

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



FALL 2008

Schuylkill Rehab News

COMMUNITY EDUCATION

WalkAide: Newest Technology for Foot Drop

Tuesday October 14 at 6:30 p.m.
Presented by Kris Robertson, Certified Orthotist from Hanger Inc and Jen Herndon, PT

Exercise for Seniors

Tuesday October 21 @ 6:00p.m.
Presented by Michelle Hendricks, PTA

Bell's Palsy Treatment

Tuesday November 25 @ 6:30 p.m.
Presented by Sue Schuettler, M.S. CCC-SLP

Learn How Our Workinetics Department Can Help YOU Return to Work

Tuesday December 9 @ 6:00 p.m.
Presented by Lauren Shandor, OTR/L

Support Groups:

Stroke
Wednesday Oct 1, Nov 5, Dec 3 @ 12:00 (noon)

Fibromyalgia/Chronic Pain/Multiple Sclerosis

Wednesday Oct 1, Nov 5, Dec 3 @ 6:00 p.m.

Traumatic Brain Injury

Wednesday Oct 8, Nov 12, Dec 10 @ 6:00 p.m.

Amputee

Wednesday Oct 15, Nov 19, Dec 17 @ 6:00 p.m.

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

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



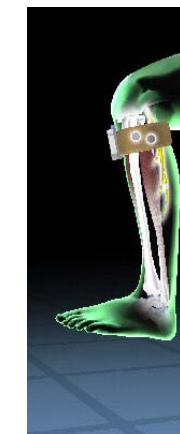
New Logo

Same Great Nationally Accredited Rehabilitation

As a part of the Schuylkill Health System, Schuylkill Rehabilitation Center's new logo was inspired by the symbolic texture and beauty of our county's sun-drenched rolling hills of vibrant greens and expansive blue sky. Schuylkill Health and Schuylkill Rehabilitation Center are at the core of health and wellness in the communities we serve, and that is why the road to excellence leads here.

IN THE SPOTLIGHT

WalkAide: New Technology for Foot Drop at Schuylkill Rehabilitation Center



Schuylkill Rehabilitation Center is proud to introduce WalkAide: One of the newest treatment options available for foot drop, which employs Myo-Orthotics Technology. A foot drop occurs when a stroke, spinal-cord injury or disease interrupts the natural nerve-to-muscle message in the leg, causing your foot to drag when you walk.

The Walk-Aide is designed to stimulate the typical nerve-to-muscle signals in the leg and foot which cause the foot to lift at the appropriate time in the walking cycle. The result of this is a smoother, more natural, and safer stepping motion. WalkAide is a medical device that, after more than one decade in development, has recently received marketing clearance from the FDA for improving the walking ability of people experiencing foot drop. To learn more about the advanced technology at Schuylkill Rehabilitation Center, join Kris Robertson, Certified Orthotist from Hanger Inc. and Jen Herndon, PT on Tuesday, October 14 @ 6:30 p.m.

October Is National Diabetes Month

There are 20.8 million children and adults in the United States are living with diabetes; 14.6 million have been diagnosed, while 6.2 million are unaware that they even have the disease.

Diabetes is a disease in which the body is unable to produce or unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream, causing one's blood glucose or "sugar" to rise too high.

Most people with diabetes have other health problems such as high blood pressure and cholesterol, which increases one's risk for heart disease and stroke.

If you or someone you know is diagnosed with Diabetes, a support group can provide you with an understanding atmosphere, where you can learn more about your diagnosis, share feelings, thoughts, and tips to help yourself or someone you love manage diabetes.

Type 2 Diabetes Support Group

Upcoming Meetings at 6:00 p.m. October 2nd

Schuylkill Medical Center East
Norwegian Street

November 6th

Schuylkill Medical Center South
Jackson Street

December 4th

Schuylkill Medical Center East
Norwegian Street

For any questions, call Ruby Paris, RN, CDE at 621-5020 or Diane Ehlinger, RN, BS, CDE at 621-4367

For more information, visit the American Diabetes Association at www.diabetes.org

INFORMATION

October is National Physical Therapy Month



The physical therapy staff at Schuylkill Rehabilitation Center would like to thank all the patients they have treated, along with their physicians who referred them!

Schuylkill Rehabilitation Center offers an extensive physical therapy program, which consists of 15 experienced therapists with diverse areas of expertise and the most advanced equipment in an atmosphere conducive to your rehabilitation. Our physical therapy department hosts the following specialty programs:

- Sports Medicine
- Aquatic Therapy
- Orthopedics
- Neurological
- McKenzie Certified Therapists for Neck and Back Pain
- Golf Performance Enhancement Program
- Knee Therapy
- Shoulder Therapy
- TMJ Therapy
- And so much more!!

