

## Our Goal is to help You Meet Yours

Physical Therapy  
Occupational Therapy  
Speech Therapy  
Sports Medicine  
Aquatic Therapy  
Prosthetics and Orthotics  
Hand Therapy  
Golf Program

Cert. Athletic Trainers  
Psychology Services  
Physician Services  
Lymphedema Therapy  
Work Rehabilitation  
Job Site Evaluation  
Functional Capacity  
Evaluations

*Schuylkill County's Only Accredited Outpatient Rehabilitation Center*



300 Schuylkill Medical Plaza  
Pottsville, PA 17901  
570-621-9500  
www.schuylkillrehab.com

WINTER 2011

# Schuylkill Rehabilitation News

## COMMUNITY EDUCATION

### Evening Lectures:

#### Treatment Strategies for Stuttering

Monday, January 24 @ 6:00 p.m.

*Presenter: Heather Stack, M.A. CCC-SLP*

Learn about influencing factors, theories, and treatment strategies.

#### "Psychological Aspects of Pain"

Wednesday, February 16 @ 6:00 p.m.

*Presenter: Dr. Allan P. Rodgers, ED.D. Psychologist*

Learn about the psychological aspects of pain and the various ways to acknowledge the issue with those that treat the condition of chronic pain.

#### Don't "Toss" Your Season Away: Recognition & Prevention of Throwing Injuries for All Ages

Tuesday, March 8 @ 6:00 p.m.

*Presenter: Matt O'Brien, ATC, PTA*

Learn how to tame your toss to prevent and recognize sports throwing injuries.

### Support Groups:

#### Amputee

2<sup>nd</sup> Monday of Month @ Noon:

January 10, February 14, March 14

#### Fibromyalgia/Chronic Pain

1<sup>st</sup> Wednesday of Month @ 6:00 pm:

January 5, February 2, March 2

#### Multiple Sclerosis (MS)

Last Friday of Month @ 1:00 p.m.:

January 28, February 25, March 25

#### Parkinson's Disease

1<sup>st</sup> Friday of Month @ 1:00 p.m.:

January 7, February 4, March 4

#### Stroke

1<sup>st</sup> Wednesday of Month @ Noon:

January 5, February 2, March 2

#### Traumatic Brain Injury

2<sup>nd</sup> Wednesday of Month @ 6:00 pm:

January 12, February 9, March 9

\*\*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. UNLESS NOTED. FOR QUESTIONS, CALL (570) 621-9500.

CHECK OUT OUR CALENDAR OF EVENTS AT: [www.schuylkillrehab.com](http://www.schuylkillrehab.com)

## IN THE SPOTLIGHT

## TREATMENT STRATEGIES FOR STUTTERING



Heather Stack, M.A., CCC-SLP  
Speech Pathologist

The motion picture "The King's Speech" was recently released worldwide drawing much attention to the communication disorder stuttering. Britain's King George VI, James Earl Jones, Carly Simon and Bruce Willis are just a few among many famous people who had overcome stuttering issues. Stuttering didn't stop them and it shouldn't prohibit the many people across the country from achieving their life goals as well.

There are many theories as to why people stutter but the truth is not just one cause exists. Stuttering is said to result from the interaction of multiple factors between the individual and the environment. There is no instant cure for stuttering but a variety of successful techniques are implemented to treat both children and adults. **To learn more about stuttering and effective treatment strategies, join Heather Stack, Speech Pathologist, at our Education room on January 24, 2011 at 6:00 p.m.**

## FYI

## VISIT OUR WEBSITE

Winter is here and it is time to get out the dreaded snow shovels! As a result, we would like to take this opportunity to remind you to view our video on "Proper Body Mechanic's for Snow Shoveling." This safety tip can be accessed on our website at [www.schuylkillrehab.com](http://www.schuylkillrehab.com). In addition, the website includes links to other health-related sites where information can be obtained regarding injury, illness, and disability.



February is  
American Heart  
Month

**SIGNS AND SYMPTOMS OF  
A HEART ATTACK:**  
FROM THE AMERICAN  
HEART ASSOCIATION

- **Chest Discomfort:** Most heart attacks invoke discomfort in the center of the chest which feels like uncomfortable pressure, squeezing, fullness, or pain that lasts more than a few minutes or that goes away and comes back.
- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath:** May occur with or without chest discomfort.
- **Other signs:** May include breaking out in a cold sweat, nausea, or lightheadedness.

