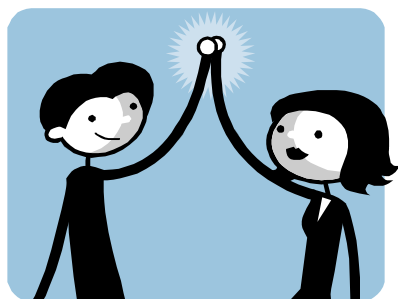


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What patients are saying..

Here are some quotes from our satisfaction surveys.

"You are fortunate to have such a competent and conscientious staff."

"The hand therapists are.. "skilled and know their stuff- the service I received made a huge difference in my recovery time."

"All (the physical) therapists were excellent and very knowledgeable."



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. They 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 boasts Occupational Therapists who are certified specialists in hand therapy. Their expertise allows them to successfully treat all types of upper extremity conditions – from tendon ruptures to amputations, arthritis, sprains, strains and countless other injuries. Each of our hand therapists excel at providing state-of-the-art services to manage these conditions.

The therapists all perform thorough evaluations of each patient to design a treatment plan specific to the individual client's needs. Skilled therapists and customized care are two reasons our patients indicated a 98.2% satisfaction rate with our services, as indicated by our patient surveys.

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

REHAB TOPIC OF THE MONTH

Ankle Recovery

Injury to the ankle is very common. Physical Therapy can help rehabilitate the ankle and restore maximum function. The focus of therapy is to decrease the pain associated with injury and promote healing of tissues, and to increase the strength and proprioception to prevent future injury.

After an injury it is important to restore flexibility. The motions that the ankle needs for function include pointing the foot down (plantarflexion), pulling the foot up (dorsiflexion), tipping the inside edge of your foot up and in (supination with inversion), tipping the outside edge of your foot up and out (pronation and eversion). Motion and strength in all of these directions is included in rehabilitation. A common and effective exercise to start early is called “the alphabet”. By drawing one letter at a time using your great toe as a pencil, you can begin to move into all of these directions.

Strengthening exercises are necessary for the muscles that control the ankle. Elastic “therabands” can be used to provide resistance during an exercise. The elastic supplies a resistive force ranging from light to heavy depending on the color of the band. As the ankle increases in strength, the level of resistance increases. Maximum strength is needed to return to functional activities and to prevent reoccurring injury.

Bearing weight into the foot and creating stability and balance is also a very important component of the rehabilitation program. Proprioception—the body’s awareness of its position in space— is often disrupted with an ankle injury. Restoring this position sense is important for balance and the body’s overall stability. Balance boards, foam rollers, the pro fitter, and the treadmills are some of the devices used. As the ankle becomes more stable and strong it will allow for more dynamic activities such as jumping, running, fast turning, and other associated athletic challenges.

Recovering from an ankle injury takes time and hard work. Preventing re-injury is important and needs to include retraining motion, strength, and balance. Physical Therapy can help aid in the healing process and promote maximum recovery.

Provided by: Andrea Wheeler P.T.

Ankle Sprain Exercises

Rehabilitation of the ankle should proceed in a particular step pattern beginning with non-weight bearing exercises. Once the initial swelling and pain has diminished, resistive exercises (commonly involving “therabands”) can further progress your recovery, whereas weight bearing and balance activities are typically found in the final phase of your ankle rehabilitation. The “Alphabet” exercise below is a terrific non-weight bearing exercise to begin with and will promote healthy range of motion.

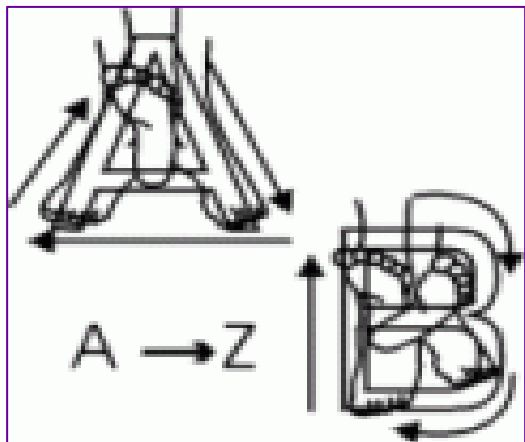
“Alphabet Exercise”

Lie down near the end of your bed and allow your injured ankle to dangle over the edge.

Imagine that your big toe is a pencil and slowly begin to trace out the letter “A”.

The motion should be small at first (think small letters), but as you feel more comfortable begin drawing larger letters or try writing them in cursive for an even greater challenge.

Provided by: Kris Johnson, B.S. Exercise Science



Helpful Tips

- You should feel a good stretch as you’re drawing the alphabet. Injured ankles are often very tender but this exercise should not cause an increase in pain. If it does – simply start by drawing smaller letters.
- Shoes are often heavy, so feel free to remove them to reduce any unnecessary stress on your ankle.
- Remember the “R.I.C.E.” motto for an acute injury: **R**est, **I**ce, **C**ompression, and **E**levation. Make sure to use protective layers between the ice pack and your skin, and never leave ice on for more than 20 minutes at a time. Compression bandages (i.e. Ace bandages) should not be so tight that they cut off blood flow.

