

Schuylkill Rehabilitation News

FYI

COMMUNITY EDUCATION

Evening Lectures:

Exercise During the Winter Months
 Wednesday, February 3 @ 6:00 p.m.
 Presenter: Mark Burnhauser, PTA
 Learn about various ways to exercise at home or indoors during the winter months.

Carpal Tunnel and Other Traumatic Hand Injuries
 Wednesday, March 3 @ 6:00 p.m.
 Presenters: Thomas B. Wheeler, Orthopedic Surgeon, Louise G. Kalymun, OTR/L
 Learn about treatments and exercises when dealing with Carpal Tunnel and other various traumatic hand injuries.

Support Groups:

Amputee
 2nd Monday of the Month @ Noon:
 January 11, February 8, March 8

Fibromyalgia/Chronic Pain
 1st Wednesday of the Month @ 6:00 p.m.:
 January 6, February 3, March 3

Multiple Sclerosis (MS)
 Last Friday of the Month @ 1:00 p.m.:
 January 29, February 26, March 26

Parkinson's Disease
 1st Friday of the Month @ 1:00 p.m.:
 January 8, February 5, March 5

Stroke
 1st Wednesday of the Month @ Noon:
 January 6, February 3, March 3

Traumatic Brain Injury
 2nd Wednesday of the Month @ 6:00 p.m.:
 January 13, February 10, March 10

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

WORKINETICS UPDATE:



Conducting Physical Capability Evaluations

The Workinetics Department is now performing a Pre-Employment Screening called the "Physical Capability Evaluation." This screening is designed to assist the pre-employment process for our Schuylkill Medical Center's Occupational Health Departments located at our East Campus (IndustraMed) and South Campus (Injury Care). Other services currently provided by Workinetics are: work rehabilitation, functional capacity evaluations, job site evaluations, and body mechanics training. If you have any questions regarding these services, please contact Lauren Shandor, OTR/L or Katy Heckman, OTR/L at Schuylkill Rehabilitation Center at (570) 621-9500.

IN THE SPOTLIGHT

PHYSICAL THERAPY STAFF MEMBER WELCOMED

Schuylkill Rehabilitation Center is pleased to announce Matthew O'Brien, Physical Therapist Assistant, has joined the Physical Therapy team!

Matthew O'Brien is currently pursuing a Master's degree in Exercise Science from California University of PA, located in California, PA. In 2006, he attained an Associate of Science degree in the Physical Therapist Assistant Program at Penn State – Hazleton Campus and in 2004 Matt received a B.S. in Athletic Training / Sports Medicine from Kings College, Wilkes-Barre, PA.



In addition to his certification as a Certified Athletic Trainer (ATC), Matt also received his certification as a Golf Conditioning Specialist through GMP Fitness, LLC. Residing in Mount Carmel, PA, Matt enjoys a variety of outdoor activities and likes to travel.



The Road to Excellence Leads Here

Schuylkill Rehabilitation Center

Physical Therapy
 Sports Medicine
 Aquatic Therapy
 Certified Athletic Trainers
 Prosthetics & Orthotics
 Golf Program
 Psychology Services
 Neck & Spine Therapy
 Occupational Therapy

Speech Therapy
 Hand Therapy
 Lymphedema Management
 Work Rehabilitation
 Job Site Evaluation
 Functional Capabilities Evaluation
 Support Group Programs

Providing the highest quality services to people of all ages.

All major insurances accepted

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300 Schuylkill Medical Plaza
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 570-621-9500
www.schuylkillrehab.com



WINTER NUTRITION GUIDE:

● Eat High-Quality Carbohydrates -

Opt for “carbs” such as sweet potatoes, pumpkins, squashes and nutritious whole grains. This is a healthy way to increase the serotonin (the “feel-good” brain chemical) that declines in your body due to fewer hours of sunshine per day in wintertime.

● Love Seasonal Produce -

Enjoy winter produce such as pomegranates, cranberries, citrus fruits, purple grapes, and other root vegetables. You’ll not only add color to your plate, but you’ll pack in some serious nutrition punch.