Schuylkill Rehabilitation Center offers a "team approach" to patient care, consisting of physical therapy, occupational therapy, speech therapy, physiatrist, psychological services, and social services through community resources to provide you with the highest level of quality care. Call to find out more about our facility and the array of services we offer at 621-9500 or check out our website at www.schuylkillrehab.com.

Exercise for Seniors



By: Michelle Hendricks, PTA

Physicians recommend that the best way to prevent chronic illness is to have a regular exercise regime along with a healthy diet. There are many benefits to having a daily exercise routine, as regular activity can improve the overall quality of life. Exercise can also reduce the risk of developing illnesses such as Pneumonia, DVT, and obesity caused by inactivity and decrease pain related to arthritis, stroke, and heart disease.

There are two types of exercise: Aerobic exercise, also known as cardiovascular exercise, is excellent for the heart and helps to improve circulation, flexibility, and lung function. Anaerobic exercise consists of resistive exercises which serve to promote healthy muscle tone and strength, and increase bone density related to weight bearing. Both aerobic and anaerobic exercise will serve to increase blood circulation, burn calories, and increase metabolism. It is imperative to consult your doctor before starting any form of exercise.

Physical therapy may be prescribed for individuals, as it can help to increase your muscle strength and joint range of motion. Our therapists can also educate you on exercising properly and provide you with a home exercise program. **To learn more about this, join us on Tuesday October 21, 2008 @ 6:00 p.m..**

MORE INFORMATION

The Workinetics Department at Schuylkill Rehabilitation Center Can Help YOU Get Back to Work Safely



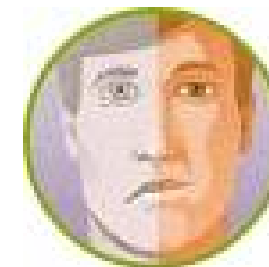
By: Lauren Shandor, OTR/L



The Workinetics Department at Schuylkill Rehabilitation Center offers several services including work simulation and conditioning, functional capacity evaluations, ergonomic and body mechanics evaluations, and job site evaluations. The goals of the Workinetics program are to transition the person back to work safely, develop safe job performance to prevent re-injury, and to reinforce proper body mechanics at the workplace. Another goal of treatment is to determine if any modifications are recommended for the person to return to gainful employment.

Functional capacity evaluations (FCE's) assess a person's capabilities with lifting, carrying, pushing/pulling, and other job specific tasks. SRC uses an objective computerized system to complete all FCE testing protocols. Job site evaluations can also be completed by the therapists at Schuylkill Rehabilitation Center. Licensed occupational therapists assess the tasks of a patient's specific job at the workplace, where interviewing, pictures, or video may be taken to analyze the job and any risks associated with the patient returning to work. Comprehensive reports are sent to the referring physician, employer and/or patient with recommendations for return to work status and for any modifications that may be needed to provide a safe and ergonomically correct work environment. SRC works in a team approach with all members involved in resolving your work issues.

If you would like more information on these services for your employer, employees, co-workers, patients, or yourself, please join us on Tuesday, December 9 @ 6:00 p.m. or contact Schuylkill Rehabilitation Center at (570) 621-9500.



BELL'S Palsy TREATMENT

Bell's Palsy is a condition that causes paralysis or weakness of the facial musculature. The exact origin is unknown; however it is commonly linked to inflammation of the facial nerves as the result of viral infection such as the herpes simplex virus or the common cold. The symptoms of Bell's Palsy most often occur on one side of the face, but may affect both sides.

The primary symptom is sudden drooping of the face (eye and mouth), which often makes it difficult to close the eye. Other symptoms may include drooling, pain behind the ear, excessive tearing or dryness of the eye, decreased taste, numbness, and increased sensitivity to sound. The onset of Bell's Palsy is sudden and usually resolves itself within a few weeks to months, however lasting symptoms occur in a minority of cases. Treatment modalities which may be used to assist with recovery include anti-inflammatory or anti-viral medication, physical therapy, speech therapy, and surgery depending on the severity of the condition and its possible lasting effects. If therapy is prescribed, techniques such as facial exercises, facial massage, VitalStim Therapy, and electrical point stimulation of the facial nerves may be utilized. **For more information on Bell's Palsy and its treatment, join us for a free seminar on Tuesday, November 25 @ 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.

