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MEDICARE & YOU.....

CMC Physical & 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 2011, this limit is \$1870 for physical and speech therapy combined, and \$1870 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.

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 of our 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 reported a 98.6% satisfaction rate with our services, as indicated by our most recent patient satisfaction surveys.

Caring People. Improving Lives.
We're on the World Wide Web...

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

THE REHAB READER



Splashing into Summer

The Benefits of Aquatic Exercises

By Janet Notarianni, PTA

Summer is around the corner and this is the time of year that we think of swimming and frolicking in the sun. Swimming can also be a good opportunity to practice your therapy. Aquatic exercises are a nice addition to your other weight bearing (land) exercise programs. The buoyancy of the water reduces the compressive forces on the joints and is a medium that can be beneficial for (but not limited to): low back pain, arthritis, and neurological diagnosis. It can be a gentle way to work on strengthening, flexibility, and range of motion.

It's a good idea to be familiar with the components of water that effect movement and will be important when considering an aquatic exercise program, they are; buoyancy, viscosity, cohesion, speed of movement, surface area, and temperature.

Buoyancy – (Archimedes principle) Buoyancy is the up thrust experienced by an object in the water, the force of the up thrust is equal to the weight of the fluid that is displaced by the object.



Buoyancy allows us to decrease the compressive forces on our joints when in the water, depending on the level to which the body is submerged. The compressive forces on the spinal joints are reduced approximately 90% if standing in neck deep water, 70% if the water is at sternal height, and about 50% standing in waist deep water.

Buoyancy can also be used to assist in range of motion. Using the shoulder as one example; standing in neck deep water and allowing the shoulder to be elevated by the buoyancy of the water will assist in shoulder range of motion. The same principle can be applied to various joints, such as the hip, elbow, and knee.

Cohesion and viscosity – relates to the force of the water surrounding a body or object in the water and the resistance that force provides. This principle is important when considering how to move and how to use these forces to provide resistance during movement for strengthening.

Increasing **speed of movement** will add resistance and strength training. You can also increase the **surface area** pushing through the water, by using your hands as paddles – fingers together for the most resistance, fingers open for less or turn hands and use a slicing motion through the water for even less resistance.

Core strengthening can be achieved by holding your neutral spine position, walking in the water, and using the force of the water surrounding the body as resistance for spine stabilization. You can also use hand placement to vary the resistance while maintaining the core in a neutral posture.

Cohesion and viscosity can also be considered when working on balance. The water will help support your upright posture for balance. Movement will add a challenge to work on increasing balance.

Water Temperature - The ideal water temperature for therapeutic exercise is between 89-93 degrees. Warmer temperatures increase relaxation, can help decrease low back pain and muscle spasms, improves flexibility by making stretching easier, and the warmer water temperatures make the initial tolerance to exercise more comfortable.

Being in water temperatures cooler than 89.3 degrees may result in an increase in tenseness and in muscle tone due to stimulation of motor neurons. That being said, there are some people who should consider cooler temperature pools. Pregnant women should exercise in cooler water ranging from 86-89.6 degrees. Neurological patients, especially those with Multiple Sclerosis, should exercise in water cooler than 92.6 degrees.



If you have any further questions on how to incorporate water exercises into your current program we will be glad to assist you.

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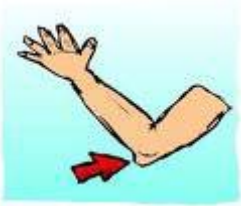
What a Pain in the Elbow!

Hand Therapists Provide Treatment Advice for Tennis Elbow

By Sheila Yakobina, MA, OTR/L, CHT and
Stephanie Yakobina, MA, OTR/L, CHT

Not Just for Tennis Players

This article offers specialized tips to help individuals avoid injury as they jump back into their summer activities. Though tennis elbow is seen in approximately one-third of the tennis population, it is even more prevalent outside of the sport. The majority of people treated for tennis elbow in hand therapy get it from repetitive wrist extension such as overuse when keyboarding, gardening, or golfing.



So What is Tennis Elbow?

Tennis elbow is the irritation of the tendon as it inserts into the bone on the elbow. The tendons that are most often to blame are the tendons that pull the wrist back into extension. Individuals suffering from tennis elbow may report that they have pain at the outer side of the elbow performing activities using the hand or wrist. As a result, daily activities such as typing, ironing, vacuuming, writing, or even lifting a coffee cup may become too painful to perform.

How is it Treated?

Unfortunately, by the time most people are treated in hand therapy, the pain has become so excruciating that it interferes with their everyday activities. So generally we recommend a program of rest. "Your arm needs a vacation," recommends Stephanie Yakobina, Certified Hand Therapist at Capital Medical Center, "your arm needs to avoid activities that cause pain."