REHAB TOPIC OF THE MONTH

Getting the Upper Hand with Arthritis

Written by

Sheila Yakobina, OTR/L, CHT & Stephanie Yakobina, OTR/L, CHT

According to the Arthritis Foundation, 46 million Americans live with arthritis or chronic joint symptoms. Arthritis symptoms limit activities such as dressing, bathing, and cooking for more than 7 million Americans. Your hands are constantly on the go. Everyday activities, such as preparing a meal, gardening, or using your computer, can damage your joints over time. Just a minute of thought before you use your hands can help reduce pain, stress, and inflammation of your joints. Joint protection techniques may help prevent further deformities and increase your independence in daily activities. Here are a few tips to keep your hand healthy:

Give Your Hands a Break:

- If you have pain during an activity, stop the activity. Pain is one of the best ways your body has of letting you know that you are causing tissue damage. So listen to and respect your pain.
- Protect the small joints of your hands and avoid carrying several plastic grocery bags at once. Use paper bags, carry them one at a time, and hold them at the bottom instead of using the handles.
- If writing is painful, try using an enlarged grip pen with a gel tip to decrease the amount of pressure used.
- Remember to take rest breaks every 15 minutes during repetitive activities such as sewing and hammering.
- Figure out which activities aggravate your symptoms and modify them - don't be afraid to ask others for help.
- Use pump shampoos, conditioners, and toothpaste; use the palm of your hand to pump instead of squeezing the container.

Don't Use your Hand as a Tool!

- Don't tear your mail open - use a letter opener. Use utility scissors in the kitchen - do not rip open bags.
- Always use the right tool for the job - use pliers for tight pinching and a small hammer for pounding.
- Go electric! Get rid of your manual can opener - it places excessive strain on your fingers and thumb.
- Instead of holding open books or magazines with one hand - use a bookstand or holder to bring the book to eye level and a book clip or "chip" clip to avoid prolonged gripping.

Use Adaptive Equipment to Decrease Stress on your Joints:

- Use foam to enlarge small diameter objects such as cutlery, toothbrushes, paintbrushes, pens and pencils.
- Purchase lightweight kitchen, gardening, and workshop tools with built-up handles.
- Opening jars places undue stress on your joints - use a non-slip jar opener.
- If you have pain when using keys to open doors, consider adding a key extender.
- If you have difficulty opening doorknobs or faucets, purchase doorknob or water faucet handle extenders.
- Perform a search on the Internet for "adaptive equipment" to see what products are available.

When Symptoms Become Severe

If you have already tried these techniques but you are still experiencing symptoms, it might be time to consider other treatment options such as hand therapy. Certified Hand Therapists are therapists with specialized training in the treatment of hand and upper extremity conditions. Hand therapy plays an important role in the management of arthritis; long term benefits include reducing pain, increasing motion and strength, and improving overall function. If you believe that you would benefit from hand therapy, contact your physician and request a referral. Feel free to contact us with questions at the Hand Therapy Center at Capital Medical Center at 360-956-2562.

Capital Medical Center

Physical, Occupational, and
Hand Therapy

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Medical

Words of the Quarter

Artery- Study of paintings

Nitrate- Cheaper than day rate

Tumor- An extra pair

Urine- Opposite of you're out

Medical

Jokes of the Quarter

-- A man goes to the doctor
and says to the doctor:

"It hurts when I press here"
(pressing his side)

"And when I press here"
(pressing the other side)

"And here" (his leg)

"And here, here and here"
(his other leg and both
arms)

-- So the doctor examined
him all over and finally dis-
covered what was wrong...

"You've got a broken finger!"

A man was wheeling himself fran-
tically down the hall of the hospital
in his wheelchair, just before his
operation. A nurse stopped him
and asked, "What's the matter?"

He said, "I heard the nurse say,
'It's a very simple operation, don't
worry, I'm sure it will be all right.'"

"She was just trying to comfort
you, what's so frightening about
that?"

"She wasn't talking to me. She
was talking to the doctor!"

Get to Know our Staff

Andrea Wheeler PT



Andrea attended Quinnipiac College in Connecticut. In 1980 she graduated with a B.S. in Physical Therapy. Andrea is trained in Neuro Developmental Therapy and has worked extensively with the neurologically impaired. Her home care experience has contributed to her rehabilitation expertise. Since coming on board with Capital Medical Center she has broadened her scope of practice to include post-op orthopedics in both the inpatient and the outpatient setting. For fun, Andrea and her husband Tony enjoy boating and snowboarding.

Sheila Yakobina OTR/L, CHT



Sheila Yakobina graduated from McGill University in Montreal, Canada with a Bachelor of Science degree in Occupational Therapy and in 1998, completed a hand therapy fellowship at Texas Woman's University in Houston, Texas. She has been working as a hand therapist since 1998 and became a Certified Hand Therapist in 2001. In 2006, she moved to Olympia with her sister and three cats. She is currently pursuing her Master's degree in Advanced Hand Therapy at Texas Woman's University. Sheila was the recipient of the Presidential Award, the President's Gold Award, and the Outstanding Committee Members Award for her contributions as the 2007 chairperson for the American Society of Hand Therapists' Public Relations Committee. Her interests include international cooking, biking, running, traveling, and reading.

Employee of the Quarter

Kris Johnson Aide



Kris Johnson graduated from Western Washington University in Bellingham, Washington with a Bachelor degree in Exercise Science. Kris did his internship at Capital Medical Center, and immediately afterwards accepted a position at our facility. He is currently working on going back to school to get his doctorate in Physical Therapy. Kris is a very dedicated and hard working individual and is an integral member of our team. His interests include bowling, golfing, softball, basketball, and woodworking.