

INSIDE THIS ISSUE:

<i>Treating Lymphedema</i>	2
<i>Two Thumbs Up for Splinting</i>	3
<i>Get to Know our Staff</i>	4
<i>Tidbit of the Month</i>	4
<i>Announcements</i>	5



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 rated at 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.mycmctherapy.com and learn more about our clinic, therapists, and wide range of services.

THE REHAB READER

Treating Lymphedema

by Chris Nixon, PT

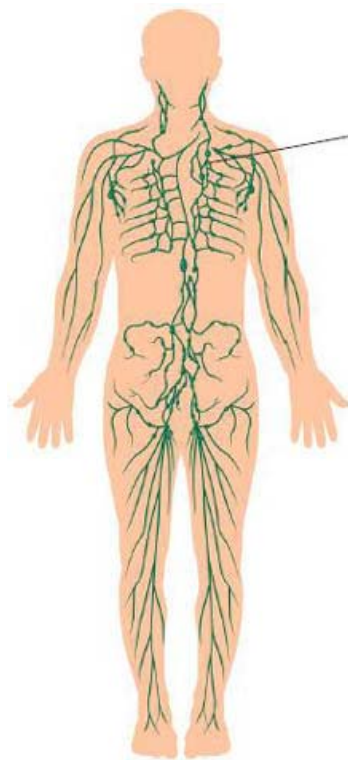
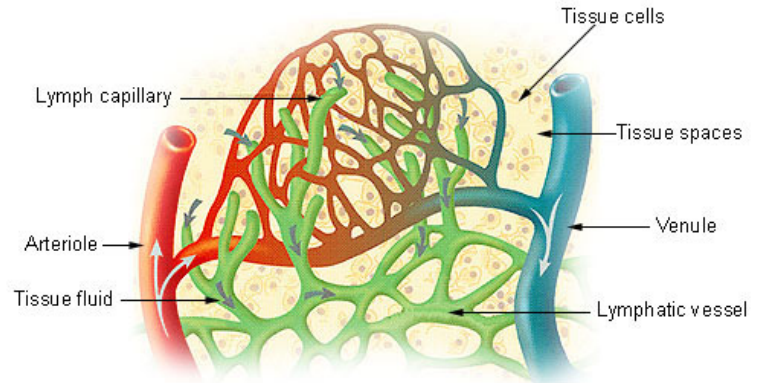
Lymphedema is swelling of a body part due to accumulation of protein-rich fluid in the interstitial spaces of the tissues. To better understand how this condition occurs, let's look at how the lymphatic system works.

There is a network of capillary vessels through the body that carry lymph fluid out of the tissues, through a series of collecting vessels and lymph nodes, and eventually to the kidneys to be excreted. This system manages about 10% of the tissue fluid in the body. When the lymphatic system is not functioning adequately, lymph fluid, which contains protein molecules too large to enter the venous system, 'backlogs' in the tissue spaces causing the swelling.

Lymphedema can be termed primary or secondary.

Primary lymphedema is usually congenital and involves some type of malformation of the lymph system. Secondary lymphedema occurs after there has been damage or injury to part(s) of the lymphatic system. Examples of secondary lymphedema include lymph node dissection or radiation therapy in the treatment of cancer, significant tissue trauma, and infection. Venous stasis or insufficiency can also cause lymphedema due to the overload of fluid in the tissues.

Lymph Capillaries in the Tissue Spaces



Treatment for lymphedema, or Decongestive Therapy, works to improve the movement of lymph from the tissues. This movement is influenced by a variety of factors: the anatomy of the lymph vessels, the parasympathetic nervous system (PNS), and external forces such as respiration and muscle contractions. External stretch of the skin stimulates the PNS, so manual drainage massage is one of the key components of decongestive therapy. Use of compression bandages or garments on the affected limb, specific exercises to reduce swelling, and deep abdominal breathing are also part of the treatment program.

Not everyone will develop a problem with swelling after an insult to the lymphatic system, and problems may not occur until months or even years afterward. Prevention measures are important for individuals whose lymphatic system is compromised. Good skin care, avoiding insect bites, cuts, sunburn, and excessive activity with the limb, and even preventative drainage massage are some ways to avoid or minimize problems.

If a person does develop swelling, the sooner the treatment is started the better the condition can be managed. Left untreated, lymphedema can lead to pain, postural abnormalities, increased risk to develop infection, difficulty with activities of daily living, and decreased mobility. Our outpatient clinic offers full Decongestive Therapy through our Physical Therapy Department. Contact your physician or primary provider if you need a referral for treatment. If you have questions about this condition, please feel free to contact our Physical Therapy Department at 360-956-2562.

THE REHAB READER

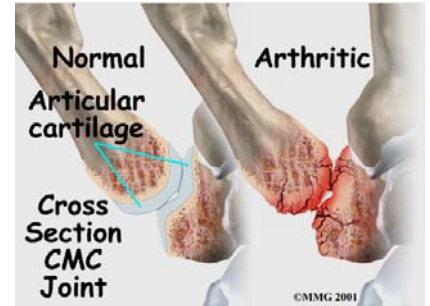
RESEARCH SAYS TWO THUMBS UP FOR SPLINTING!!!

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



Our multi-tasking lifestyles can take a toll on our thumbs. We take our thumbs for granted until we sustain an injury and can't use them to perform our normal activities, like buttoning our pants or lifting a cup of coffee. Then we realize just how important our thumbs are to our quality of life.

