

Athletic Training Services
Physical Therapy
Occupational Therapy
Speech Pathology
Sports Medicine
Aquatic Therapy

Rehab REPORT

Restoring **Function,**
Improving **Lives**

Thompsonhealth
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Rehab Report

is published twice annually by the Rehabilitation Services department at **Thompson Health**

(585) 396-6050

Editor:
Nancy Alexander,
PT, CSCS
Rehab Services

Avoid Winter Weight Gain with a Fitness "Game Plan" from The Sports Medicine Center

Obesity and lack of physical fitness affect many of our community members, and contribute to a wide range of serious health issues. Each year during the winter months, there tends to be a decrease in activity and possible weight gain in most people. If you want *this* year to be different, consider giving your winter fitness efforts a "jump start" with the professionals at The Sports Medicine Center. The Sports Medicine Center at Thompson Health is offering patients a low-cost, convenient and effective way to address these problems: one-on-one fitness consultations, tailored to each patient's individual needs and physical/behavioral profile.

While many patients start diets and fitness regimens with good intentions, the vast majority fails to sustain their efforts in the long run, and may even give up on efforts to

improve their health. This program is designed to identify each patient's potential barriers to success and provide the tools and support to overcome them. Although there is no shortage of diet and fitness promotions in the marketplace, The Sports Medicine Center delivers what



Trevor Cramer, ATC, takes a patient's blood pressure during her fitness consultation.

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Winter Weight Gain *continued*

other offerings cannot: expert advice and counseling from trained, experienced medical professionals.

The session is structured in these “steps to success”:

- A **dialogue** between patient and Athletic Trainer on past exercise experiences and future goals. This helps ensure long-term success by creating clearly defined, realistic goals specific to the individual.
- A **screening** that utilizes our Athletic Trainers’ expertise to muscle-test, assess range of motion and identify any specific problem areas.
- **Individualized patient education** on exercise including aerobic, strength and flexibility training.
- An **individualized exercise plan** focusing on the individual’s needs and goals.
- **Instruction on the recommended exercises**, including demonstration and practice time to ensure proper technique. The patient is also given a written exercise sheet to follow at home, as well as advice on how to safely increase exercise intensity as their fitness level increases.
- **Optional follow-up sessions** to measure progress against goals and update the program if needed.

The Sports Medicine Center has received very positive feedback from patients who benefited from this offering. Please consider The Sports Medicine Center a resource for your patients who want a simple and effective approach to taking charge of their health. The cost of this program is \$47 and is self-pay. It is a very cost-effective way for patients to receive the highest quality instruction from experienced clinicians. If you would like additional information on the program, please call The Sports Medicine Center at (585) 396-6700.

**Fitness Consultation Gift Certificates
are available.**

**Call (585) 396-6700
for more information.**



Trevor Cramer, ATC, takes a patient's BMI measurement.



Trevor Cramer, ATC, shows a patient the correct way to use hand weights.

Pilates: An Important Role in Rehab

By Dudley Hallstead, PT

A secret of the dance community for years, Pilates has been discovered and embraced by exercise celebrities, Physical Therapists, sports trainers and the general public. What exactly is Pilates, and does it really work?

Pilates was developed in the 1920s by German boxer and exercise innovator Joseph Pilates. Some dancers he worked with discovered it could create long, lean muscles and a strong, streamlined physique.

Pilates is a method of exercise and physical movement designed primarily to stabilize the trunk (the core), producing more effective stretching, strengthening and balancing of the body. Systematic practice of exercises integrated with correct breathing has made Pilates an invaluable tool for sports, rehabilitation and fitness programs.

So, where does Pilates fit into Physical Therapy and rehabilitation? Pilates recognizes that your body's movements are no more stable than the trunk itself. Repetitive movements of the arm to target strengthening a muscle is only good if the patient can hold that specific position. Trying to strengthen a weak gait when the trunk is rocking off balance is next to impossible. Trying to heal an injured spine, with no muscles to support it in a neutral position, is close to futile. Pilates and Pilates-type strengthening gives us a stable platform from which to work. Strengthening the core allows more concise and controlled movements to repair injuries and prevent future dysfunction. Pilates builds a strong core and strong connections.

Pilates' cornerstone is physical movement to enhance core stability. A stable trunk makes for the best platform from which to develop muscle strength and endurance, balance and flexibility. Core stabilization allows one to move in a way that reduces poor technique, fatigue and injury. Pilates minimizes overwork to a muscle group while ensuring the body operates in an efficient manner in sports as well as our everyday activities.

