

Schuykill Rehabilitation Center

Our Goal is to Help You Meet Yours.

Providing the highest quality services to people of all ages.



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|-------------------------|--------------------------------|
| 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 |



Schuykill County's Only Accredited Outpatient Rehabilitation Center



300 Schuykill Medical Plaza
Pottsville, PA 17901
570-621-9500
www.schuykillrehab.com

Winter 2008



Schuykill Rehab News

COMMUNITY EDUCATION

VitalStim Therapy for Swallowing Disorders
Tuesday January 29, 2008 @ 6:00 p.m.
Presented by Susan Schuettler, M.S.
CCC-SL/P

Prevention and Treatment of Running and Walking Injuries
Monday February 4, 2008 @ 6:30 p.m.
Presented by Mike Smith, PT

Osteoporosis and Exercise
Tuesday March 11, 2008 @ 7:00 p.m.
Presented by Kelly Zerbe, PT

Aging in Place: Home Modifications and Potential Funding Sources
Monday March 31 @ 6:30 p.m.
Presented by Angie Stramara, MS, OTR/L
Accessibility Committee at SRC

SUPPORT GROUPS:
Stroke
Wednesday Jan 2, Feb 6, Mar 5 @ 12:00 (noon)
Fibromyalgia/Chronic Pain/Multiple Sclerosis
Wednesday Jan 2, Feb 6, Mar 5 @ 6:00 p.m.
Traumatic Brain Injury
Wednesday Jan 9, Feb 13, Mar 12 @ 6:00 p.m.

**Support groups are open to all individuals, family, and caregivers, of 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.schuykillrehab.com



FYI

Osteoporosis and Exercise



By : Kelly Zerbe, PT

According to the National Osteoporosis Foundation, osteoporosis is a major health threat for an estimated 44 million Americans; 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis. If preventative measures are not taken, untreated osteoporosis can progress unnoticed for fifty years until a fracture occurs, as the early stage of osteoporosis has no symptoms. Half of all women and one in four men over the age of fifty will break a bone due to osteoporosis.

Osteoporosis however, is not an inevitable part of aging. It can be prevented, detected, and treated. Osteoporosis occurs when one loses too much bone and/or produces too little bone. Prevention is critical in containing osteoporosis starting at a young age. Factors which can help to improve your bone health include eating a well balanced diet of foods rich in calcium, as Vitamin D helps to absorb calcium into the body along with making lifestyle changes which include not smoking or drinking heavily. Many people may need prescription medicine to prevent or treat osteoporosis.

It is also important to speak to your health provider to discuss strategies for protecting

Continued on page 2.....

IN THE SPOTLIGHT



SCHUYLKILL REHABILITATION CENTER RECEIVES CARF ACCREDITATION

Schuykill Rehabilitation Center is proud to announce that it has received another three-year CARF accreditation-- the highest level which can be received. CARF stands for the Commission on Accreditation of Rehabilitation Facilities. The mission of CARF is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. CARF establishes national and international standards of excellence in rehabilitation of which the facility strives to achieve. This latest accreditation is the 6th consecutive Three-Year Accreditation that the international accrediting body has awarded to Schuykill Rehabilitation Center.

For a community to have access to a CARF accredited rehabilitation facility is an asset to the health of their residents. Currently, there are 130 outpatient medical rehabilitation centers throughout the United States. Pennsylvania only has 3 multi and 11 single therapy service CARF accredited programs in the state and Schuykill Rehabilitation Center is accredited in both single and multiple disciplinary outpatient therapy services. In fact, New Jersey, Maryland, New York, and Delaware combined have only 8 multi and 3 single therapy accredited facilities. Schuykill Rehabilitation Center's accreditation is just another testament of the remarkable achievements made here in Schuykill County. Turn to page 2, to learn about the survey and its results and find out how they

Famous Quotes

“Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins.”

- Jim Rohn



**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 and 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>



INFORMATION

“SRC Receives CARF Accreditation” Continued from page 1.....

Survey Results: The surveyors found SRC to be a very attractive and purpose-built facility, as the design and functionality of the building provide for excellent accessibility, ample parking, a combination of private exam rooms, open exercise areas, and an aquatic therapy pool, which are all conducive to the rehabilitation process. They found the staff to be exceptional, with strong professional qualifications and experience along with motivation and dedication. The facility was complimented for its high retention of core team members and the recruitment of other highly skilled and experienced staff members, as well as, for its state of the art therapeutic equipment and technology and high quality services. The team at SRC was recognized for its “Person-Centered” approach to therapy involving the awareness of the rights of the persons served, the commitment to the persons served, and the ethical approach to care.

What does this mean to our patients? Schuylkill Rehabilitation Center has passed rigorous guidelines for services, quality, and conforms to nationally and internationally recognized service standards delivering the most favorable results to you. An accredited organization is continually trying to improve its services and accreditation only promotes the highest standards of quality.

