

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 |



curf Schuylkill County's Only Accredited Outpatient Rehabilitation Center



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

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Newsletter enclosed. Please notify (570) 621-9500 if you would like additional copies for your office.

Winter 2006



Schuylkill Rehab News



Community Education

An Accessible Guide to Schuylkill County

Tuesday, January 31, 2006
7:00 p.m.

Presented by Denise Kufro, BSW
Learn what avocational activities are available in Schuylkill County.

Rotator Cuff Pathologies

Monday, February 27, 2006
7:00 p.m.

Presented by David Lipko, LPT
Learn what the rotator cuff is and its function within your muscular system.

Spring Sports Safety Seminar

Monday, March 6, 2006
7:00 p.m.

Presented by Schuylkill Rehabilitation Center's Athletic Trainers
Learn about safety precautions before you start your spring sports.

Support Groups

Stroke

Wednesday, Jan. 4, 2006 **12:00 noon**
Wednesday, Feb. 1, 2006 **12:00 noon**
Wednesday, March 1, 2006 **12:00 noon**
Open to all individuals who have had a stroke, family members, caregivers.

Fibromyalgia

Chronic Pain
Multiple Sclerosis
Amputee

Anthracite Brain Injury

Wednesday, Jan. 11, 2006 **6:00 p.m.**
Wednesday, Feb. 8, 2006 **6:00 p.m.**
Wednesday, March 8, 2006 **6:00 p.m.**
*** Brain Injury Group Begins 6:30 p.m.**
Open to all individuals, family, caregivers.

***ALL PROGRAMS HELD AT SCHUYLKILL REHABILITATION CENTER, ANY QUESTIONS, CALL (570) 621-9500 OR VISIT www.schuylkillrehab.com**

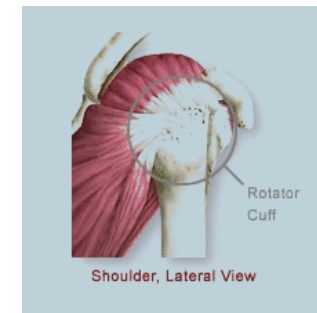
FYI

Rotator Cuff Pathologies

By: David Lipko, LPT

Rotator cuff injuries are a commonly seen shoulder pathology that affects a wide range of our population, from high school athletes to the elderly. Many people do not know what the rotator cuff is and its importance to the active use of our upper extremities.

The rotator cuff is a group of four small muscles which attach to the scapula (shoulder blade) and humerus (upper arm bone) and provide support for the glenohumeral ('ball and socket') joint of our arm. These 4 muscles are the



Supraspinatus, Infraspinatus, Teres minor and Subscapularis. The acronym for these muscles spells "SITS". When these muscles are healthy, they help stabilize the naturally unstable glenohumeral joint. They also help "steer" the humeral head (ball) in the glenoid (socket) during active use of the upper extremity.

Rotator cuff failure is generally progressive with numerous factors contributing to failure. These factors include age, repeated microtrauma, disuse, impingement syndromes, overuse syndromes, throwing injuries, and trauma. It is important to know that rotator cuff tears are not all symptomatic. Some tears may be present for years before the actual symptoms are revealed. Sudden onset of pain may begin and progressively worsen over time.

Symptoms of rotator cuff pathology include painful or limited arcs of movement, weakness, and decreased functional use of the upper extremity with everyday activities. Adhesive capsulitis or a "frozen shoulder" may develop after a rotator cuff injury which will further decrease functional use of the upper extremity involved. There are special tests that are performed by physicians and physical therapists during the evaluation process to determine the exact muscle or tendon that may be involved in the injury.

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In The Spotlight

Schuylkill Rehabilitation Holds Clinic at LPGA Golf Classic

The Schuylkill Rehabilitation Center held a golf clinic at the LPGA Golf Classic on August 22, 2005 at the Schuylkill Country Club. During the clinic, Ken Kintzel, LPT, instructed; he also coordinates



the Golf Performance Enhancement Program at SRC. Ken focused on how to maintain flexibility to improve your game while the LPGA players covered more golfing techniques. Pictured from left to right are Ken Kintzel, LPT, Barb Mucha, LPGA 5 time winner on tour, Laurie Rinker, LPGA Bloomsburg native with 3 tour wins, Nicole Cutler, LPGA on regular and "Future" tours, and Mary Bryant former LPGA Pro & CBS Sports Analyst.

Famous Quotes

“The difference between the impossible and the possible lies in a person’s determination.”

—Tommy Lasorda

Symptoms of Heart Attack

February is American Heart Month and to assist you in spotting the signs of a heart attack, here is some valuable information from the American Heart Association.

Some heart attacks are sudden and intense, but most heart attacks start slowly with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- Chest Discomfort – Most heart attacks invoke discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- 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 lightheadness.

If you or someone you know experiences any of the symptoms you should call 911 or get to the nearest emergency room immediately!!!!

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. Please feel free to e-mail your ideas for upcoming education seminars.

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More Information...

March is National ATC Month



Look around you – people these days are on the move. We’re learning more, doing more. When the level of physical activity increases, the risk for injury rises as well. That’s where the certified athletic trainer comes in: whether it’s an athlete of any age, a worker performing physical tasks or even an average citizen delving into recreational activities, the certified athletic trainer can help.

