

Schuykill Rehabilitation Center

Our Goal is to Help You Meet Yours.



Physical Therapy

Occupational Therapy

Speech Therapy

Sports Medicine

Aquatic Therapy

Prosthetics & Orthotics

Hand Therapy

Golf Program

Cert. Athletic Trainers

Psychology Services

Full Time Physician

Lymphedema Therapy

Work Rehabilitation

Job Site Evaluation

Functional Capacity

Evaluation

Social Services

*Providing the highest
quality services to
people of all ages.*



**Schuykill
Rehabilitation
Center**

300 Schuykill Medical Plaza
Pottsville, PA 17901
570-621-9500
www.schuykillrehab.com



Schuykill County's Only Accredited
Outpatient Rehabilitation Center

Summer 2008



Schuykill Rehab News

COMMUNITY EDUCATION

Importance of Being Physically Active: An Interactive Seminar for Children

Thursday July 17 @ 7:00 p.m.
Presented by Bernie Stasko and Jen Evans, ATCs

Exercising with Arthritis: Ways to Improve Your Joint Pain and Stiffness

Wednesday August 27 @ 6:00 p.m.
Presented by Larry Mulry, PTA

Enhancing Your Rehabilitation

Monday September 22 @ 6:00 p.m.
Presented by Alicia Urban, PTA

Blindness Awareness Seminar

Tuesday September 23 @ 6:30 p.m.
Presented by Lenny McHugh
Hosted by the Accessibility Committee

Support Groups:

Stroke

Wednesday July 2, Aug 6, Sept 3 @
12:00 (noon)

Fibromyalgia/Chronic Pain/Multiple Sclerosis

Wednesday July 9, Aug 6, Sept 3 @
6:00 p.m.

Traumatic Brain Injury

Wednesday July 9, Aug 13, Sept 10 @
6:00 p.m.

Amputee

Wednesday July 16, Aug 20, Sept 17 @
6:00 p.m.

**Support groups are open to all individuals, family, and caregivers of those experiencing Stroke/Fibro/Chronic Pain/MS/Brain Injury/Amputation.

*ALL PROGRAMS HELD AT SCHUYLKILL REHABILITATION CENTER. FOR QUESTIONS, CALL (570) 621-9500. CHECK OUT OUR CALENDAR OF EVENTS AT www.schuykillrehab.com

FYI

Exercising with Arthritis: Ways to Improve YOUR Joint Pain and Stiffness

By: Larry Mulry, PTA

Exercise is critical for all individuals but especially for those who suffer from arthritis. Exercise serves to increase strength and flexibility, reduce joint pain, and help combat fatigue. Of course, when stiff and painful joints are already bogging you down, the thought of walking around the block or swimming a few laps might make you cringe. Though you might think exercise will aggravate your joint pain and stiffness that is not the case. When arthritis threatens to immobilize you, exercise is what keeps you moving!

You don't need to run a marathon or swim at the pace of an Olympic competitor to help reduce the symptoms of your arthritis, as moderate exercise is enough to ease your pain and help you maintain a healthy weight. It is crucial to keep your muscles and surrounding tissue strong in order to maintain support for your bones. And, a lack of exercise can actually make your joints even more painful and stiff. By not exercising, supporting muscles are weakened, making your bones more prone to breaking.

The physical therapists at Schuykill Rehabilitation Center can help you manage your arthritis pain, while increasing muscle tone and promoting joint stability to improve overall bone health. They will first conduct an evaluation and set up an individualized treatment plan, which may include modalities such as: joint mobilization, moist heat, electrical stimulation, ultrasound, manual or mechanical traction, aquatic therapy, and a home exercise program. To learn more about ways to improve YOUR joint pain and stiffness caused by arthritis, join us on August 27 @ 6:00 p.m.

IN THE SPOTLIGHT

Amputee Support Group Meets at SRC



Schuykill Rehabilitation Center can help you or someone you know who has undergone an amputation to a limb. The Amputee Support Group at SRC was founded to help provide emotional support to these individuals. The goal of this support group is to offer individuals and their families/friends an opportunity to talk about the difficulties and accomplishments of living with an amputation. Other goals include to promote public awareness of the challenges and to advocate for services and support. The group meeting also serves to provide opportunities for educational programs on an array of topics.

The Amputee Support Group meets at Schuykill Rehabilitation Center on the third Wednesday of every month at 6:00 p.m. For specific dates check the Community Education section of the newsletter, our website, or call for additional information call 621-9500.

Famous Quotes

“ Find the seed at the bottom of your heart and bring forth a flower ”

- Shigenori Kameoka



Ergonomical Gardening Tips

ERGONOMICS =

Choosing the right tools and techniques that fit you and the job.

Gardening is a great form of exercise. However if proper body mechanics are not used, injuries can occur. So take note of the following tips:

- ☀ Stretch before engaging in any exercise.
- ☀ Work slowly and steadily.
- ☀ Take breaks: a rest of as little as 5 minutes can start to relieve swelling joints.
- ☀ Switch tasks to prevent repetitive motion injuries.
- ☀ Look for ergonomic tools that are designed to spare back, shoulders, and wrist strain.
- ☀ Sit or kneel while planting or weeding
- ☀ 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.
- ☀ The most important thing is to pay attention to what your body tells you -- if it hurts, don't do it.