Do's and Don'ts

- Consider wearing a tennis elbow band during waking hours. If you play tennis, wear a counterforce brace while playing your match. The counterforce brace gives external support to the involved muscles and relieves stress on the area.
- Consider wearing a splint that immobilizes your wrist 24 hours a day.
- Always pick up objects with the palm of your hand facing up – do not pick up objects with the palm of your hand facing down.
- Do not pick up objects that are heavier than 2 pounds such as a coffee cup (a gallon of milk weighs 8 pounds).
- Do not perform heavy & repetitive grasping activities (hammering, painting, wringing washcloths, filing, etc.)
- Take frequent rest breaks and/or alter tasks every 15 minutes. Initially, ice will feel better on an inflamed tendon. However, when the symptoms become more chronic, consider applying heat (hot pack, heating pad) at least 2 times a day for 10-15 minutes.
- And most importantly, if you are performing an activity and you begin experiencing pain at your elbow – **STOP THE ACTIVITY** – do not try to work through the pain! Your body is telling you that you are re-injuring the tendon.
- Stretch and warm up before heavier activities and then ice the elbow area well after you are done. This will help decrease the chances of inflammation and re-injury.



Treatment for tennis elbow involves a combination of rest, change of activity, heat/ice, massage and a rehabilitation program that will include instruction in appropriate stretching and strengthening exercises. For rehabilitation and general consultation, please feel free to contact our office with questions.



Capital Medical Center

If you have any questions, please contact the Hand Therapy Department at 360-956-2562. We can help you identify problems and make recommendations to avoid bad habits and postures before they do permanent damage to your hands, wrists, and arms.

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www.mycmctherapy.com

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Recipe of the Quarter

Low Fat Raspberry-Pineapple Parfaits

Serving Size: 4 parfaits

Ingredients:

- 2 8-ounce containers (2 cups) nonfat peach yogurt
- 1/2 pint fresh raspberries, (about 1 1/4 cups)
- 1 1/2 cups fresh, frozen or canned pineapple chunks

Preparation

Divide and layer yogurt, raspberries and pineapple into 4 glasses.

Nutrition – Per Serving

109 calories; 0 g fat; 2mg cholesterol; 23g carb; 5g protein; 3g fiber; 58mg sodium; 113mg potassium.

Get to Know our Staff

Kate King



Kate has been with CMC for 7 years. She started working as an OT aide and currently works in the front office. Kate graduated from The Evergreen State College in 2009 with a Bachelors of Arts and is currently attending nursing school with an anticipated graduation date of September 2011. In addition to pursuing a degree in nursing, Kate is also a Licensed Massage Practitioner. Kate enjoys reading, traveling, and spending time with her friends and family.

Andrea Graham



Andrea has been a member of our team for nearly two years. She graduated from South Puget Sound Community College in 2010 with an Associates degree in business administration. She's also the proud mom of two boys, who keep her busy with baseball and football. In her free-time, Andrea enjoys camping, fishing, and spending time with friends and family.

Inpatient Staff



Elaine, Cheryl, Chris, Gail, and Becky

Office Biggest Loser Contest!

Recently, 10 members of our team started competing in an office Biggest Loser contest, and after 8 weeks they have lost a combined whopping 84 lbs! They plan to continue the contest for another 8 weeks...way to go team, and good luck!

THE REHAB READER

ANNOUNCEMENTS

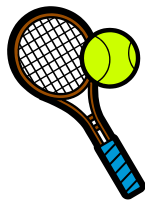
Locks of Love

Two years ago, Kate King started growing her hair out in order to donate it to Locks of Love. Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children under 21, in the United States and Canada suffering from long-term medical hair loss. Kate donated 23 inches of her beautiful brown hair to the organization. This is just one of the many ways that Kate gives back to her community; in addition to donating her hair, she is also an active member of Relay for Life, and a swimming coach for the Thurston County Thunderfish Special Olympics swim team.



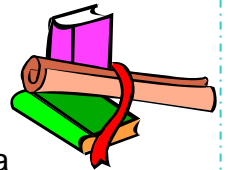
Tennis Champ!

Our very own PT Jack Wilder recently won his local tennis league and has qualified to compete in the USTA Super Seniors Sectionals Tennis Tournament this June in Sun River, OR. Good luck Jack! Bring home the gold!



In Pursuit of Higher Education...

Janet Notarianni PTA attended a Comprehensive Treatment of the Knee course the weekend of April 30th. She brought back knowledge of the most up-to-date joint mobilization and taping techniques and is eager to put this knowledge to use in patient care.



Meet our Newest Team Member:



We would like to welcome Mickey Ziegler to our team! Mickey originally joined us one year ago as a hospital volunteer and was recently hired on as an official staff member. Mickey is the proud parent of 3 lovely daughters, recently adopted a Boston Terrier Pug, and has been happily married to her husband Chad for the past 9 years. We are so happy and thrilled to have her become a permanent part of our team. Welcome Mickey!