According to research, the thumb accounts for approximately 40 – 50% of hand function. Thumb injuries can result in significant functional loss of the hand in daily activities such as turning a key, peeling vegetables, and getting dressed.



Common symptoms of thumb injuries and arthritis include weakness and pain when pinching. You may be surprised to find out that arthritis of the thumb affects approximately one third of women between the ages of 40 to 75. In the past, cortisone shots and surgery were often considered the only way to relieve thumb pain. However, there is hope...and it's much less invasive.



In a study conducted by Pat McKee, Associate Professor in the Occupational Therapy Department at the University of Toronto, researchers found that custom-molded splints fabricated by hand therapists decreased patients' pain, increased their pinch strength, and improved their overall hand function.

The study compared two splints and found that the smaller one which stabilized the base of the thumb and left the wrist free was highly preferred. The study found that splints did not have to be bulky to do a good job. The smaller the splint, the happier the customer!

Patients should consider splints as a first-line treatment option prior to surgery. Hand therapists are extensively trained in the fabrication and fitting of custom splints to decrease pain from problems such as arthritis. More and more people are using splints to successfully delay or avoid surgical procedures for thumb arthritis.



Here at Capital Medical Center's Hand Therapy Center, our certified hand therapists can help you identify thumb injuries and arthritis and are experts at fabricating customized thumb splints. Certified hand therapists are trained to treat thumb conditions by providing customized exercises to decrease pain, while increasing strength, and function. Other treatment techniques include paraffin, massage, activity modification, the "lock and load" thumb posture, and isometric strengthening. Our hand therapists are equally qualified to guide rehabilitation and maximize recovery and function if an arthritic condition has required surgery.



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.

405-G Black Hills Lane SW • Olympia, WA 98502 • (360) 956-2562

www.mycmctherapy.com

THE REHAB READER

Capital Medical Center
Physical & Hand Therapy
 405 G Black Hills LN SW
 Olympia, WA 98502
 Phone: 360-956-2562
 Fax: 360-956-1894
 www.mycmctherapy.com

Eat Breakfast Everyday

- * Adults who skip breakfast are less mentally and physically efficient for longer periods during the day
- * Eating breakfast has been shown to increase concentration
- * Eating breakfast can raise metabolism by as much as 10 percent

Recipe of the Quarter

Berry Healthy Breakfast Smoothie

Makes 2 servings

Ingredients:

½ cup blueberries

½ cup strawberries

½ cup blackberries

1 medium carrot

1 cup low-fat milk

1 cup pomegranate
(cranberries is okay to substitute)

2 cups of ice

Add all ingredients into a blender. Blend until mixed. Serve into your favorite tall glass and enjoy.

*Frozen fruit usually works better

Get to Know our

Gail Baudendistel, PT



Gail was born and raised in Wisconsin where she grew up enjoying winter activities such as skiing, ice skating, and snowmobiling. It was through her love of these cold weather sports that Gail discovered the wonderful world of human anatomy (and all, that can bend, break, sprain, or strain!). She then pursued a BS in Physical Therapy followed by a Masters in Anatomy from St. Louis University in Missouri. Gail's natural curiosity in the world around her has led to work in all the areas of Physical Therapy, in addition to teaching courses in gross anatomy, histology, and neuroanatomy. Gail is enjoying meeting the *people of Olympia*, and would like to meet you too!

Stephanie Yakobina, MA, OTR/L, CHT



Stephanie received her Bachelor of Science degree in Occupational Therapy in 1994 at McGill University in Montreal, Canada, and completed a Hand Therapy Fellowship at Texas Woman's University in Houston, Texas in 1998. She has been a Certified Hand Therapist since 2001 and in May of this year graduated from Texas Woman's University with a Master's degree in Advanced Hand Therapy. Stephanie was the recipient of the Presidential Award and the President's Gold Award for her contributions to the American Society of Hand Therapists. Stephanie got married this October to Mike Zalewski, a mechanical engineer at Boeing. Her interests include biking, going to the gym, traveling, reading, and baking.

THE REHAB READER

ANNOUNCEMENTS

She Has Arrived!!!

Thea Yakobina Allen

We would like to welcome a new addition to the CMC Family. Certified Hand Therapist, Sheila Yakobina, and her husband, Ryan Allen, became parents on July 14, 2010 at 11:38 pm. At birth, Thea Yakobina Allen weighed 8 lbs 2 oz and measured 20 inches long. It's hard to believe that she is already 7 months old.



Just Married

On October 23rd 2010 in a beautiful ceremony on Whidbey Island, Stephanie Yakobina and Mike Zalewski **FINALLY** tied the knot! Congrats to the Happy Couple. To view their magical "First Dance," you can search "Mike and Stephanie First Dance" on YouTube or type in www.youtube.com/watch?v=uqDtnrUtDp8



In Pursuit of Higher Education...

Jami Bracy COTA/L, Sheila Yakobina, OTR/L, CHT, Stephanie Yakobina, OTR/L, CHT, and Janet Notarianni, PTA attended a Fibromyalgia educational presentation on November 10, 2010 sponsored by the monthly South Sound Hand Therapy Group. They learned about the most up-to-date treatment techniques, medications, and community resources for fibromyalgia patients.