INFORMATION



Summer Exercise for Healthier Kids

By: Bernie Stasko, Jennifer Evans; ATC's

As a parent, it is important to have an active role in not only shaping your child's physical activity attitudes and behaviors, but also encouraging them to do something that interests them. The most important thing to help you succeed at being a healthier person is support from friends and family.



Some ways to encourage physical fitness include; setting limits on television viewing, computer usage, and video games. It is important to help your child choose an activity such as walking, bike riding, or basketball and encourage an hour of exercise each day. Parents need to have an active role in monitoring their children's food intake. Breakfast, lunch, and dinner are all equally important meals of the day and need to

be prepared in a timely manner. If the parents participate in the above recommendations, they are supporting a "healthy lifestyle" and giving the guidance which is necessary to encourage positive attitudes and behaviors in children. To learn more about childhood obesity and the role of exercise and nutrition in promoting a healthy lifestyle join us on Thursday July 17, 2008 @ 7:00p.m.

****Presentation as well as, interactive children's activities will be held****



ENHANCING YOUR REHABILITATION

By: Alicia Urban, PTA



At Schuylkill Rehabilitation Center, our skilled therapists are dedicated to providing our community with the most advanced, effective patient treatment along with a safe and positive environment conducive to this process. The goal of physical therapy is to help decrease our patient's pain while helping to improve their movement, strength, and ultimately function so that they may return to their activities of daily living. Our physical therapists treat all ages and an array of musculoskeletal and neuromuscular disorders such as sprains, strained muscles, conditions including osteoarthritis, osteoporosis along with stroke victims and post-surgical patients. These are only a few examples.

With any injury to the body, no matter how little or big, the injured body part/region becomes "stressed". There may be tissue damage with tenderness, pain, swelling along with limited range of motion and strength. Major surgeries, such as knee replacements, cause serious stress to the body and our immune systems typically are weakened. Adequate amounts of vitamins, minerals and protein are required in order for the body to heal. There is a recent, growing body of evidence and research geared towards demonstrating the vital role our diets play in the healing of all types of inflammation and tissue damage throughout the body. This is where it is important to remember your role in the rehabilitation process.

The Rehabilitation process is a TEAM effort between you and your physical therapist, however it is important to stress that you and your efforts are the most vital part of the team. What you choose to do at home and outside of therapy will ultimately contribute to the outcomes you will be able to achieve. It is important to stress proper nutrition and appropriate levels of exercise as key factors in the rehabilitation process and in maintaining a healthy lifestyle. By making healthy lifestyle choices, such as eating a balanced diet, getting appropriate amounts of sleep and effectively managing daily stress, you can assist your body's healing process. Remember to openly and honestly discuss your lifestyle at home and work so that you and your physical therapist can devise the most effective treatment for you.

Join us on Monday September 22, 2008 @ 6:00 p.m. to examine and discuss lifestyle choices that we face daily. Together we can take positive steps to a better rehabilitation process and ultimately better Health!!!

MORE INFORMATION

New Technology for Foot Drop at Schuylkill Rehabilitation Center

We are proud to introduce WalkAide: One of the newest treatment options available for foot drop which employs Myo-Orthotics Technology. A foot drop occurs when a stroke, spinal-cord injury or disease interrupts the natural nerve-to-muscle messages in the leg, causing your foot to drag when you walk. Walk Aide is a medical device that, after more than a decade in development, has received marketing clearance from the FDA for improving the walking ability of people experiencing foot drop. The WalkAide is designed to stimulate the typical nerve -to-muscle signals in the leg and foot which cause 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. To learn more about the advanced technology at Schuylkill Rehabilitation Center, call us at 570-621-9500.



BLINDNESS AWARENESS SEMINAR: Why Blind People Feel Better



By: Lenny McHugh

Lenny McHugh is a Pottsville native born with Retinitis Pigmentosa, commonly referred to as RP. RP is an eye disease that affects a person's night vision and peripheral vision. It is a genetic disorder which is usually hereditary and causes blindness. Lenny stands before us today as a person who beat the odds, a person who never gave up, and a person who motivates others to also reach their full potential.

Lenny has made numerous accomplishments throughout his life. Some of them include being the first blind person in Pennsylvania Jaycee history to become a chapter president of a non-handicap chapter, woodworking, and even going sky diving, experiencing a one mile freefall. One day he even decided he wanted to become a blind magician in order to demonstrate that a handicap is only what you make of it.

Schuylkill Rehabilitation Center is proud to host this seminar with Lenny who will speak about blind people literally feeling better through using his tips and techniques. The "Why Blind People Feel Better" headline can easily be explained, as blind or visually challenged people use other senses, such as touch, to replace vision. Lenny will speak about his experience, he will display various tools designed for the blind, and some tools which are not necessarily designed for the blind, but are extremely adaptable. For example, Lenny never opens the wrong end of the milk box. To learn why this is so, along with the rest of his secrets, join us on Tuesday September 23 @ 6:30 p.m. Visit his website at http://www.geocities.com/lenny_mchugh/.

"Life of the Disabled"



SRC offers an educational and interactive seminar for Girl Scout and Boy Scout Troops to earn their Disability Badge. This seminar serves to educate the participants of what life is like for individuals with various disabilities and is free of charge. Call and schedule your troop today!



Please refer to www.schuylkillrehab.com for a copy of our Patient Bill of Rights, Privacy Statement, Code of Ethics, Mission Statement, and Outcome Reports. You can also complete satisfaction and strategic planning surveys. Also, please feel free to e-mail your ideas for upcoming education seminars or check the calendar for scheduled events.