Our bodies must have stability to perform. Without it, we would have a hard time reproducing movements accurately. Whether it be sprinting or gardening, our



limbs work off our core. The greater our body's level of stability, the easier it is to move in space in a controlled and safe manner. On the other hand, poor core stability will short-circuit any attempts to correct aches, pain, weaknesses or inflexibility, and lead to injury. Many health professionals see patients repeatedly for the same ailment. This means either the patient or their therapist has not corrected the underlying problem. Many times, low back pain patients will return on their next visit worse. This becomes a problem because the patient begins to feel better, so they increase their activity before improving their core stability. Therapists must learn to give patients the tools to make core stability a life-long habit.

Without muscle and joint stability, development of muscle flexibility and durability is difficult if not impossible. The principles and equipment (movements and body) of Pilates help to achieve this stability. Once treating the symptoms, we must strengthen the base. Since most back ailments can be traced to poor posture and body mechanics, we must give patients the ability to correct and use better mechanics in their activities of daily living (ADL).

A well-designed Pilates program can result in the following benefits:

- Deep core stability through strengthened abdominal muscles
- Enhanced body awareness
- Correct postural alignment
- Stable, yet flexible, spine
- Stress reduction, energy boost
- Core platform to heal the body
- Improved muscle balance, flexibility and strength
- Long, lean muscles with good tone
- Increased active and passive range of motion
- Increased vascular efficiency
- Improved body image

Flexibility problems seen in the physiotherapy clinic often have an instability component that must be resolved in order to correct ailments for the long-term. Pilates not only gives us the ability to know and feel the muscle or joint we are stretching, but also gives us the base on which to stretch. A stable core allows effective stretches of one's limbs.

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Pilates *continued*

Pilates Principles

Several variations of Pilates principles exist, from those pioneered by Joseph Pilates to adaptations using contemporary understanding of anatomy and biomechanics. Six common principles of Pilates are described as follows:

- **Concentration** – Mind-body connection, conscious focus on body position and movement and increasing one's proprioception.
- **Control** – By correctly performing the exercise and ideal technique, brings safe, effective results.
- **Centering** – The correct muscles, *the core*, must be taught to hold for extended periods of time at a low level. Consequently, all actions start from a stable core.
- **Conscious breathing** – Deep, diaphragmatic patterns of inhaling begin any movement. Correct breathing helps activate deep stabilizing muscles and keeps you focused.
- **Core alignment** – Maintaining a neutral, pain-free position is the key to proper alignment. You must be aware of the position of your head and neck on the spine and pelvis.



- **Coordination** – Movement resulting from the brain and body working together to obtain smooth, continuous motion, rather than jarring injurious repetitions. Pilates has a grace and elegance to its movement that comes from performing correctly and gently – not harder and faster.

A Pilates exercise program can be practiced in many different settings – at home, as part of a class, gym or with your Physical Therapist on swiss balls, with elastic tubing or rings. There is also special equipment developed to augment Pilates, but the body is the best one.

Ideally, Pilates is learned and practiced under the careful supervision of a certified

instructor, either one-on-one or in small group sessions. A well-trained instructor knows how to tailor a Pilates regimen to meet individual needs and abilities, monitoring movements to ensure correct form.

The emphasis of a good Pilates session is on quality not quantity of movement. How much you can sweat and lift is not a concern. How well you adhere to the principles of Pilates in terms of control and form is the key.

For more information, call the Rehabilitation Services department at F.F. Thompson Hospital at (585) 396-6052.

Associate News



Wagner



Buerman

Nancy Buerman, PT, MDT, and Farley Wagner, PT, MDT, passed the lab/practical portion of the credentialing exam for the Duffy-Rath System in November 2006. They previously passed the written exam in December 2005. Congratulations, Nancy and Farley!

Kim Robinson has joined Thompson Health's Rehabilitation Services team as a clinical secretary. She provides administrative support at F.F. Thompson Hospital's Rehab Services department. Welcome, Kim!

Rehabilitation Demand Expected to Increase at the M.M. Ewing Continuing Care Center

By Teresa Vasculynas, PT; Jill Case OTR/L; Jessica Vermilyea, CCC-SLP

Statistics have shown that the population of adults who are 65 years and older is increasing and will continue to rise from the present level of under 12% to 20% over the next 60 years. Within this group of older adults, you will have an increasing number of those that are 85 years or older. Currently, 22% of those 85 years and older are institutionalized. The “extreme” old age population is anticipated to increase, creating a demand for home care, nursing home care and services from all health care providers including Occupational Therapists, Physical Therapists, and Speech Language Pathologists.

What does this mean? This means the role of PTs, OTs, and SLPs is going to be increasingly important in the long-term care and rehab settings, as well as understanding the role of each discipline.

