

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

SUMMER 2011

Schuylkill Rehabilitation News

COMMUNITY EDUCATION

Evening Lectures:

Benefits of Aquatic Physical Therapy

Tuesday, July 19, 2011 @ 6:00 p.m.

Presenters: Kelly Painter, PTA

Learn about different ways this non-weight bearing therapy program can benefit you when needing physical rehabilitation.

A Parent's Playbook on Sports Injuries and Prevention

Wed., August 10, 2011 @ 6:00 p.m.

Presenters: Dr. Jason Phillips, MD, Orthopedic Surgeon; SRC Physical Therapists

Learn about prevention and various methods of treatment for sports injuries.

Get Your "Back" on Track

Thursday, September 8, 2011 @ 6:00 p.m.

Presenter: Harry Hobbs, LPT

Learn about various rehabilitation methods for Lumbar Spinal Stenosis & Other Chronic lower back issues.

Support Groups:

Amputee

2nd Monday of the Month @ Noon:

July 11, Aug. 8, Sept. 12

Fibromyalgia/Chronic Pain

1st Wednesday of the Month @ 6:00 p.m.:

July 6, Aug. 3, Sept. 7

Multiple Sclerosis (MS)

Fourth Friday of the Month @ 1:00 p.m.:

July 29, Aug. 26, Sept. 23

Parkinson's Disease

1st Friday of the Month @ 1:00 p.m.:

July 8*, Aug. 5, Sept. 2

Stroke

1st Wednesday of the Month @ Noon:

July 6, Aug. 3, Sept. 7

Traumatic Brain Injury

2nd Wednesday of the Month @ 6:00 p.m.:

July 13, Aug. 10, Sept. 14

*Different Date due to Holiday.

**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. FOR QUESTIONS, CALL (570) 621-9500. CHECK OUT OUR CALENDAR OF EVENTS AT: www.schuylkillrehab.com**

IN THE SPOTLIGHT

C.H.A.T. ON THE ROAD: A Parent's Playbook on Sports Injuries and Prevention



Jason Phillips, MD
Orthopedic Surgeon

Schuylkill Rehabilitation Center is pleased to announce that a native of Pottsville, Dr. Jason Phillips, will be presenting an educational lecture entitled, "A Parent's Playbook on Sports Injuries and Prevention" on Wednesday, August 10, 2011 at 6:00 p.m. at our facility's Education Room. Dr. Phillips, along with SRC physical therapy staff and athletic trainers will be discussing the signs, symptoms and methods of treatment for Anterior Crucial Ligament (ACL), rotator cuff and other sports-related injuries.

Dr. Phillips is excited for the opportunity to return home to Schuylkill County to practice Orthopedic and Sports Medicine and will be joining the Schuylkill Health System in August 2011.

A 1996 graduate of Pottsville Area High School, Dr. Phillips is a Board Certified Orthopedic Surgeon, receiving his Doctor of Medicine at Georgetown University School of Medicine, Washington, D.C. in 2005 and a B.S. in Biology with a Minor in Chemistry at Wilkes University, Wilkes-Barre, PA in 2000. Dr. Phillips performed his General Surgical Internship and Orthopedic Surgical Residency at Albert Einstein Medical Center, Philadelphia, PA and completed his Fellowship in Sports Medicine and Shoulder Reconstruction at the Steadman-Hawkins Clinic of the Carolinas in Greenville, SC.

Dr. Phillips has published and presented on numerous medical research topics regarding ACL and Rotator Cuff injuries. He is a member of the Arthroscopy Association of North America (AANA) and American Orthopedic Society for Sports Medicine (AOSSM). **Please join Dr. Phillips and our therapy staff on Wednesday, August 10, 2011 at 6:00 p.m. to learn about treatment and prevention of sports injuries.**

Traumatic Brain Injury



What is it?

Traumatic brain injury, often referred to as TBI, is most often an acute event. The top three causes are: car accidents, firearms and accidental falls.

What are the affects of a TBI?

The effects of TBI can be profound. For many people with severe TBI, long-term rehabilitation is often necessary to maximize function and independence. Even with mild TBI, the consequences to a person's life can be dramatic. Change in brain function can have a dramatic impact on family, job, social and community interaction. Changes could include: Poor memory, Poor attention span and concentration, Poor decision-making, Impulsivity, Disorientation, Language and communication abilities, Inability to speak and the inability to understand when spoken to.

Can I recover from a TBI?

Recovery from a Traumatic Brain Injury (TBI) varies based on the individual and the brain injury. Recovery can be seen months, and even years, after the initial injury.

Schuylkill Rehabilitation is host to a monthly Traumatic Brain Injury Support Group. This group is held on the second Wednesday of the month at 6:00pm.

Support Groups are free and open to all individuals, families and caregivers of those experiencing this diagnosis. Registration is not required. Please feel free to call us with any questions about the group, at 570-621-9500.