If you or someone you know experiences any of these symptoms call 9-1-1 or get to the nearest emergency room immediately, even if you are not sure if it is a heart attack—because minutes matter!!! For more information, check out <http://www.americanheart.org>



**“It is not the size of a man  
but the size of his heart that  
matters.”**  
Evander Holyfield

**INFORMATION**



**Schuylkill Rehabilitation Center’s  
Certified Athletic Trainers:**  
Head Trainer; Jenn Evans, ATC,  
Bernie Stasko, ATC, and Krista Korzeniecki, ATC

**MARCH IS NATIONAL “ATC” MONTH**

**Certified Athletic Trainers (ATC)** are highly qualified medical professionals educated at preventing, recognizing, managing and rehabilitating injuries that result from physical activity. Athletic trainers can help you avoid unnecessary medical treatments and disruption of normal daily life; if you’re injured, they are trained to work with your healthcare provider to get you better and keep you moving.

Athletic training is recognized by the American Medical Association (AMA) as an allied healthcare profession, and the AMA recommends **Certified Athletic Trainers (ATC)** in every high school to keep America’s youth safe and healthy. As part of a complete healthcare team, the **ATC** works under the direction of a physician and in cooperation with other healthcare professionals, coaches and parents. The **ATC** gets to know each patient/client individually and can treat injuries more effectively. Schuylkill Rehabilitation Center provides three area schools with **Certified Athletic Trainers**. Jennifer Evans is the Head Trainer and ATC for Schuylkill Haven High School, Bernie Stasko is the ATC at Nativity BVM High School and Krista Korzeniecki is the ATC at Pine Grove Area High School.

Our facility’s athletic trainers also provide preventative measures for athletes including the services of Hydration Testing and a Concussion Management program called “Impact.” In addition, our **ATC’s** conduct a “Professional Fitness Training” program for sport specific fitness as well as general health fitness. This program assists individuals looking for guidance in attaining a healthier fitness level by developing and monitoring a “customized” fitness program with the participant. And for those who are interested in the game of golf and want to better their swing; Bernie Stasko can help by way of our Golf Enhancement Program. He is a Certified Golf Fitness Instructor (CGFI) and can assist golfers of all skill levels with their body mechanics, balance, strength, and flexibility.

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

**DON’T “TOSS” YOUR SEASON AWAY:**  
**Recognition and Prevention of  
Throwing Injuries for All Ages**



Matthew O’Brien, ATC, PTA

When the snow melts and we see the flocks of geese overhead, it can mean only one thing – Spring is on the way! More importantly, to sports fans and athletes – Baseball and Spring Training are just around the corner! For our sons and daughters, and maybe even ourselves, this is the time of year when we break out the old glove and oil it up for another season on the diamond. However, the only thing more important than getting one’s glove ready is preparing one’s arm and shoulder for the season at hand!

**Please join us on Tuesday, March 8, 2011 at 6:00 p.m. to learn about recognition and prevention of shoulder and arm injuries in baseball, softball and other overhead throwing sports.** The presenter is Matthew O’Brien, Certified Athletic Trainer and Physical Therapist Assistant, and his topics of discussion will include common injuries of the shoulder and arm, recognizing when there is a problem, prevention of injuries, and training techniques for all ages from T-Ball, High School, and adult leagues. Schuylkill Rehabilitation Center invites you to come visit us at our Education Room and learn about what it takes to stay out of the dugout and on the field!



Allan P. Rodgers, ED.D.  
Psychologist

**PSYCHOLOGICAL  
ASPECTS OF PAIN**

We at **Schuylkill Rehabilitation Center** understand that pain is real and can affect all aspects of a person’s life. It can impact the physical, psychological and social well-being of a person and affect their rehabilitative outcomes. Our clinical staff realizes how important it is during therapy for our patients and their families to understand, control and cope with their pain. Not only can it make a positive difference with the patient’s physical outcomes but with their overall quality of life as well.

**To learn more about the psychological aspects of pain, please join Dr. Allan P. Rodger’s, Psychologist, at our facility’s Education room on Wednesday, February 16, 2011.**