Winter 2007

Schuylkill Rehab News

COMMUNITY EDUCATION

- Reducing Injury with Winter Activities Seminar
  Tuesday, January 9 @ 7:00 p.m.
  Presented by Katy Heckman, OTR/L

- Tony’s Story: Living in Pain and How to Deal with It
  Monday, February 5 @ 7:00 p.m.
  Presented by Tony Gaburick, Dr. Barry Jenkins, and Sarah Arnholt, PT

- Total Knee Replacement and Outpatient Rehabilitation
  Wednesday, February 21 @ 7:00 p.m.
  Presented by Jen Herndon, PT

- Myofascial Release
  Tuesday, March 13 @ 6:30 p.m.
  Presented by Sarah Arnholt, PT

- A Client’s Perspective: What Services Schuylkill County Offers to Adults and Children with Special Needs
  Tuesday, March 20 @ 7:00 p.m.
  Presented by Josh Stranix

Support Groups:
- Stroke
  Wednesday Jan 3, Feb 7, Mar 7 @ 12:00 (noon)
- Fibromyalgia/Chronic Pain/Multiple Sclerosis/Amputee/Brain Injury
  Wednesday Jan 10, Feb 14, Mar 14 @ 6:00 p.m.

**Support groups are open to all individuals, family, caregivers, or those experiencing Stroke/Fibro/Chronic Pain/MS/Brain Injury.

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

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Introduction to the BIONESS at SRC

Schuylkill Rehab Center is designated as a Center of Excellence for Bioness, Inc. The Bioness H200 system is an ergonomically designed electrical stimulation unit designed to improve upper extremity function post stroke. This system enhances the traditional therapy to improve hand function in patients with upper limb paralysis with assisting them and promoting independence in activities of daily living. The H200 is a breakthrough technology system, which in addition to our concurrent treatment methods, can provide a wide range of benefits to our patients, including facilitating neuromuscular re-education, maintaining or increasing range of motion, increasing local blood circulation, reducing spasticity, and preventing atrophy. Occupational Therapists at our facility can now provide fitting and rehabilitation with this state of the art technology. For more information on the BIONESS, contact our Occupational Therapy Department at (570) 621-9500.

IN THE SPOTLIGHT

Tony’s Story

Join us on Tuesday, March 20, 2007, at 7:00 p.m. for a presentation hosted by the Accessibility Committee of SRC. Hear Josh Stranix speak on the topic of resources offered to individuals with special needs in Schuylkill County. Josh is a 1996 graduate of the Marlin Special Education Center. He was born with Down Syndrome and has overcome many obstacles because of his will power, his support system which includes his family, his friends, his bosses, and numerous agencies in the county. After graduation, he received job placement and training and he has held a steady job for the last twelve years. He is a well respected and productive member of Schuylkill County and wants to share his story.

Josh’s Story

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Tony Gaburick has been living with Comprehensive Pain Syndrome, as well as, Thoracic Outlet Syndrome for the last sixteen years of his life. During this painful struggle, Tony has gone through many ups and downs, but has maintained a positive outlook on life. He has been able to do this because of support from his team, which consists of his family, friends, numerous physicians, physical therapists, and the key force being himself. Now at the age of thirty-four, Tony is able to manage his pain through nerve blocks, medication, and techniques he has learned over time. He is a positive force in our community and he wants to share his story with others. To learn more about his life struggles and methods of pain management, join Tony, his physical therapist and physician on Monday February 5, 2007 at 7:00 p.m.
Total Knee Replacements and Outpatient Rehabilitation

By: Jen Herndon, PT

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 knee is usually diagnosed through X-rays by your physician or an orthopedic surgeon. Once the diagnosis has been made, options other than a total knee replacement do exist. They include beginning Physical Therapy rehabilitation of the knee, medications such as an anti-inflammatory, injections, an assistive device such as a cane, arthroscopic surgery to “clean out” the knee joint or a combination of the above.

When one chooses surgery as their mode of treatment, many times, the physician or the insurance company requires Physical Therapy prior to the surgery. Physical and Occupational therapy is also required post-surgery. Inpatient therapy focuses on restoring range of motion, improving strength, and ambulation (typically on a walker), as well as improving the ability to complete activities of daily living such as dressing, grooming, etc. The goal of outpatient therapy is to improve range of motion, strength, endurance, balance, pain relief, as well as increasing concentration when walking without use of an assistive device. A home exercise program will also be established, as it is a key part of rehabilitation. These exercises, as well as ice are to be performed as part of the outpatient therapy, as well as, after discharge from rehab services.