INFORMATION

GET YOUR 'BACK' ON TRACK:

Lumbar Spinal Stenosis & Other Chronic Back Conditions

There are various methods of treatment for Lumbar Spinal Stenosis (LSS). The two most common causes of LSS are osteoarthritis of the spine or degeneration or injury to the disc. Pinching or pressure on the spinal cord or nerves may produce pain in the low back, stiffness, numbness, weakness or pain in the leg and loss of bowel or bladder function. The pain and/or symptoms may be worse when walking, standing or bending backwards while the symptoms and pain may improve when sitting or bending forward.

Schuylkill Rehabilitation Center invites you to hear how physical therapy can help you or someone you know cope with Lumbar Spinal Stenosis or other chronic lower back conditions to gain a better quality life. **Join us on September 8, 2011 at 6:00 p.m. in our Education Room to learn about the diagnosis, pathology, and treatment options for Lumbar Spinal Stenosis (LSS) and other chronic back issues.**



THE DANGERS OF HEAT / HEAT EMERGENCIES

Heat emergencies are preventable by taking precautions in hot weather. They fall into three categories increasing in severity from heat cramps, heat exhaustion, and heatstroke which is the worst. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a trained athlete in top physical condition can be a victim of heat-related illnesses. The causes of heat-related emergencies can be high temperature or humidity, dehydration, prolonged or excessive exercise, excess clothing, alcohol use, medication such as diuretics, cardiovascular disease, and sweat gland dysfunction.

The early symptoms include: profuse sweating, fatigue, thirst, and muscle cramps. Later symptoms include: headache, dizziness and light-headedness, weakness, nausea and vomiting, cool moist skin, and dark urine. The symptoms of heatstroke include: fever (temperature above 104°F), irrational behavior, extreme confusion, dry, hot and red skin, rapid weak pulse, seizures, and unconsciousness.

If you suspect someone of having a heat-related illness there are a number of things you can do to help them overcome this event. Have the person lie down in a cool place and apply cool, wet cloths to the person's skin (especially neck, groin, and armpits). If alert have them sip cool water or an electrolyte enhanced beverage and if the person shows signs of shock, loss of consciousness or seizures, contact 911 immediately.

In order to prevent heat-related illness wear loose-fitting, lightweight clothing, rest frequently in a shady spot, drink plenty of fluids daily, and avoid exercise outside during hot or humid weather. We also invite you to view our video "Preventing Heat Exhaustion" located on our website's homepage at www.schuylkillrehab.com

INFORMATION (continued)

THE BENEFITS OF AQUATIC PHYSICAL THERAPY

By: Kelly Painter, PTA



Aquatic Physical Therapy is the practice of delivering physical therapy treatment in a therapeutic pool with the pool temperature being between 88-96 degrees Fahrenheit. It is the perfect environment for individuals who find land therapy too painful or have weight bearing restrictions. Aquatic Physical Therapy can provide a head start to recovery and expedite the rehabilitation process.

Aquatic Physical Therapy enables patients to initiate exercise at the early stage of rehabilitation using the properties of water. The buoyancy of water reduces the gravitational pull which lessens compression forces on the joints. The water's hydrostatic pressure helps to reduce swelling, while providing a constant feedback which is of great importance when working on retraining balance. Because of these properties of water, exercises performed in the pool are considered much "easier" when compared to land therapy.

Individuals who would greatly benefit from Aquatic Physical Therapy include but are not limited to individuals with arthritis, balance and coordination impairments, fibromyalgia, neurological disorders, low back pain, total hip or knee replacements, orthopedic injuries, de-conditioning and general weakness, sports injuries, and difficulty walking. Benefits of aquatic therapy include, but are not limited to: increasing strength and endurance, increasing range of motion, decreasing pain, protecting and reducing stress on joints, increasing postural awareness, improving gait patterns, reducing muscle spasms, promoting relaxation, increasing balance and coordination, and decreasing tissue swelling.

Aquatic Physical Therapy at **Schuylkill Rehabilitation Center** includes a specifically designed stainless 12' X 20' steel therapeutic pool which has a depth of 4'0, including a deep well of 6' X 6'. The temperature is maintained at approximately 90 degrees Fahrenheit. Our pool contains an underwater treadmill, exercise bike, as well as a hydraulic lift, which makes it accessible for individuals who are unable to walk to the pool independently. The pool also includes massage and resistive training jets, which allow the therapist to accommodate to a wide variety of patients. Accessible bathrooms are complete with lockers, showers, and changing areas. **This rehabilitation program serves to improve the overall function of our patients. To learn more about how Aquatic Physical Therapy may benefit you or someone you know, join us on Tuesday, July 19, 2011 at 6:00 p.m.**



TIPS FOR THE PROPER WALKING/RUNNING SHOE

- The useful life of a running shoe is 350 to 550 miles (if you are only walking, they will last substantially longer).
- Try the shoes on after a run or at the end of the day when your feet are largest.
- Wear the same type of sock that you will wear while using the shoe.
- Lace the shoes completely when you try them on using a crisscross pattern.
- You should be able to wiggle all of your toes when the shoe is on.
- The shoes should be comfortable as soon as you try them on.
- The heel should grip your heel firmly and not slip as you walk or run.

"Wearing running shoes that fit properly can boost your performance and help prevent injuries!"

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.