



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**

- |                           |                                 |
|---------------------------|---------------------------------|
| Physical Therapy          | Certified Athletic Trainers     |
| Occupational Therapy      | Psychology Services             |
| 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 News

**COMMUNITY EDUCATION**

**Evening Lectures:**

**Golf Enhancement Program:**  
**"Get Your Swing Ready for Spring"**  
Thursday, April 8 @ 6:00 p.m.  
**Presenters:** Ken Kintzel, LPT, CGFI  
Bernie Stasko, ATC, CGFI, and  
Brian Potts, PGA Instructor  
Improve your potential through golf specific exercises, identifying your weaknesses, and tips on improving your swing.

**Time for a Change: Nutrition and Physical Fitness**  
Wednesday, April 21 @ 6:00 p.m.  
**Presenters:** Jen Evans, ATC and Amanda Hollenbach, Clinical Nutrition Manager  
Learn about our customized exercise program entitled, "Professional Fitness Training" and the importance of healthy nutrition when exercising.

**Concussions in Youth Sports:**  
**It's Better to Miss One Game!**  
Wednesday, June 9 & August 4, 2010 at 6:00pm  
**Presenters:** Certified Athletic Trainers, SMC -East & South Campus Trauma Coordinators  
Learn prevention, assessment & treatment plans for concussion and other head traumas in youth sports.

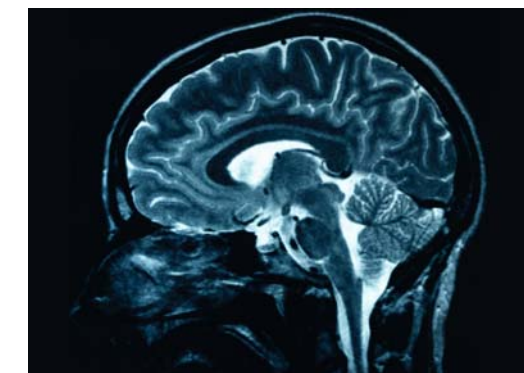
**"Stay on the Field"-**  
**Preventative Exercise for Youth Orthopedic Injuries**  
Wednesday, August 25, 2010 at 6:00pm  
**Presenter:** Ashley Smolinsky, DPT  
Learn how to prepare for the Summer and Fall sports season, avoid lost playing time and stay on the field!

**Ankle Sprains-Signs, Symptoms, Treatments and Prevention**  
Wednesday, September 15, 2010 at 7:00pm  
**Presenter:** Kelly Zerbe, LPT  
Ankle sprains can be serious, long-term and very painful. Learn all about the signs, symptoms, treatments and prevention.

**Support Group Meeting Schedules**  
**located on the next page!**

**IN THE SPOTLIGHT**

**CONCUSSIONS in YOUTH SPORTS:**  
*"It's Better to Miss One Game!"*



**Play ball!** These words are heard more frequently now that our weather is warmer and children are back on the baseball diamonds, soccer fields and playgrounds. Unfortunately, during this active time outdoors, children can receive an unexpected blow to the head during games, practices and "playtime."

**With this in mind, Schuylkill Rehabilitation Center would like to invite you to a community in-service entitled, "Concussions in Youth Sports—It's Better to Miss One Game!" on Wednesday, June 9 and Wednesday, August 4, 2010 at 6:00 pm.** The presentation on Wednesday, June 9 will be conducted by the Schuylkill Rehabilitation's Athletic Trainers who assess the head injury when it occurs on the playing field. The August 4<sup>th</sup> presentation will be conducted with the Athletic Trainers in conjunction with the Schuylkill Medical Center's East and South Trauma Departments who treat Concussions in their respective Trauma Centers.

This educational program is beneficial for both coaches and parents and will explain prevention, assessment, and treatment plans for concussions and other head traumas that may occur when playing youth sports. This free lecture will be held at Schuylkill Rehabilitation Center's Education Room. Reservations are suggested but not required (621-9500).

