

Schuylkill Rehabilitation News

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

COMMUNITY EDUCATION

Evening Lectures:

Golf Enhancement Program:
"Get Your Swing Ready for Spring"
 Thursday, April 14 @ 6:00 p.m.
Presenters: Ken Kintzel, LPT, CGFI
 Bernie Stasko, ATC, CGFI
Improve your potential through golf specific exercises, identifying your weaknesses, and tips on improving your swing.

"A Healthy Family is a Happier Family"
 Monday, May 16 @ 6:00 p.m.
Presenters: Certified Athletic Trainers
 Learn about various methods to make exercise fun for you and your entire family along with innovated ways to live a healthier lifestyle through nutrition and exercise.

Support Groups:

Amputee
 2nd Monday of Month @ Noon,
 April 11, May 9, June 13
Fibromyalgia/Chronic Pain
 1st Wednesday of Month @ 6:00 pm:
 April 6, May 4, June 1
Multiple Sclerosis (MS)
 Last Friday of Month @ 1:00 p.m.:
 April 29, May 20*, June 24
Parkinson's Disease.
 1st Friday of Month @ 1:00 p.m.:
 April 1, May 6, June 3
Stroke
 1st Wednesday of Month @ Noon:
 April 6, May 4, June 1
Traumatic Brain Injury
 2nd Wednesday of Month @ 6:00 pm:
 April 13, May 11, June 8

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

IN THE SPOTLIGHT



SRC RECEIVES INTERNATIONAL THREE-YEAR ACCREDITATION

Schuylkill Rehabilitation Center (SRC) is proud to announce that it has received another three-year CARF accreditation--the highest level which can be received. CARF (Commission on Accreditation of Rehabilitation Facilities) is an independent, non-profit accrediting body for health and human services providers worldwide. Their mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the person served. ***This latest accreditation is the 8th consecutive Three-Year accreditation that the international accrediting body has awarded to SRC.***

In order to receive CARF accreditation, a provider must demonstrate that it focuses on quality improvement, the best possible outcomes of services, and customer satisfaction. **SRC passed these rigorous guidelines and is the only Adult Outpatient Medical Rehabilitation facility that has CARF's dual accreditation for both single and multi-service programs in the state of Pennsylvania!** In fact, there are only five Adult Outpatient Medical Rehabilitation facilities that have CARF's dual accreditation in the surrounding six states.

FYI

A HEALTHY FAMILY IS A HAPPIER FAMILY

By: Jennifer Evans, ATC, Head Athletic Trainer

Are you ready for some "FITNESS AND FUN"? Spring is in the air and it is time to get outside with a "healthy" purpose in mind. The Athletic Training Staff of Schuylkill Rehabilitation Center invites you to learn about various methods on how to make exercise entertaining for you and/or your entire family along with innovated ways to live a healthier lifestyle through nutrition and exercise. *(Continued on Page 3)*



APRIL IS
PARKINSON'S
DISEASE
AWARENESS MONTH

- ✓ **Do not let the disease define who you are.** You are not your disease. You can regain a measure of control by beginning a program of physical exercise, physical therapy and cognitive behavioral therapy.
- ✓ **Begin a program to slow down the disease.** Certain medications may help to slow disease progression, as well as an improved diet, exercise, and stress management. Ask your doctor for more information about these.
- ✓ **Involve your family and friends.** Establish and maintain your support network.
- ✓ **Get good information on as many aspects of the disease as you can.** Information is power. It can help you to anticipate problems and solutions to those problems.
- ✓ **Stay in close touch with your Parkinson's disease specialist.** He or she will be the person who will adjust your drug dosage when necessary, prescribe new treatments, monitor your symptoms and progression of the disease and ensure your well-being. Bottom Line: Parkinson's disease does not necessarily have to rob you of your pleasures and your independence. Help is available. Seek it out and use it.

****Please join us monthly at Schuylkill Rehabilitation Center's Parkinson's Support Group meetings. They are held the first Friday of the month from 1:00 pm – 3:00 pm (The support group is open to all individuals, family, and caregivers of those experiencing the affects of Parkinson's).**

INFORMATION

GOLF ENHANCEMENT PROGRAM:
“Get in the Swing for Spring!”

Believe it or not, it's time to think about dusting off the golf bag and heading out to your favorite golf course! Nonetheless, like other sports, golf is best performed after the participants have properly stretched and warmed up their body. Unfortunately, too many golfers injure themselves because they do not prepare their bodies before hitting golf balls. *Did you know most professional golfers have therapists and athletic trainers spend time to help them stretch as well as develop intensive exercise programs for them?*

Although you may not golf for a living, you too can have a physical therapist and/or a Certified Athletic Trainer working with you to address any problem areas with your golf swing such as flexibility, strength, balance, and posture. *Our Golf Performance Enhancement Program involves trained personnel. Our Certified Athletic Trainer, Bernie Stasko, and our Physical Therapist, Ken Kintzel, completed a special program to become Certified Golf Fitness Instructors (CGFI) through the Titleist Performance Institute (often featured on the Golf Channel).*

During the “Initial Assessment,” our role is to evaluate your golf swing mechanics and design an individualized program for you with golf-specific exercises and stretches. After completion of the “initial assessment,” the participant is given the opportunity to continue with individual customized training sessions or join our ongoing “Weekly Group Training Sessions.” These sessions will help address as well as monitor progress with golf swing issues dealing with flexibility, strength, balance, and posture.

A community in-service with Bernie and Ken is being held on April 14, 2011 at 6:00 p.m. Reservations are suggested but not required. Feel free to call us with any questions or to schedule your Golf Assessment at (570) 621-9500.



ROTATIONAL BACKSWING STRETCH

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.

INFORMATION (continued)

...Healthier Family (continued from page 1)

These individualized fitness programs can be customized for adults and children's needs as well as for those sport-specific athletes. Our athletic trainers will instruct you utilizing techniques that are easy to perform, cost-effective, and appropriate for all ages.

Join us at Schuylkill Rehabilitation Center on Monday, May 16, 2011 at 6:00 p.m. to learn how our “customized fitness programs” can help you attain a healthier lifestyle while achieving your personal fitness goals and having fun at the same time!



BODY MECHANIC TIPS FOR GARDENING

- Stretch before doing any work, gardening is a form of exercise. (Please remember it has been a long winter and those muscles may not have been used with such exertion!!)
- Work for short periods of time with rest breaks.
- Change tasks, changing positions frequently to prevent repetitive motion injuries.
- Look for ergonomic tools that are designed to spare backs, shoulders, and wrists.
- Check out the grips on tools for comfort during repetitive use.

When Shoveling:

- Bend your knees and maintain the three natural curves in your back.
- Do not twist. Move your feet keeping your shoulders, hips, and knees in alignment.
- Keep your loads light and use a wheelbarrow if moving large amounts such as mulch.

Pruning:

- Keep your wrists as close to neutral as possible. If wrist is bent you have less strength and are more prone to injury. A wrist support may assist.
- Look for ergonomically designed tools.
- Keep tools well sharpened so you need less force to cut.
- Get longer handled tools to prevent over reaching or bending.

Planting/Weeding:

- Sit or kneel while planting or weeding.
- Raised beds and trellises are easier to maintain than in ground beds.
- Make pathways wide enough so heavy things can be pushed in a four wheeled cart or dolly.
- Plan to have gardening beds near a source of water or use lightweight hoses.

Have fun with gardening, but make sure to care for yourself as much as the garden!!