

# Schuylkill Rehabilitation Center

**Our Goal is to Help You Meet Yours.**

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



Physical Therapy

Cert. Athletic Trainers

Occupational Therapy

Psychology Services

Speech Therapy

Full Time Physician

Sports Medicine

Lymphedema Therapy

Aquatic Therapy

Work Rehabilitation

Prosthetics & Orthotics

Job Site Evaluation

Hand Therapy

Functional Capacity  
Evaluation

Golf Program

Social Services



Schuylkill County's Only Accredited  
Outpatient Rehabilitation Center



300 Schuylkill Medical Plaza  
Pottsville, PA 17901  
570-621-9500  
[www.schuylkillrehab.com](http://www.schuylkillrehab.com)

Spring 2007



## Schuylkill Rehab News



### COMMUNITY EDUCATION

#### Golf Enhancement Program

Wednesday April 4 @ 6:30 p.m.  
Presented by Ken Kintzel, PT and  
Robert Dusel Jr., PT

#### Seminar on Headaches

Monday May 14 @ 7:00 p.m.  
Presented by Harry Hobbs, PT

#### Occupational Therapy and the Management of Nerve Injury

Wednesday June 6 @ 7:00 p.m.  
Presented by Louise G. Kalymun,  
OTR/L

#### The McKenzie Method

Tuesday June 19 @ 6:30 p.m.  
Presented by Matthew Dambrosia, PT

#### Support Groups:

##### Stroke

Wednesday April 4, May 2, June 6 @  
12:00 (noon)

##### Fibromyalgia/ Chronic Pain

##### Multiple Sclerosis

##### Brain Injury

Wednesday April 11, May 9, and June  
13 @ 6:00 p.m.

\*\*Support groups are open to all  
individuals, family, and caregivers, of  
those experiencing these diagnoses.

#### "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. Call and schedule your  
troop today!

\*ALL PROGRAMS HELD AT  
SCHUYLKILL REHABILITATION  
CENTER. FOR QUESTIONS,  
CALL (570) 621-9500. CHECK  
OUT OUR CALENDAR OF  
EVENTS AT  
[www.schuylkillrehab.com](http://www.schuylkillrehab.com)

### FYI

#### Occupational Therapy and the Management of Nerve Injury



By: Louise G. Kalymun, OTR/L

The upper extremity is a complicated structure which grants us the ability to be independent in performing activities of daily living, leisure, 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, pain and the sympathetic functions.

The occupational therapy program for the nerve injured patient requires an extensive evaluation of the nerve function of the upper extremity. The evaluation will identify any limitations in strength, active motion, and sensibility. A baseline of active motion, strength, and sensibility is taken and the classification of the nerve injury is rated from the first to the fifth degree.

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, and nerve gliding exercises. Adaptive equipment needs are also evaluated and appropriate equipment which aid in improving function of the arm is issued. A team approach, consisting of the physician, therapist, and most importantly, the patient is necessary to promote a positive post-injury outcome resulting in increased functional ability. For more information, join us on Wednesday, June 6.

### IN THE SPOTLIGHT



Harry Hobbs has been working at the Physical Therapy department at Schuylkill Rehabilitation Center since 2003 and has eighteen years of experience in the physical therapy field. He treats a diverse caseload of patients at SRC and specializes in orthopedics, the spine, and the McKenzie Method of treatment. Harry's most recent interest lies in gaining a greater knowledge of musculoskeletal disorders.

He is currently in the PhD program at Temple University for physical therapy, where he has taken on the role of a researcher in a recent study entitled "Increased Tendon Calcification and Bone Mineralization Protein in Musculoskeletal Tissues with Repetitive Reaching Task". The purpose of this study was to examine expression patterns of genes related to bone mineralization in the flexor forelimb muscles and tendon collected from both young and old adult rats performing repetitive and/or forceful tasks for up to twelve weeks. Results of this study indicated that Osteoactivin (OA) was a factor that played a role in bone mineralization, and it is suggested that OA also plays a role in wound healing and mineralization. This study was conducted in hopes to identify the pathological process of repeated movements which can be applied to the workplace.

This study was presented by Harry Hobbs and his fellow researchers at the 53<sup>rd</sup> Annual Meeting of the Orthopaedic Research Society held at the San Diego Convention Center located in San Diego, California. They were among 10,000 fellow researchers and scholars at this four day conference, which exhibited over 1800 studies. There were forty-six presentations on specific topics, along with numerous workshops, sessions, and forums at the center. Harry stated that this conference was a great educational experience, as he gained insight into many current research topics.