Physical Therapists play a large role in restoring function as well as maximizing quality of life issues. The M.M. Ewing Continuing Care Center provides quality skilled services that cover a wide aspect of care. Physical Therapy provides customized treatment programs aimed at improving balance, coordination and mobility. They provide instructions to family members and Associates on how to provide safe and effective methods of caring for individual patients and residents. Physical Therapists specialize in evaluating and treating multiple disorders including orthopedic, neurological and pain management.

Occupational Therapy refers to skilled treatment that assists individuals in achieving/maintaining independence in all areas of their lives. Occupational Therapy treatments help people restore, maintain and/or improve daily living skills. Therapy also helps individuals participate fully in work, leisure and social activities, and prevent further deterioration through energy conservation and work simplification techniques. Occupational Therapists can also access community resources to assist with independence and organize living environments to promote safety.

Occupational Therapy services provided at the M.M. Ewing Continuing Care Center typically include customized treatment programs, comprehensive home evaluations

with adaptation recommendations, performance skill assessments with treatment, adaptive equipment recommendations and usage training, and guidance for family members and caregivers. Some of the health conditions that benefit from Occupational Therapy include: work-related injuries, limitations following a stroke, heart attack, arthritis, multiple sclerosis or other

serious chronic conditions; Alzheimer’s/dementia, spinal cord injuries, amputations, broken bones, sports injuries, accidents and vision or cognitive problems.

Speech Language Pathologists provide comprehensive evaluations and treatment of an individual’s communication relating to disorders of speech, language, voice and cognition, as well as swallowing disorders (dysphagia). These disorders may be a result of multiple diagnoses including, but not limited to, neurological

changes due to injury, aging and dementia. The Speech Language Pathologist works closely with PT, OT, nursing, CNAs, as well as the dietary department to provide individuals with the appropriate care. Collaboratively, Continuing Care Center Associates work together with the patients, residents, families and caregivers to encourage proper communication, safe feeding and swallowing techniques/strategies and overall safety awareness.

Within the M.M. Ewing Continuing Care Center, the Rehabilitation Services department strives to maintain the highest function possible with residents, and often utilizes a Rehabilitation Aide to achieve this. The Aide provides maintenance therapy guided by PT and OT as well as SLP.

Physical Therapy, Occupational Therapy and Speech Language Pathology are taking a closer look at rehab for those that are cognitively impaired recognizing that there is potential to restore function by exploring the patient’s past and incorporating it into their treatment sessions. PT, OT and SLP also work together on finding the optimal position to restore quality of life while in bed or up in a chair. For more information, call the Rehabilitation Services department at F.F. Thompson Hospital at (585) 396-6052.

“Within the M.M. Ewing Continuing Care Center, the Rehabilitation Services department strives to maintain the highest function possible with residents.”

Physical Therapy Department Receives Prestigious Clinical Education Award

By Amy Chirdon, PT



F.F. Thompson Hospital's Physical Therapy department accepting their award. Pictured above is: Nancy Buerman, PT, Cert. MDT; Jacinda Hemingway, PTA; Cheri Sodoti, PT, Cert. MDT; Dudley Hallstead, PT; Amy Chirdon, PT; Teresa Vascukynas, PT; Barb Mangeri, PT; Eileen Hancherik, PT, with service dog Victor; Jenni Tiller, PT; Patti Herman, PTA; Nancy Alexander, PT, CSCS; Randy Jacque, Director of Health Services; Bonnie Lyon, PT Aide.

Thompson Health's Physical Therapy department has won the "Outstanding Center for Physical Therapy Clinical Education Award." This recognizes the department's ongoing commitment to excellence and providing students with a positive learning experience. This award is given to only two clinics in New York State (one award to the upstate region and one to downstate) and New Jersey.

Jill Dungey, an educator from Upstate Medical University, presented the award to the Rehabilitation Services department last April. "The clinical instructors at Thompson uniformly provided an excellent learning environment for students on all levels of clinical experience that fosters strong decision-making and skills," said Dungey.

"The therapists model professionalism in their interactions with other health care providers, students and patients and continually strive to develop and enhance their knowledge and skills," she adds.

Clinical instructors are responsible for developing individualized education programs for students to enhance their level of knowledge and skill. Techniques include teaching sessions that incorporate role-playing, discussions, and traditional in-services. Previous winners include New York University Hospital and Roswell Park.

Meet the Staff: Occupational Therapy

Thompson Health offers Occupational Therapy services at two locations: HealthWorks, 1160 Corporate Drive in Farmington and F.F. Thompson Hospital, 350 Parrish Street in Canandaigua. Occupational Therapists provide service at HealthWorks on Mondays, Tuesdays and Thursdays. Services include hand and upper extremity, neuro and lymphedema. To schedule an appointment at either location, call the Occupational Therapy department in Farmington at (585) 924-4449 or F.F. Thompson Hospital at (585) 396-6056.

