

INSIDE THIS ISSUE:

<i>Behind the Mask of Parkinson's</i>	2
<i>Carve the Turkey – Not Your Hand</i>	3
<i>Employee of the Quarter</i>	4
<i>Jokes of the Quarter</i>	4
<i>Announcements</i>	5



**What patients
are saying:**

*Here are some quotes from
our satisfaction surveys:*

**“I had success in only
3 weeks of therapy!”**

**“Great therapists and
office staff ... helpful,
kind, and efficient!”**

**“My first time in
physical therapy, they
made me feel safe and
comfortable”**

**“It’s no fun having
hand problems, but
the Yakobinas were
great.”**



Located in the Black Hills Medical Park, just adjacent to Capital Medical Center, our outpatient clinic serves our community by offering a variety of treatment options. Our experienced Physical Therapy staff is well-equipped to manage musculoskeletal injuries, post-operative care, degenerative conditions, and motor imbalances. We offer specialty programs for the treatment of lymphedema, urinary incontinence, vestibular rehabilitation, and balance disorders. We also have the only certified McKenzie practitioner in the area to treat mechanical diagnoses of the spine.

Our Hand Therapy clinic staff includes Certified Hand Therapists who have specialized training in treating upper extremity conditions. Their expertise allows them to successfully treat all types of diagnoses – from tendon lacerations to amputations, arthritis, sprains, strains, and countless other injuries. They pride themselves on creating a caring and positive atmosphere that is conducive to healing.

All therapists perform thorough evaluations to design a treatment plan to meet each individual’s needs. Experienced therapists and customized care are two reasons our patients rated at 98.6% satisfaction rate with our services, as indicated by our most recent patient satisfaction surveys.

We strive to provide our clients with the best quality of care, to get them back in action again!

We’re on the World Wide Web...

**Come visit us at our new website at
www.mycmctherapy.com and learn more about our
clinic, therapists, and wide range of services.**

THE REHAB READER

BEHIND THE MASK OF PARKINSON'S

by Kate King, LMP, Andrea Wheeler, PT, and Chris Nixon, PT



Parkinson's is a degenerative brain disease characterized by a decrease in the production of dopamine, a chemical that is responsible for directing and controlling body movement and muscle use. The classic triad of major Parkinson's symptoms is tremor, rigidity (muscle stiffness), and bradykinesia (slowness of movement). In the early stages of the disease, tremors typically affect only one side of the body and present as a regular and rhythmic shaking of the affected limb. It may be present intermittently and usually disappears when the individual is asleep or quietly resting. Rigidity is stiffness in the arms or legs and is often not noticed by the patient until

the later stages of the disease. Bradykinesia, literally meaning slow movement, is slowness in initiating and executing movement in an individual with Parkinson's. When the patient needs to complete repetitive motion tasks, such as walking, the longer the task (or farther the walk), the slower and "smaller" the movements will become.

As the disease progresses, the increasing severity of the three major symptoms lead to difficulty initiating and controlling even the simplest movements. This difficulty with movement combined with the characteristic stooped and shuffling Parkinson's gait pattern increases the risk of falls for people living with the disease.

Major Symptoms:

Tremor
Rigidity – muscle stiffness
Bradykinesia – slowness of movement
Akinesia – absence of movement
Balance and movement problems

Minor Symptoms:

Dysphonia – low soft voice
Micrographia – small size of handwriting
Masked facies – loss of facial expression
Seborrhea – excessively oily skin
Dysphagia – difficulty in swallowing
Autonomic symptoms – urinary urgency/sweating
Pain and other sensory symptoms
Fatigue
Cognitive dysfunction and dementia
Depression
Sleep disturbance
Sexual problems

At Capital Medical Center, our physical and occupational therapists work with Parkinson's patients in the inpatient and outpatient settings. Every patient is evaluated and an individualized therapeutic exercise program is designed utilizing treadmills, bikes, therapy balls, balance tools, weights, and resistive rubber bands. Because Parkinson's affects the ability to move, exercise helps to keep muscles strong, flexible, and coordinated. While exercise does not stop the progression of Parkinson's, it will improve balance and prevent joint stiffness. Our therapists work on the rhythmic coordination of active motions to promote proper movement patterns by employing movement re-education techniques to maximize efficiency and power for normal function. The goal of therapy is to maintain function, prevent loss of movement, and reduce falls.

Getting started can be a challenge and we recognize the importance of one-on-one teaching. We include family members and loved ones and encourage them to help the patient continue his/her program. Once we have established an exercise routine, our hope is that the patient will be able to continue on his/her own.

If you would like additional information pertaining to Parkinson's treatment please contact us at Capital Medical Center Physical Therapy at 360-956-2562.

