



Our Goal is to Help You Meet Yours

Psychology Services
Speech Therapy
Sports Medicine
Aquatic Therapy
Prosthetics and Orthotics
Hand Therapy
Golf Program

Occupational Therapy
Physician Services
Lymphedema Therapy
Work Rehabilitation
Job Site Evaluation
Functional Capacity
Evaluations

Schuylkill County's Only Accredited Outpatient Rehabilitation Center



Schuylkill Rehabilitation Center
300 Schuylkill Medical Plaza
Pottsville, PA 17901

Schuylkill Rehabilitation News

COMMUNITY EDUCATION

Evening Lectures:

Don't "Toss" Your Season Away: Recognition & Prevention of Throwing Injuries for All Ages
Tuesday, February 21 @ 6:00 p.m.
Presenter: Matt O'Brien, ATC, PTA
Learn how to tame your toss to prevent and recognize sports throwing injuries.

Total Knee Replacement Concepts and Rehabilitation
Thursday, March 1 @ 6:00 p.m.
Presenter: Dr. Thomas Wheeler, MD, Jennifer Herndon, LPT, & Matthew Shealer, Zimmer Randall Associates
Learn about various concepts, treatment plans, and medical hardware used for knee replacements and the role of physical therapy.

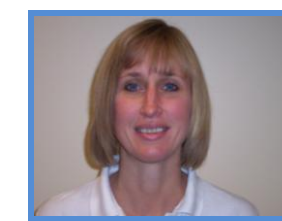
Support Groups:

Amputee
2nd Monday of Month @ Noon:
January 9, February 13, March 12
Fibromyalgia/Chronic Pain
1st Wednesday of Month @ 6:00 pm:
January 4, February 1, March 7
Multiple Sclerosis (MS)
Last Friday of Month @ 1:00 p.m.:
January 27, February 24, March 23
Parkinson's Disease.
1st Friday of Month @ 1:00 p.m.:
January 6, February 3, March 2
Stroke
1st Wednesday of Month @ Noon:
January 4, February 1, March 7
Traumatic Brain Injury
2nd Wednesday of Month @ 6:00 pm:
January 11, February 8, March 14

****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**

IN THE SPOTLIGHT

TOTAL KNEE REPLACEMENT CONCEPTS AND REHABILITATION:



Presented by: Dr. Thomas Wheeler, Orthopedic Surgeon, & Jennifer Herndon, LPT

A total knee replacement is a surgical procedure that results in decreased pain and improvement in the quality of life among individuals with severe arthritis of the knee. The degenerative joint is usually diagnosed through X-rays by an orthopedic surgeon. Once the diagnosis has been made, options other than a total joint replacement do exist. They include beginning a Physical Therapy rehabilitation regiment, medications, injections, assistive devices, arthroscopic surgery, or a combination of the above.

When one chooses surgery as their mode of treatment, the physician or the insurance company may require Physical Therapy prior to the surgery to promote the recovery process. Physical and Occupational therapy may also be required post-surgery and would focus on restoring range of motion, improving strength, endurance, balance, pain relief, increasing concentration when walking without use of an assistive device,

(Continued on Page 3)

FYI

ACCLAIMED THERAPIST EDUCATES STAFF AT SCHUYLKILL REHABILITATION CENTER TO BENEFIT SPORTS MEDICINE IN SCHUYLKILL COUNTY

World renowned Physical Therapist and Athletic Trainer, Pete Draovitch, was at Schuylkill Rehabilitation Center recently to provide an educational program on the latest techniques in sports medicine.

Pete Draovitch, who has unprecedented recognition as a leader and innovator in sports rehabilitation, also happens to be a native of Schuylkill County. During Draovitch's illustrious career he has treated numerous professional athletes to facilitate their maximum physical capabilities. In fact, he was the personal physical therapist to the successful professional golfer, Greg Norman, for many years.

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INFORMATION



Pete Draovitch, ATC, LPT

“Discussing Latest Sports Medicine Techniques on the Hip, Knee, and Shoulder at Schuylkill Rehabilitation Center”

ACCLAIMED THERAPIST... (continued from page 1)

Draovitch has also appeared on national sport venues such as ESPN, Golf Magazine, Sports Illustrated, 60 Minutes, and NBC to discuss his knowledge in the field of physical performance in sports.

Schuylkill Rehabilitation Center sponsored Draovitch to complete a sports medicine educational program for twenty therapists and athletic trainers who work throughout the Schuylkill Health System. Draovitch spent over 15 hours with the staff teaching them advanced techniques and research on the shoulder, hip, and knee rehabilitation principles which he has learned over his career. “We recognize Pete’s expertise in sports rehabilitation and are very pleased he was able to share some of his knowledge with our staff. This is part of Schuylkill Health’s ongoing commitment to provide advanced education on the latest treatment in rehabilitation to serve the residents of Schuylkill County with the highest level of expertise available,” said John E. Simodejka, President/Chief Executive Officer of Schuylkill Health.

In addition to his outstanding knowledge as a Physical Therapist and Athletic Trainer, Draovitch has benefited many other professionals in the sports medicine arena through his teaching at Universities such as University of Delaware, Miami, and Pittsburgh and is an author of numerous professional research publications, book publications, and continuing education lectures. Draovitch is currently working at the Hospital for Special Surgery in New York City as the Clinical Rehabilitation Director where he continues to treat patients who are professional-level athletes. Pete Draovitch grew up in Schuylkill County and graduated from Saint Clair High School in 1979. He currently lives with his wife and daughter in Greensburg, Pa. and his parents remain residents of Saint Clair.

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)

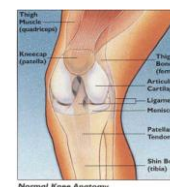
DON'T “TOSS” YOUR SEASON AWAY: **Recognition and Prevention of Throwing Injuries for All Ages**



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, February 21, 2012 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!



KNEE REPLACEMENT... (continued from page 1)

and improving the ability to complete activities of daily living such as dressing and grooming. A home exercise program will also be established as it is a key part of rehabilitation.

A total knee replacement can be a life changing decision that drastically improves your quality of life. You can be confident that the Schuylkill Health System Medical and Rehabilitative staff will provide you with the full continuum of services and programs necessary to improve your overall functional abilities. In fact, Schuylkill Medical Center South Jackson Street received a HealthGrades Five-Star Rating in Joint Replacement the past ten years consecutively. This is a remarkable achievement which assures the surgeries performed at Schuylkill Medical Center are equal or better than those performed elsewhere. This combined with the state of the art rehabilitative services, which have CARF (International) accreditation for both inpatient and outpatient programs, provide the optimal clinical outcomes.

To learn more about the “Concepts and Medical Hardware used in Knee Replacements, and the Role of Physical Therapy,” please join us at Schuylkill Rehabilitation Center’s Education Room on Thursday, March 1, 2012 at 6:00 p.m.



Famous Quote:

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

James A. Baldwin

COMMON SIGNS AND SYMPTOMS OF A STROKE:

- Sudden numbness or weakness of face, arm, or leg—especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.

If you think someone is having a Stroke:

- Call 911 Immediately
- Treatment can be more effective if given early on, every second counts!!!

Schuylkill Rehabilitation Center is host to a monthly **STROKE SUPPORT GROUP**. **This group meets on the first Wednesday of the month at noon.**

Support Groups are free and open to all individuals, families and caregivers or those experiencing this diagnosis. Registration is not required. Please contact us if you have any questions about this group at (570) 621-9500