Courtney R. Middleton, OTR/L: OT Clinical Coordinator of Outpatient Services



Middleton

Courtney has been a Thompson Health Occupational Therapist since 1998. She has served as Occupational Therapy Clinical Coordinator since 2000. She currently acts as Outpatient Coordinator and Clinician in both the Canandaigua and Farmington clinics. Courtney provides hand/upper extremity care and lymphedema treatment at both of

these sites. Courtney is certified in Complete Decongestive Therapy and Manual Lymph Drainage. Additional experience and interests includes splinting, ergonomics/industrial rehabilitation, inpatient acute, long-term care and skilled rehabilitation.

Teresa Wheatley OTR/L, MS

Teresa has worked as an Occupational Therapist for 25 years. Originally, Teresa volunteered in a hospital as a candy striper, observing the many professions before deciding to pursue a career as an Occupational Therapist. Teresa has worked the majority of the last 10 years with patients having hand injuries. She also has experience working with adults with developmental disabilities, older adults and pediatrics. Her education began at Erie Community College in Buffalo and was completed at the University of Southern California with a Masters degree in Occupational Therapy.



Wheatley

Jill Case, OTR/L: OT Clinical Coordinator of Inpatient/Continuing Care Services



Case

Jill has been with Thompson Health for over two years and has recently taken on the Clinical Coordinator position overseeing inpatient and Continuing Care Center Occupational Therapy services. She currently works in the M.M. Ewing Continuing Care Center, where she cares for the needs of the long-term care and post-acute rehab patients. Jill

also provides hand/upper extremity care at the Farmington outpatient clinic. Jill is a nationally registered and licensed Occupational Therapist. She graduated from Keuka College in 2002 and is currently completing a Masters Degree in Occupational Therapy with a Certification in Geriatric Health Management at A.T. Still University in Arizona.

Angela B. Conners OTL, LMT

Angela spent five years working in a long-term care and skilled rehab setting prior to joining Thompson Health. She is the primary inpatient and lymphedema Occupational Therapist for Thompson Health and is also a Licensed Massage Therapist. Angela graduated from Keuka College in 1999 and completed training at Onondaga School of Therapeutic Massage in July 2005. Angela achieved certification in Complete Decongestive Therapy and Manual Lymph Drainage from the Academy of Lymphatic Studies.



Conners

Rehab Services News and Events



Several Associates from Thompson Health volunteered at this year's "Ride for Independence."

Annual Ride for Independence Raises Over \$1,100 for Thompson Health's Aftercare Program

The "Ride for Independence" was held Saturday, July 29 at Onanda Park, West Lake Road, Canandaigua. The ride drew 58 bikers and raised over \$1,100 for Thompson Health's Rehabilitation Services Aftercare Program. The Aftercare Program helps people with chronic disease maintain their level of function and independence in the community. The program's mission is to provide patients with continued services after their insurance benefits have ended or they have reached a maintenance level in their therapy. The committee would like to thank this year's sponsors: Towners Bike Shop, Kinney Drug Foundation, Alexandra Burkett, Esq., Dr. Geoffrey Hallstead and Tops.



Wayne Rath, PT, Dip MDT, demonstrates an assessment technique with Eileen Hancherik, PT, Thompson Health.

Thompson Health Hosts Duffy-Rath Course

Thompson Health hosted a Duffy-Rath Systems course on December 2 and 3 entitled, "Treatment of Repetitive Strain-Cumulative Disorders of the Limbs." This provided clinicians from Thompson and all over western New York the opportunity to study and practice evaluation and treatment strategies for conditions such as shoulder impingement, tennis elbow, carpal tunnel, trigger finger and DeQuervain's, osteoarthritis, bursitis and peripheral entrapment neuropathy. As always with Duffy-Rath courses, the treatment of real patients enhances the educational experience of the workshop and helps the participant develop more effective strategies for clinical application.

Sports Medicine Symposium Set for March 10, 2007

**Mark
Your
Calendars!**

The 12th Annual Finger Lakes Sports Medicine Symposium will be held Saturday, March 10, 2007 at the Inn on the Lake, 770 S. Main St., Canandaigua. The program runs from 8 am-4:30 pm. Some of the speakers include Dale Buchberger, DC, PT, Victory Sports Medicine and Orthopedics; Andy Smith, ATC, Canisius College; and Chris Fischetti, PT, ATC, Buffalo Bills. A free buffet lunch will be provided to all attendees. Call (585) 396-6700 for registration information.