THE REHAB READER

CARVE THE TURKEY – NOT YOUR HAND!

Prevent Hand and Wrist Injuries while Cooking for the Holidays

by Stephanie Yakobina, OTR/L, CHT and Sheila Yakobina, OTR/L, CHT

This holiday season, we would like to offer a few simple cooking injury prevention tips to help people avoid common hand and arm injuries in the kitchen. According to hand therapists, while burns and cuts are the most common cooking injuries, repetitive stress injuries and arthritis pain can also plague budding and professional chefs as they prepare Thanksgiving and other holiday feasts. The following tips are recommended to protect your hands and to prevent injuries while in the kitchen:

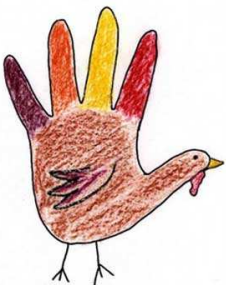
Use the right tool for the job – Use easy-to-grip versions of tools like spoons, knives, and bottle/can openers to decrease the stress on your hands and use scissors to open bags and packages instead of your thumbs. Look for tools that have oversized handles rather than standard handles - this will allow you to get the job done without requiring a tight grip and pinch.



Sit or stand up straight – Correct posture is important because the nerves that operate your fingers start in your neck. Slouching puts pressure on the neck and shoulders, which in turn can hinder the amount of motion in your arms and hands or may cause pain radiating down your arms. During activities which require you to be looking down at what you are doing, like chopping vegetables, take a moment to stand up straight, turn your head side to side, up and down, and stretch your arms over your head.

Slide, do not lift – Do not lift heavy pots and pans - slide them off burners and onto hot pads along the counter, whenever possible. When working in the oven, always slide the shelf out so you can get a good, safe grasp of the panhandles. If the pot is heavy, ask for help to take it out of the oven. This may take more time, but always choose safety over speed in the kitchen.

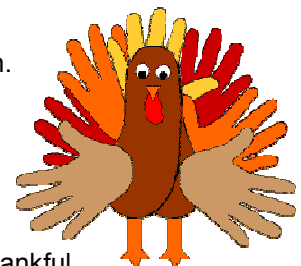
Use mitt-style potholders - The mitt-style potholder is generally safer than the simple flat design. Mitt styles protect both the top and bottom of your hands and let you concentrate on picking up the hot dish rather than trying to keep a flat potholder from sliding away from the hot handle.



Clean cutlery carefully - When washing your cutlery, do not put knives and sharp tools in the soapy dishwasher and then search blindly to find them. If you miss the handle and grab the blade, you may cut the tendons in your hand, which may require surgery and extensive rehabilitation. Instead, clean knives individually with soap and water and rinse immediately.

Don't use the naked hand with jars and tops – Unscrewing a tight jar lid can be tough on your finger and wrist joints. Before you open any jar or bottle, turn it upside down and tap the bottom lightly against the countertop two or three times. Listen for the jar to pop, indicating that the suction has been broken. If the jar has previously been opened, you may try running the lid under warm water to soften any dried product holding the lid closed. Then use a rubber top or a “Y” jar opener to finish opening the top. Better yet, select cans at the store that can be opened with an electric can opener. We recommended an electric can opener whenever possible since this activity can be particularly difficult for those with weakened or sore hands.

Pay attention – It is hard to focus on the task at hand when family and friends are vying for your attention. When chopping, removing hot items from the oven, or carrying a heavy object, it is important to take your time and watch what you are doing. These are prime opportunities to have an accident, which could result in a cut, burned, or injured finger, hand, or arm.



And remember, though these ideas are important during the holidays because of the sheer volume of cooking, they are healthy habits that should be incorporated into everyday cooking. Let's be especially thankful for those cooking! Bon Appétit!

This article was adapted by Stephanie Yakobina, OTR/L, CHT and Sheila Yakobina, OTR/L, CHT from the American Society of Hand Therapists' cooking press release.

THE REHAB READER

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Medical Words of the Quarter

Catscan - Searching for Kitty.
Fester - Quicker than someone else.
Hangnail - A coat hook.
Node - I knew it.

Medical Joke of the Quarter

Beautiful

There was a lawyer who was just waking up from anesthesia after surgery, and his wife was sitting by his side.

His eyes fluttered open and he said, "You're beautiful!" and then he fell asleep again.

His wife had never heard him say that, so she stayed by his side. A couple of minutes later his eyes fluttered open and he said "You're cute!"

Well, the wife was disappointed because instead of "beautiful" it was "cute."

She said "What happened to 'beautiful'?"

His reply was "The drugs are wearing off!"