## Famous Quotes

*"Those who bring sunshine into the lives of others cannot keep it from themselves."*

*-James M. Barrie*

## "Seeing the Light"

It is known that lack of sunlight has an impact on ones outlook on life. This phenomenon, known as "winter blues", contributes to Seasonal Affective Disorder (SAD). However, as spring time approaches, we jump in cheer as we come out of hibernation, where many of us have been eating more, exercising less, sleeping more, and succumbing to a sedentary lifestyle.

### No more excuses.

Make sure to modify your daily routine: take lunch outside, garden, exercise and play outdoors, or take a simple step to open your drapes at home and bring in the sunshine.

Soaking up the sun will help lift your spirits, boost your energy, increase your productivity, and serve in an overall improvement of your frame of mind.

### Get sunlight,

as it is a sure way to bring about a smile to your face, some color to your skin, and simply **brighten** your day.



**\*\*Make sure to engage in sun safety; wear sun block, keep hydrated, and take plenty of breaks\*\***

## INFORMATION

### Headaches



By: Harry Hobbs, PT

Next to the flu or cold, the most common ailment which causes individuals to seek medical help is a headache. There are many causes of a headache; some are related to serious medical conditions, such as head trauma from a fall or a motor vehicle accident. However, most are related to situations which can be easily corrected such as poor posture, changes in diet, excessive alcohol consumption, increased stress, changes in sleep patterns, or certain activities.

There are many types of headaches; however the two types we will focus on are tension-type headaches and cervicogenic. First, a tension-type headache is the most common type of headache and it primarily affects the face of the skull. One may suffer from a tension-type headache, if he/she experiences the headache for 15 or more episodes per month to 180 episodes per year. Each episode may last thirty minutes to seven days. Common symptoms include light or sound hypersensitivity, anxiety, sleeping problems, poor concentration, and nausea. Causes of tension headaches may include increased stress, anxiety or fatigue, bright lights or loud noises, dental problems, increased eye strain, and neck disorders.

Next, cervicogenic headaches are caused by cervical spine disorders and primarily affect the forehead, temple, base of skull, or behind the eyes, usually on one side of the head. The headache may start in the neck, spread to the base of the neck, extending over the head, like a hood. It is usually described as a dull headache, as one may experience dizziness, light headedness, nausea, and vague visual disturbances which may occur daily to several times per week. The duration for each episode varies on the individual and its causes are known to be related to ones lifestyle, poor posture, genetic predisposition, and neck disorders such as rheumatoid arthritis and spinal fusion.

A successful treatment plan is based on taking a thorough medical history and assessing possible causative factors. A physical therapist can determine the physical components which cause the headache pain through his/her knowledge of muscular, articular, and neurological systems. Treatment modalities a physical therapist may employ include: a hands-on soft tissue massage and joint mobilization, moist heat, ice packs, gentle stretches, posture correction, application of direct pressure to the trigger points, joint alignment, relaxation techniques, a home exercise program, along with analgesic medication.

Physical therapy is not only a critical element in resolving headaches, but also in the prevention of future headaches, as it provides education on the topics of proper posture, stretching, strengthening, and exercise to assist in pain control and reduction of emotional stress. A headache diary is a highly effective tool to assist you and your health care provider in identifying factors, patterns, or behaviors which trigger a headache. Your physician and physical therapist at SRC will work as a team to assist you in establishing an individualized treatment plan. Join us on Monday May 14, 2007 for further information.

### National Fibromyalgia Awareness Day

May 12 is the National Awareness Day for Fibromyalgia Syndrome (FMS) and Chronic Fatigue Syndrome. Fibromyalgia is a chronic condition which causes widespread muscle pain and intense fatigue. The pain occurs at "tender points" which are located at specific points on the neck, shoulder, back, hips, arms, and legs. The pain is described as a deep muscular aching, throbbing, shooting, and stabbing, where feelings of intense burning are also present. The symptoms of fatigue can range from mild to incapacitating, where one feels drained of all energy. Five percent of the U.S. population (3.7 million Americans) suffer from Fibromyalgia; it affects men, women, and children of all ages and races, however 90% of Fibromyalgia cases occur in women. For more information, call us or attend our next Fibromyalgia Support Group meeting; check calendar dates @ [www.schuylkillrehab.com](http://www.schuylkillrehab.com). Our support group meetings are free to the public and friends and families are welcome. Additional information can be found at the National Fibromyalgia website: [www.fmnetnew.com](http://www.fmnetnew.com).

