



Our Goal is to Help You Meet Yours

Psychology Services
 Speech Therapy
 Sports Medicine
 Aquatic Therapy
 Prosthetics and Orthotics
 Hand Therapy
 Golf Program

Occupational Therapy
 Physician Services
 Lymphedema Therapy
 Work Rehabilitation
 Job Site Evaluation
 Functional Capacity
 Evaluations

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:

Golf Enhancement Program:
"Get Your Swing Ready for Spring"
 Thursday, April 19 @ 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.

"Carpal Tunnel Syndrome & Other Traumatic Hand Injuries"
 Thursday, May 3 @ 6:00 p.m.
Presenters: Dr. Thomas B. Wheeler, Orthopedic Surgeon & Louise G. Kalymun, Occupational Therapist
 Learn about treatment options & exercise when dealing with various traumatic hand injuries.

"Sports Injuries & Prevention During the Fall Season"
 Tuesday, June 12 @ 6:00 p.m.
Presenters: Dr. Jason Phillips, Orthopedic Surgeon, Ashley Smolinsky, DPT, Jenn Evans, ATC
 Learn about prevention and methods of treatment for sports injuries.

Support Groups:

Amputee

2nd Monday of Month @ Noon:
 April 9, May 14, June 11

Fibromyalgia/Chronic Pain

1st Wednesday of Month @ 6:00 pm:
 April 4, May 2, June 6

Multiple Sclerosis (MS)

Last Friday of Month @ 1:00 p.m.:
 April 27, May 24*, June 29

Parkinson's Disease..

1st Friday of Month @ 1:00 p.m.:
 April 13*, May 4, June 1

Stroke

1st Wednesday of Month @ Noon:
 April 4, May 2, June 6

Traumatic Brain Injury

2nd Wednesday of Month @ 6:00 pm:
 April 11, May 9, June 13

*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.

Note: 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

MAY 3
at 6:00 p.m.



CARPAL TUNNEL & OTHER HAND INJURIES

Presented by: Dr. Thomas B. Wheeler, Orthopedic Surgeon & Louise G. Kalymun, Occupational Therapist

Carpal Tunnel Syndrome (CTS) is the most common nerve compression of the upper extremity. CTS is the compression of the median nerve as the nerve crosses the wrist. The carpal tunnel is an inelastic structure at the wrist and it contains the median nerve and nine flexor tendons. If the median nerve is compressed at the wrist, pain and decreased sensation of the hand can occur. These hand symptoms are increased with repetitive hand and wrist motions and reported to be worse at night even awakening people during sleep.

(continued on page 3)

JUNE 12
at 6:00 p.m.

SPORTS INJURIES AND PREVENTION DURING THE FALL SEASON

Presented by: Dr. Jason C. Phillips, Orthopedic Surgeon, Ashley Smolinsky, Physical Therapist & Jenn Evans, Head Athletic Trainer



Dr. Jason Phillips, Board Certified Orthopedic Surgeon, will be presenting an educational lecture entitled, "Sports Injuries and Prevention during the Fall Season" on Tuesday, June 12, 2012 at 6:00 p.m. at Schuylkill Rehabilitation Center's Education Room.

Dr. Phillips, along with Ashley Smolinsky, Physical Therapist and Jenn Evans, Head Athletic Trainer, will discuss the signs, symptoms and methods of treatment and rehabilitation for Anterior Crucial Ligament (ACL), rotator cuff and other sports-related injuries that may occur when participating in Fall sports. (continued on page 3)

APRIL IS
OCCUPATIONAL
THERAPY MONTH



Occupational Therapy is a skilled treatment which assists individuals in achieving independence in all facets of their lives. The ultimate goal in Occupational Therapy is to improve ones functional skills, which include increasing mobility and range of motion, improving cognition or adapting self-care tasks, and assisting individuals in becoming as independent as possible in activities of daily living. The staff of therapists at Schuylkill Rehabilitation Center treats a variety of diagnoses ranging from neurological diagnoses to hand injuries to orthopedic injuries. Our services include traditional Occupational Therapy, Hand Therapy, Lymphedema Management, Workinetics, which includes Functional Capacity Evaluations, and so much more. The therapists at Schuylkill Rehabilitation Center are dedicated to providing our patients with the skills for the "job of living," which are necessary for productive living. For more information on our Occupational Therapy Services, call us or visit our website at www.schuylkillrehab.com.

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 a “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 19, 2012 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)

SPORTS INJURIES AND PREVENTION... (continued from page 1)



Ashley Smolinsky
Physical Therapist



Jennifer Evans
Head Athletic Trainer

Athletes also need to be proactive with their health and lifestyle year round in order to help prevent injuries and it is especially important to sustain this mindset during the particular sport season. For the Fall Season, preventative measures such as hydration, diet, nutrition and exercise will be addressed to help the athlete gain a better understanding on what they can do to help improve their optimum performance level whether on a field, court or course.

To learn more about Sports Injuries and Prevention during the Fall Season, please join Dr. Phillips and Schuylkill Rehabilitation’s Therapy Staff on Tuesday, June 12, 2012 at 6:00 p.m.

CARPAL TUNNEL... (continued from page 1)

Dr. Thomas Wheeler will be discussing the surgical options available for Carpal Tunnel Syndrome and other traumatic hand injuries. Therapy options for CTS require a physician referral to Occupational Therapy (OT). The Occupational Therapy treatment plan for CTS may consist of splinting for the hand and wrist in a neutral position, nerve gliding and tendon gliding exercises, and modification and positioning of the hand and wrist during functional tasks.

To learn more about CTS and other Traumatic Hand Injuries, Schuylkill Rehabilitation Center is hosting a Community Educational Lecture on Thursday, May 3, at 6:00 p.m. This “hands-on” topic will be presented by Thomas B. Wheeler, M.D., Orthopedic Surgeon, and Louise G. Kalymun, Hand Therapy Coordinator, Schuylkill Rehabilitation Center. Reservations are not required to attend this free and informal presentation.



READY, SET, GO!!



We are pleased to offer a fitness program appropriate for all ages entitled, “Professional Fitness Training.” The Athletic Training Staff of Schuylkill Rehabilitation Center will instruct you to learn about how to make various methods of exercise entertaining for you and/or your entire family along with innovated ways to live a healthier lifestyle through nutrition and exercise. 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 assist you utilizing techniques that are easy to perform, cost-effective, and appropriate for all ages.

Contact our Certified Athletic Training Staff at Schuylkill Rehabilitation for more information or to schedule a personal assessment at (570)-621-9500.