Get to Know our Staff

Chris Nixon, PT



Chris was born in Queens, New York, and grew up in Southwest Florida. She graduated from the University of Southern Mississippi in 1981 with her BS in Athletic Administration and Coaching, specializing in Athletic Training. She then attended the University of South Alabama and in 1983 received her BS in Physical Therapy. Chris has been employed with Therapy Management Services, now EnduraCare Therapy Management, since June 1983. She has worked in acute care and outpatient settings in Mobile, AL, Miami, FL, and since 1997, here in Olympia, WA. Her interests include biking, hiking, skiing, tennis; writing & reading; and keeping up with her two boys and two basset hounds.
Professional Emphasis: Orthopedics/Manual Therapy; Lymphedema; and Balance/Vestibular Rehab.

Jack Wilder, DPT



Jack received his Doctor of Physical Therapy degree and graduated Summa Cum Laude from Creighton University. Jack brings to our clinic more than 30 years of experience and continues to stay abreast with the many changes within the physical therapy profession. He states "Physical Therapy is becoming more and more evidence-based, requiring greater clinical reasoning."

Jack is also a certified McKenzie Therapist. The McKenzie Method promotes active patient involvement and education for the mechanical problems of the neck, back, and extremities.

After running his own private practice for 25 years in San Diego, CA, Jack and his wife Nancy, decided to move to Washington to be closer to their grandchildren. Jack's hobbies include sailing, tennis, and listening to folk & bluegrass music.

MEDICARE AND YOU...

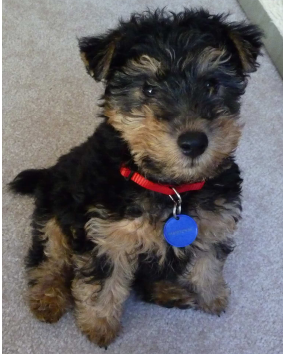
**Capital Medical Center's Physical Therapy &
Hand Therapy Center
is the ONLY outpatient clinic on the Westside
that is not restricted by the Medicare therapy cap!**

Medicare imposes a financial cap on outpatient therapy services. In 2009, this limit is \$1840 for physical and speech therapy combined, and \$1840 for occupational therapy. This cap does NOT apply to outpatient therapy services provided at Capital Medical Center. Because our clinic is part of a "hospital-based" setting, our services are not restricted by the therapy cap imposed by Medicare as are other outpatient clinics in the community.

THE REHAB READER

ANNOUNCEMENTS

NEWEST EDITION



Meet Bella!

We couldn't resist showing you Janet Notarianni 's (PTA) newest family edition, Bella. Bella is a 9 week old Welsh Terrier. Who wouldn't love such a cute face? Welcome home Bella!

JUST MARRIED



In a private ceremony, new love was celebrated by one of our staff. Sheila Yakobina OTR/L, CHT married Ryan Allen on October 3rd, 2009 at The Sleeping Lady Resort in Leavenworth, WA. It was a beautiful ceremony overlooking Icicle River and was followed by a wonderful reception. We are so happy for the bride and groom. Check out the couples' non-traditional Acro-Yoga "First Dance" on You Tube by typing in "Ryan Sheila Wedding First Dance."

Hand Surgeon Turns Rock Star!

At the joint Hand Surgery/Hand Therapy Conference in San Francisco in September 2009, our Certified Hand Therapists, Sheila and Stephanie had the opportunity to be "groupies" for hand surgeon turned electric guitarist, Dr. Christopher Allan from Harborview Medical Center. The charity event showcased the Sagittal Band, a group made up of hand surgeons from across the country. Sheila and Stephanie have known Dr. Allan for over 10 years since they completed their Hand Therapy Fellowship in Houston, Texas.

Rock on, Dr. Allan!



Therapist and Patient Work Together to Provide Great Home for Boots

Thanks to Stephanie Yakobina OTR/L, CHT, a hand Therapist at Capital Medical Center, Dale Wilder is now the proud parent of Boots, the cat. Boots was a foster cat at one of Stephanie's friend's homes. After mentioning the foster cat to Dale, it was destined that the two be together. We would like to Thank Dale for providing such a great home for Boots.



Meet Our Newest Team Members...

Jude Olsen - Aide



Jude attended the Evergreen State College and graduated with a B.A. in Life Sciences in 2001. Before joining CMC, he worked with Autistic children as a Special Education instructor at a local elementary school. This work inspired him to pursue a career in the rehabilitation field. Jude enjoys ice hockey, fishing, photography, and spending time with friends.

Andrea Graham - Office



Andrea Graham attended SPSCC and graduated with her AA in Business Administration and is looking forward to furthering her education. Andrea is a mom of two lovely boys who take up the majority of her time. She also enjoys spending time with her family in the great outdoors: hunting, hiking, and camping.