Certified athletic trainers 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 in every high school to keep America’s youth safe and healthy.

As part of a complete healthcare team, the certified athletic trainer works under the direction of a physician and in cooperation with other healthcare professionals, athletic administrators, coaches and parents. The certified athletic trainer 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 athletic trainer at Schuylkill Haven High School, Nancy Runyon, is the athletic trainer at Tri-Valley High School and Bernie Stasko, is the athletic trainer at Pine Grove High School.

Putting Ability in Disability



Today, we as a society, take everything for granted. For persons with disabilities these everyday activities we have come to rely upon are sometimes not as easily accessible. On July 26, 1990 the American with Disabilities Act, Public Law 336 was enacted. This law prohibits discrimination and ensures equal opportunities for persons with disabilities in employment, state and local government services, public accommodation, commercial facilities and transportation.

Based on the principles of the American with Disabilities Act, Schuylkill Rehabilitation Center has its own Accessibility Committee which meets monthly in attempt to limit the barriers for our patients and others in the community. The Accessibility Committee and its activities in the community seek to assist in the removal of architectural, attitudinal, communication, employment, financial, transportation, environmental, and other barriers to persons with disabilities.

Currently our committee is working on putting together a community resource guide for avocational activities. You may ask what are avocational activities and why are they important? Avocational activities are things that people do for enjoyment, how they spend their leisure time. Just like your vocation is your job, avocational are things that you do in life which are not related to your job. The importance of these activities is that it allows people to add enjoyment and reduce stress in their lives. Activities of this type are essential to all individuals regardless of whether they have a disability. Many people who have disabilities acquire these through the course of their lifetime due to accidents, injuries, or illnesses. No one plans on having a disability but when one occurs it is important for the person to be able to continue their previous lifestyle as much as possible which includes hobbies and other activities of enjoyment.

The Schuylkill Rehabilitation Center Accessibility Committee is attempting to make this task a little easier with our resource guide. We plan to utilize the guide for our patients and we will continue to add and update with ongoing recreational activities that we gather. It provides a lot of information on many different activities throughout Schuylkill County including bowling, fishing, horseback riding, hunting, transportation, adaptive equipment and much more!!!!

Our hope is to make finding a recreational activity less stressful for everyone regardless of their disability. If you are interested in obtaining a current avocational resource guide please contact Schuylkill Rehabilitation Center at (570) 621-9500, schrehab@comcast.net.

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Rotator Cuff Pathologies.....

When rotator cuff pathology is detected your physician may order further diagnostic tests to reveal exactly where and to what extent the pathology is in the affected shoulder. There are many different treatment options available for rotator cuff injuries. They depend on the severity of the symptoms and level of disability the patient is actually experiencing. If no or minimal pain is present, treatment may include physical therapy for range of motion and strengthening of the shoulder muscles. Physical therapy can use modalities such as cyrotherapy, phonophoresis, and electric stimulation for pain relief and inflammation control.

If the symptoms of the rotator cuff pathology are severe, surgery may be indicated to repair the damaged muscle/tendon. Rehabilitation after surgery is also indicated to regain normal, functional use of the affected extremity and to prevent adhesive capsulitis from forming.

Shoulder rehabilitation is a specialty at Schuylkill Rehabilitation Center. We have highly trained therapists available to assist you in your needs for shoulder injuries. If you or someone you know has shoulder discomfort, discuss with your physician your need for diagnostic and treatment options.

Sledding Safety Tips

By: Jennifer Evans, ATC



When those first snowflakes start drifting out of the sky, do your children have their faces up against the window watching in amazement? Then it won’t be long before the sleds are out and everyone’s bundling up for a trek to the slopes. Sled riding is a popular winter activity enjoyed by people of all ages. The thrill of racing down a snowy hill, however, can quickly turn from fun to tragedy.

According to the National SAFE Kids Campaign, hospital emergency rooms treat about 14,900 children ages five to fourteen for sledding injuries each year. Head injuries are a common and serious kind of sledding injury. One in twenty five of those injured will require hospitalization.

The American Academy of Orthopedic Surgeons has published guidelines, divided into two groups, the first of which they label “**essential**”:

- ✗ Sled only in designated areas free of fixed objects such as trees, posts, and fences.
- ✗ Make sure that all children in sledding areas are supervised by parents or adults.
- ✗ Kids must sit in a forward-facing position, steering with their feet or a rope tied to the steering handles of the sled. No one should sled head-first down a slope.
- ✗ Do not sled on slopes that end in a street, drop-off, parking lot, river, or pond.
- ✗ NEVER ride a sled that is being pulled by a car, truck, or ATV.

The Orthopedists add a second set of rules, which they have labeled “**preferred**”:

- ✗ Children under 12 years old should sled wearing a helmet.
- ✗ Wear layers of clothing for protection from injuries.
- ✗ Do not sit/slide on plastic sheets or other materials that can be pierced by objects on the ground.
- ✗ Use a sled with runners and a steering mechanism, which is safer than toboggans or snow disks.
- ✗ Sled in well-lit areas when choosing evening activities.

Though the Academy recommends that kids twelve and under should wear helmets, it would be a safer activity, for people of any age to wear one.