A total knee replacement can be a life changing decision. It may provide drastic improvement to your overall quality of life by decreasing your pain and improving your ability to complete your activities of daily living. Although, this is not a process that occurs overnight, your replacement in combination with rehab should improve your overall functional abilities, which were once affected because of your knee pain. To learn more about specific techniques used in outpatient rehabilitation that provide improvement in your overall quality of life and for further information, join us on February 21, 2007 at 7:00 p.m.

Myofascial Release

By: Sarah Arnhold, PT

Fascia is a type of connective tissue that is elastic in nature and surrounds each and every cell in the body. Its purpose is to provide the body with a three dimensional support system which is flexible to move with the body. This tissue can develop restrictions through trauma, inflammation, and even poor posture. These restrictions can solidify and begin to cause pain. Some of these restrictions have been measured to apply 2000 pounds of pressure per square inch.

Myofascial release (MFR) is a hands-on technique used to identify and reduce these restrictions in the body in an effort to reduce pain and improve function. The techniques stretch the tissue to lessen the restrictions. The techniques can be applied virtually anywhere on the body; arms, legs, back, neck, pelvis, stomach, and even the head.

One of the founding principles of this treatment is that pain can originate away from the source. It is referred to as the “Sweater Theory”. As the three dimensional web supports the body in space, a restriction may develop in the back. As this restriction develops, it applies tension through the web. The tension line may run to the shoulder and thus, shoulder pain may develop, even without a direct injury or trauma. This is similar to a “pull” in a sweater where a thread gets pulled out, the thread gets tight and where you trace back the same thread, tension and tightness lines can be seen. That pressure can develop into pain that may not have a known cause. This is commonly referred to as myofascial pain.

A therapist who is trained in MFR can identify and treat the sources of pain, whether physical or emotional, and help restore the elastic nature of the tissue. The techniques are relatively painfree and the effects are immediate. For further information, join us on Tuesday, March 13, 2007 at 6:30 p.m.

Reducing Injury with Winter Activities

By Katy Heckman, OTR/L

It is winter time and there are many activities that we engage in that we don’t perform in warmer weather. These activities include snow shoveling, scraping ice from our cars, buying and returning Christmas gifts, sledding, skiing, and simply walking on slippery sidewalks. There is increased risk of injury with all of these activities, so here are a few suggestions that may assist you in the prevention of injury.

For all activities:
1. First, remember that any activity mentioned above is considered exercise. Warm up your muscles by walking or marching in place. Warm muscles will work more efficiently and will be less likely to injure.
2. STRETCH before doing any activity. Make sure you stretch both of your arms, back, and legs before going outside.
3. Take frequent breaks to stretch with any activity.
4. AVOID caffeine and nicotine before vigorous activity. They are stimulants, and may constrict blood vessels and increase heart rate. Drink plenty of water. Dehydration is a key issue in the summer as well as during the winter.

Shoveling:
1. Choose a shovel with a smaller blade which will keep the loads smaller. It is better to lift more loads of lighter snow than fewer loads of heavier snow.
2. When lifting a shovel full of snow, keep close to the shovel, bend at the knees and not at the waist, while turning your feet when empying the shovel so you are not twisting.
3. Use a snow blower if possible, but never use your hands to remove or dislodge the blower.

Scraping Off Car:
1. When reaching across the windshield, use a “golfer’s lift” to avoid bending at the waist. Do this by extending one leg behind so you can maintain the curve in your low back.
2. Do not use fast jerking movements, especially when chipping off ice. This can cause strain in the hands and arms.
3. Make sure you get the ice and snow off the roof of your vehicle so it does not obscure the view of the person driving behind you as it blows off.

Shopping:
1. Perform proper body mechanics when lifting packages. Keep the curves in your back, bend your knees and lift your legs.
2. If you have a lot of shopping to do or returns to make, make several trips with a lighter load versus one trip with a heavy load.
3. Use a shopping cart whenever possible.

Skiing/Sledding/Skating:
1. Wear proper fitting protective gear such as helmets and anything else associated with the sport.
2. Perform the sport at the appropriate site. Don’t ski through woods with no path. Don’t sled where there are a lot of traffic lines can be seen. That pressure can develop into pain that may not have a known cause. This is commonly referred to as myofascial pain.
3. Watch your back when carrying skis, sleds, and other equipment. Keep it close to your body; keep curves in your back when lifting. Sit while donning boots and skates to avoid bending.

Finally, if you want to really avoid injuries that come with the snow and ice, move SOUTH or pray for spring!!