conditioning, functional capacity evaluations, job function matching for post-offer pre-hire and return to work testing, ergonomic and body mechanics evaluations, and job site evaluations. The goals of the Workinetics program are to transition the person back to work safely, develop safe job performance to prevent re-injury, and to reinforce proper body mechanics at the workplace. Another goal of treatment is to determine if any modifications are recommended for the person to return to gainful employment.

Functional Capacity Evaluations (FCE's) are performed by experienced therapists with the aid of a specialized software system. FCEs assess a person's capabilities with lifting, carrying, pushing/pulling, and other job specific tasks. SRC uses an objective computerized system to complete all FCE testing protocols. A comprehensive report is sent to the referring physician with comments and recommendations made for the individual.

Ergonomic and body mechanics evaluations help to educate the person on the correct way to use the body with work activities and daily tasks. The therapist instructs the patient on use of proper body mechanics techniques with lifting, pushing, pulling, carrying and other job specific tasks.

Therapists at Schuylkill Rehabilitation Center who work in this area have been certified in Job Function Matching process for post offer pre-hire testing and use for return to work after injury. Job Function Matching is a valid objective comparison of a worker's functional ability with the job demands. By testing potential employees companies can prevent placing new employees in jobs that they cannot physically perform thus reducing injury claims. Job Function Matching can also be used to return an injured worker back to work faster, decreasing worker's compensation costs. Schuylkill Rehabilitation Center is the only facility in the area that has certified therapists to perform Job Function Matching.

Job site evaluations can also be completed by therapists at Schuylkill Rehabilitation Center. Licensed occupational therapists assess the tasks of a patient's specific job at the workplace. Therapists would analyze the job and any risks there may be for the patient with return to work. A report is sent to the referring physician, employer, and patient with recommendations for any modifications that may be needed to provide a safe and ergonomically correct work environment.

If you would like more information on these services for your employees, patients, or yourself, please join Lauren Gibas, OTR/L, Occupational Therapist, and Katie Heckman, OTR/L, Occupational Therapist on **Wednesday, May 6, 2015 @ 2:00 p.m.** or contact Schuylkill Rehabilitation Center at (570) 621-9500. Reservations for attendance of the lecture would be appreciated, but are not required.