For more information about CARF, visit their website at www.carf.org.

VitalStim Therapy for the Treatment of Swallowing Disorders



An estimated 15 million people suffer from dysphagia (swallowing disorder) each year, and approximately 60,000 people die every year from its complications. Some causes of dysphagia include stroke, traumatic brain injury, cerebral palsy, mouth or throat cancer, Parkinson’s disease, Lou Gehrig’s disease, and other degenerative and neuromuscular conditions. A remarkable new therapy called VitalStim Therapy is being used by trained and certified speech therapists. VitalStim Therapy is a non-invasive painless treatment that uses controlled neuromuscular

electrical stimulation to strengthen the muscles of the throat used in swallowing. This treatment is the only one of its kind approved to market by the United States Food and Drug Administration (FDA). If you suspect that you might have a swallowing disorder, contact your physician for an assessment. Only through diagnostic testing, can the type and cause of your swallowing difficulty be determined. Sue Schuettler has 22 years of experience as a speech pathologist and is certified for VitalStim Therapy. To learn more about dysphagia, join us on Tuesday January 29, 2008 at 6:00 p.m.



“Osteoporosis and Exercise” Continued from page 1.....

your bone health. Studies have indicated that consistent exercise is a vital component of maintaining bone health. Just as your muscles get bigger and stronger as you use them, your bones also get stronger and denser when you work them. You can work your bones by doing activities that make you move against gravity. Before deciding on an exercise program, it is important to consult with your doctor, physical therapist, or health care professional as the following factors need to be considered: your age, severity of osteoporosis, current medications, your fitness and ability level, other medical conditions, and whether bone density or muscle strength and coordination are the primary aims of your exercise program. The physical therapists at Schuylkill Rehabilitation Center would like to help you develop an individualized exercise program to manage your osteoporosis safely. If you would like to learn more about osteoporosis and exercise, join us on Tuesday March 11, 2008 @ 7:00 p.m. for this free educational lecture.



MORE INFORMATION

Aging in Place: Home Modifications and Potential Funding Sources

By: Angela Stramara, MS, OTR/L



“Aging in Place” means enabling an individual to grow older in the place he/she calls home and avoiding moving to an unfamiliar place. Generally, a person will have a better quality of life in a familiar environment than in an institution, because he/she has greater control over his/her activities and access to personal possessions which are linked to life events and values. Whether an individual is suffering from a newly acquired disability, or is experiencing an age-related decline of function, adapting the home environment now may enable an individual to stay “in place” in the future. Generally, the concept of “Aging in Place” is applied to the elderly; however, the same ideas and rationales can be applied to those with acquired

disabilities at ANY age.

Home modifications include any alterations made to a current living space to make it more livable. Depending on a person’s specific needs, modifications can range from minor and inexpensive to major and very expensive. Many resources are available to assist and aid in obtaining the necessary funding to complete needed modifications. Such resources include Independent Living Centers; federal, state, and local governments; community groups; foundations; private mortgage and home loans; private organizations; and private insurances. If modifications are needed to help an individual stay in his/her home as a result of disability or failing health, there are several steps that the individual and his/her family members should complete. To learn more about modifications and potential funding sources, please join us on Monday March 31, 2008 at 6:30 p.m. at Schuylkill Rehabilitation Center.

This program is hosted by the Accessibility Committee of Schuylkill Rehabilitation Center.

Prevention and Treatment of Running and Walking Injuries

By: Mike Smith, PT



Competitive and recreational runners and walkers are subject to a number of injuries. Early signs and symptoms can vary depending on the injury, but often people will initially experience a dull pain. If left untreated, dull pain can progress into severe pain that can restrict activity. Many of these injuries can easily be treated if caught early or prevented all together with a little knowledge of anatomy, proper running form, footwear, orthotics, and the implementation of a few simple exercises.

If injury does occur, early physical therapy intervention can decrease symptoms quickly and get you back to doing what you enjoy. Your physical therapist will implement an individualized treatment program which will address impairments found during the initial evaluation, such as decreased range of motion, flexibility, and strength. The initial goal in physical therapy is to reduce pain and inflammation with the variety of modalities available at Schuylkill Rehabilitation Center. Your physical therapist will also address the possible causes of injury in order to teach the patient to prevent or reduce the risk of re-injury. For information on prevention and intervention of running and walking injuries and to learn how to:



- Evaluate the arch of your foot to determine any anatomical abnormalities
- Choose an orthotic/ arch support to prevent injury
- Select a proper running shoe to fit the shape of your foot
- Understand proper running form
- Engage in proper stretching techniques
- Incorporate new exercises into your current workout to reduce the risk of injury

Join us on Monday February 4, 2008 @ 6:30 p.m.

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. Also, please feel free to e-mail your ideas for upcoming education seminars or check the calendar for scheduled events .