● Consider Vitamin D Supplements -

Suggested for those who live in the northern hemisphere or wear sunscreen all the time, numerous studies have shown that oral intake of 1,000 IU Vitamin D can reduce the risk of colon, breast and ovarian cancers by as much as 50 percent (*Note: Be sure to speak to your doctor before starting any supplementation program.*)

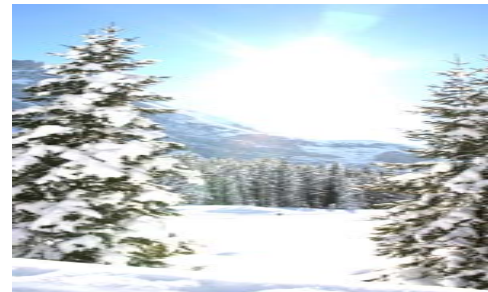
● Nourish Your Cold

No diet remedy or supplement has scientifically proved effective at preventing cold or flu. However, studies have shown that 1,000 mg of Vitamin C may make your cold milder and shorten it by half a day (*Once again, check with your doctor before starting any supplementation program.*)

INFORMATION

EXERCISE DURING THE WINTER MONTHS

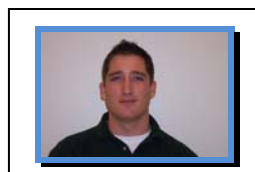
Presented by: Mark Burnhauser, PTA



Schuylkill Rehabilitation Center will be hosting an evening lecture regarding “Exercise During the Winter Months” on Wednesday, February 3, 2010 at 6:00 p.m.

Throughout the stretched winter months, the notion of waking up and wandering out into the elements can be particularly intimidating not to mention dangerous and depressing. Therefore, getting our required exercise during the darker, longer, colder winter months can be very challenging. Nevertheless, it is still important to do for a multitude of reasons. Not only is it critical in maintaining our physical health but it is crucial in helping us from losing any of the gains we have made from exercising in the warmer months. Adhering to a designed exercise program throughout the winter can also help ward off the dreaded winter ‘blues’ which in extreme cases can lead to seasonal depression known as Seasonal Affective Disorder (SAD). However you decide to keep fit and healthy in the colder weather, it is truly worth remembering that the all of the benefits will be tenfold to you and your body. Maintaining a “healthy lifestyle” and performing exercise regularly may allow you to:

- 🧊 Help the Body Resist Winter Illness More Easily
- 🧊 Increase Flexibility and Range of Motion
- 🧊 Increase Energy
- 🧊 Improve Quality of Sleep
- 🧊 Improve Self-Outlook
- 🧊 Improve Overall Health Status
- 🧊 Best of All, You Won’t Have So Much Hard Work to do to Get Your Body Back Into Bikini Shape for Summer!



So, don’t hibernate! Come join Mark Burnhauser, PTA, at Schuylkill Rehabilitation Center on February 3 at 6:00 pm to learn more about various ways to exercise at home or indoors during the winter months. Reservations are suggested but not required (621- 9500).

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)



CHAT ON THE ROAD:

“Carpal Tunnel Syndrome and Other Traumatic Hand Injuries”

Presented by: Dr. Thomas B. Wheeler, Orthopedic Surgeon & Louise G. Kalymun, OTR/L

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, symptoms that present are pain and decreased sensation of the hand. These hand symptoms are increased with repetitive hand and wrist motions. The symptoms are reported to be worse at night and often will awake people during hours of sleep. To decrease the symptoms, shaking the wrist or placing the wrist in a straight position can decrease the pain and improve sensation of the hand.

Dr. Thomas Wheeler will be discussing the surgical options available for Carpal Tunnel Syndrome and other traumatic hand injuries. Treatment for CTS also requires 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 the next Community Health Awareness Talk (CHAT) on Wednesday, March 3, at 6:00 PM. 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 evening “CHAT.”



SNOW SHOVELING SAFETY TIPS ON-LINE



Once again, “weather” we like it or not, it’s that time of year where we must get out the dreaded snow shovels! As a result, Schuylkill Rehabilitation Center would like to take this opportunity to remind you to view our video on “Proper Body Mechanics for Snow Shoveling.” This safety tip can be easily accessed on our website at www.schuylkillrehab.com. In addition, the website includes links to other health-related sites where information can be obtained regarding injury, illness, and disability.