## MORE INFORMATION

### Golf Tips and Techniques: Golf Enhancement Program

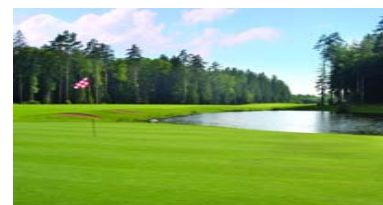
By: Ken Kintzel, PT and Robert Dusel Jr., PT

The local golf courses and driving ranges will soon be filled with golf enthusiasts looking to see how rusty their golf game has gotten over the winter. Even though a new club or another piece of golf equipment may look nice, it may not be the key to improving your golf game. Remember that the most important piece of golf equipment has been in your possession for a long time and it is not as expensive as that new driver. Yes, I'm talking about your own body.

Most recreational golfers are willing to spend a lot of money on new clubs, balls, or training aids, but consider that performing golf-specific stretching and exercises are more beneficial to your overall performance on the golf course. Maintaining good flexibility and strength in your arms, legs, and trunk muscles is an essential aspect of any sport, including golf.

Many golf professionals have a trainer or physical therapist working with them in the off-season, as well as, during the season. These golfers spend countless hours stretching and performing golf-specific exercises in an effort to maintain a stronger and more flexible body that will keep their scores lower and prevent injury. Although you may not be a golf pro, you too can have a physical therapist working with you to address problems with your golf swing, such as flexibility, strength, balance, and posture.

The Golf Performance-Enhancement Program at Schuylkill Rehabilitation Center is designed for the golfer looking to improve his/her golf game. A physical therapist or trainer who specializes in golf-specific exercises and stretches will evaluate your golf swing mechanics and develop an individualized program for you to address any areas of deficit in your golf swing. By improving your general fitness and conditioning, you will increase your overall enjoyment of the game of golf and hopefully lower your golf scores in the process. If you are interested in participating in the Golf Performance-Enhancement Program or have any questions, join us for a seminar on Wednesday April 4, 2007 at 6:30 p.m.



### The McKenzie System for Examination and Intervention of Spine Pain

Schuylkill Rehabilitation Center is proud to employ two McKenzie Certified Therapists, Matthew Dambrosia, PT and Harry Hobbs, PT. They are two of only 1400 McKenzie Certified Therapists in the United States who have achieved this distinction. The McKenzie Method was first developed in the 1950's when Robin McKenzie, a physical therapist from New Zealand made a chance observation in his clinic. Over the years, his observation led to the development and refinement of his theory and method of examining, evaluating, and intervening in the treatment of spinal disorders. The McKenzie Method addresses the source of the problem, and not just the pain and symptoms alone. This method follows a well defined algorithm leading to classification of spinal disorders. The classification categories are mutually exclusive and are based on the location of the pain and symptoms, whether or not a postural deviation such as a torticollis or a lateral shift exists, and the behavior of the pain and symptoms during repeated movements. Each classification category has a specific array of interventions ranging from patient self treatment and posture correction to mobilization done by the therapist in the more complex cases and lifestyle changes. The primary goals of intervention are to centralize and abolish the pain and symptoms, as well as to teach the patient to treat themselves by involving them in the management of their condition. By taking a proactive role, the patient is empowered with the knowledge necessary for self-treatment which facilitates better long term results. To learn more about the McKenzie System, join us on Tuesday June 19 @ 6:30 p.m and more additional information, visit the official McKenzie site at: <http://www.mckenziemdt.org>.



### April is National Occupational Therapy Month

Our staff of exceptional occupational therapists at SRC are dedicated to providing individuals with the "skills for the job of living", which are needed for productive living. Occupational therapy is a skilled treatment which helps individuals achieve 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. Our therapists treat a variety of diagnoses ranging from neurological diagnoses and hand injuries to orthopedic injuries. Our services include traditional occupational therapy, hand therapy, lymphedema management, and workinetics, which includes functional capacity evaluations, and so much more. For more information on our occupational therapy services, visit our website or contact us by phone.

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