**HOURS OF OPERATION:**

Monday – Friday: 7:00 am – 6:00 pm  
Saturday: 8:00 am - Noon

## Support Groups

### Amputee

2<sup>nd</sup> Monday of the Month @ Noon:  
April 12, May 10, June 14, July 12,  
August 9, September 13

### Fibromyalgia/Chronic Pain

1<sup>st</sup> Wed. of the Month @ 6:00 p.m.:  
April 7, May 5, June 2, July 7, August 4,  
September 1

### Multiple Sclerosis (MS)

Last Friday of the Month @ 1:00 p.m.:  
April 30, May 28, \*June 20 - Picnic at  
Knoebels Park, July 30, August 27,  
September 24

### Parkinson's Disease

1<sup>st</sup> Friday of the Month @ 1:00 p.m.:  
April 2, May 7, June 4, \*July 9,  
August 6, September 3

### Stroke

1<sup>st</sup> Wednesday of the Month @ Noon:  
April 7, May 6, June 2, July 7, August 4,  
September 1

### Traumatic Brain Injury

2<sup>nd</sup> Wed. of the Month @ 6:00p.m.:  
April 14, May 12, June 9, July 14,  
August 11, September 8

*\*Different Date 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 ARE HELD AT:  
**SCHUYLKILL REHABILITATION  
CENTER.**

FOR QUESTIONS CALL:  
(570) 621-9500

CHECK OUT OUR CALENDAR  
OF EVENTS AT:  
[www.schuykillrehab.com](http://www.schuykillrehab.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 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, Ken and PGA Golf Instructor, Brian Potts, is being held on April 8, 2010 at 6:00pm. Reservations are suggested but not required. Feel free to call us with any questions or to schedule your Golf Assessment at (570) 621-9500.**



### **“Time for a Change” - Nutrition and Physical Fitness**

The thought of wearing a bathing suit can be an unpleasant one. Let Schuykill Rehabilitation Center help you change this perception into a positive and rewarding lifestyle! We are pleased to announce a new program entitled, “Professional Fitness Training.” Utilizing the assistance of a Certified Athletic Trainer, we will design a strength and conditioning program specifically for you. This plan of care will enable you to exercise at your pace in the comfort of your own home or environment of choice. During your initial assessment, the Certified Athletic Trainer will evaluate your strengths, weaknesses, goals, as well as likes and dislikes of an exercise routine. Together, we will build a program that will be affordable, enjoyable, and most importantly, achievable.

Also joining the athletic training staff for this in-service is Amanda Hollenbach, Clinical Nutrition Manager, to speak about the importance of healthy nutrition when exercising.

**Join our certified athletic training staff on Wednesday, April 21, 2010 at 6:00 p.m. at Schuykill Rehabilitation Center's Education Room for a free introductory seminar. Reservations are suggested but not required (570-621-9500).**

## INFORMATION (continued)



### **“Stay on The Field”- Preventative Exercise for Youth Orthopedic Injuries**

Summer and Fall are approaching quickly, which means children will be involved in supervised and recreational sports and activities. Now is the time to learn how to prepare for the sporting season, to avoid lost play time due to injury and do your best to “Stay on the Field!” Many children are forced to sit on the sidelines with injuries that are preventable. Join us for this free seminar and learn how to utilize the pre-season to help keep your child, your team, and yourself safe from injury.

**This informational session will be held on August 25, 2010 at 6:00pm and students, parents and coaches are encouraged to attend. Ashley Smolinsky, Doctor of Physical Therapy, will be the evening speaker. Reservations are not required.**



### **Ankle Sprains - Signs, Symptoms, Treatments and Prevention!**

Do you consider yourself to be someone who is prone to spraining your ankle? Ankle injuries are common in both athletes and sedentary people. An ankle sprain can happen when you fall, when you suddenly twist your ankle too far, or when you force the ankle in an abnormal position, such as landing wrong after jumping. An ankle sprain is when you stretch or tear a ligament. Most ankle sprains affect the outside of the ankle, where three small ligaments act together to support the joint. When the foot turns inward at the ankle it is called an inversion sprain. Afterward, the joint may feel sore, unstable or both. The signs of ankle sprain can include pain, tenderness, swelling, bruising, coldness or numbness in the foot, inability to walk or put weight on the foot and decreased range of motion of the ankle.

At Schuykill Rehabilitation Center we will provide you with the proper rehabilitation program allowing you to return to full function and return to your sport activities quickly and safely. Physical therapy treatment helps decrease your pain and persistent swelling after an ankle sprain. A physical therapist can help to teach you proper stretching and range of motion exercises. We can teach you the best way to strengthen your ankle and improve functional abilities.

**Please join us for an informational session regarding “Ankle Sprains-Signs, Symptoms, Treatments and Prevention” on September 15, 2010 at 6:00pm at Schuykill Rehabilitation Center's Education Room. Kelly Zerbe, Licensed Physical Therapist is the guest speaker. Reservations are not required.**

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