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### What patients are saying:

*Here are some quotes from our  
satisfaction surveys:*

"Everything about my treatment was a positive experience for me - I learned a lot"

"I appreciated how my needs and input were respected; my questions were taken seriously and answered."

"I was able to solve my problems with the exercises that they gave me."

"I was slightly sad when my hands got better because it meant not seeing everyone at CMC!"



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 99.4% 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!***

# THE REHAB READER

## Get your Heart Rate up to Help Ease your Back Pain

By Janet Notarianni, PTA

There are many good reasons to add aerobic conditioning to your daily routine but did you know it can also help ease your back pain?

-Aerobic conditioning increases the metabolic rate bringing more nutrients to the structures around the spine. Some areas of the spine, such as discs, have a generally low blood supply. Exercises that increase your heart rate and muscle activity increase the circulation of nutrients around these areas. Improved circulation helps promote healing.



-The heat that your body generates by aerobic conditioning can help relax tissues, make it more comfortable to stretch the muscles, and aid in reducing joint stiffness.

-Aerobic conditioning will aid in weight management which reduces stress on the spine and skeletal system.

-Increased production of endorphins are released after exercise; they are your body's natural painkiller. Along with decreasing pain, endorphins also improve mood.

-Aerobic conditioning can help reduce stress levels and improve quality of sleep. Sleep is an important component of health and well being.

### Getting Started

If you have not been involved in an exercise routine for a long period of time, you are advised to get clearance from your doctor. Some physicians may consider having you do a stress test before you start if you are over the age of 40.

Choose a low impact workout that is most comfortable to you. Some ideas are: taking a brisk walk outside, walking on a treadmill, riding a bike (regular or stationary), using an elliptical trainer, or swimming.

Ideally, you will want to get your heart rate up to approximately 70% of your maximum heart rate for at least 20-30 minutes. To determine your target heart rate during exercise, there are 2 methods:

The mathematical calculation is the formula  $220 - \text{age} = \text{maximum heart rate}$ .

An example for someone who is 40 would be  $220 - 40 = 180$  (maximum HR),  $180 \times .7$  (70%) = 126 beats per minute. So if you are 40 years old and your goal is to sustain your heart rate at approximately 70% of its maximum, you would aim for 126 beats per minute during your workout.



Another method to estimate your target heart rate is to use a Perceived Exertion Scale.

Where 0 is no exertion and 10 is maximum perceived exertion. The goal is to work out at a level that ranges in the "medium" to "somewhat hard" perceived level of exertion, which would be about a 3-6 on the 0 to 10 scale. You should be able to carry a light conversation during the exercise; if you are too winded to talk, you may have to slow your pace down.

**If you would like additional information pertaining to this article or a copy of our exercises with visual aids, please contact us at Capital Medical Center Physical Therapy at 360-956-2562.**

# THE REHAB READER

## Capital Medical Hand Therapy Clinic Success Story

### Huge Pain - Tiny Bones

By Jami Bracy, COTA/L

Osteoarthritis is a “wear and tear” arthritis that affects isolated joints and results in gradual wearing down of the cartilage at a joint, and then grinding of bone on bone. This form of arthritis commonly affects the base of the thumb, the basal joint. The basal joint allows the thumb to swivel and pivot during daily tasks. Basal joint arthritis affects many people and is aggravated by everyday activities. Postmenopausal women are frequently predisposed to this type of arthritis, due to laxity of ligaments and repetitive motion. Basal joint arthritis is aggravated by pinching, gripping, and can cause weakness in the thumb.

Carpometacarpal arthroplasty is a surgery that is commonly performed to relieve the pain associated with basal joint arthritis. To begin, the surgeon removes the trapezium, the bone at the base of the thumb, leaving an empty space. Then the surgeon anchors the base of the thumb and makes an attachment to the thumb and index finger with a tendon graft. The last step is to create a cushion in the space where the bone was removed using a tendon that is coiled up and set in place. Many surgeons use a temporary pin to keep it in place while healing. A cast is often worn for four to six weeks. The patient begins therapy after the cast is removed.



**Karen Bearden**

Karen Bearden, from Shelton, had very painful basal joint arthritis which required surgery. For rehabilitation, Karen came to the Capital Medical Center’s Hand Therapy Department. We would like to share her success story. Dr. Ghalib Hussein, from Olympia Orthopedics, performed Karen’s surgery. According to Dr. Hussein, “It’s one of my favorite surgeries.” As is customary with this diagnosis, Karen’s first therapy session began with a thorough evaluation to assess her pain levels, swelling, and range of motion. A custom splint was fabricated to protect her thumb joint, which she wore 24 hours/day. The splint was worn for five weeks with strict rules to avoid any pinching. She was allowed to remove the splint for bathing and exercising.

Sheila Yakobina, her Certified Hand Therapist recalls, “Karen always lit up the room with her warm smile. She was so much fun to work with! She always followed her home exercise program and avoided painful activities. She even brought in her mom and friends to therapy. And to top it off, she healed beautifully!”

Gentle scar massage, range of motion exercises, and management of swelling made up part of Karen’s therapy sessions. Karen progressed in therapy at a wonderful rate, with minimal pain throughout her recovery. At the 10-week post-operative date, gentle strengthening was begun and her splint use was decreased. Her home exercise program progressed from light strengthening exercises to performance of light activities, including pinching. Karen then progressed to all daily and work tasks, while monitoring her symptoms.

Today, Karen’s thumb is pain-free and she is able to use her hand without thumb joint pain. Regarding hand therapy, Karen stated, “Everybody there was wonderful. I didn’t want to quit going!” Thumbs up, Karen!

**If you or somebody you know has this diagnosis or if you have questions regarding arthritis, please feel free to contact one of Capital Medical Center’s Certified Hand Therapists at 360-956-2562.**

# THE REHAB READER

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## Medical Words of the Quarter

DILATE – TO LIVE LONG  
SEIZURE – ROMAN EMPEROR  
VEIN – CONCEITED  
VARICOSE – LOCATED NEARBY

## Medical Joke of the Quarter

### The Wife

A woman accompanied her husband to the doctor's office.

After his checkup, the doctor called the wife into his office alone. He said, "Your husband is suffering from a very severe stress disorder. If you don't follow my instructions carefully, your husband will surely die.

"Each morning, fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. For dinner prepare an especially nice meal for him.

"Don't burden him with chores. Don't discuss your problems with him; it will only make his stress worse. Do not nag him. Most importantly, make love to him regularly.

"If you can do this for the next 10 months to a year, I think your husband will regain his health completely."

On the way home, the husband asked his wife, "What did the doctor say?"

"He said you're going to die," she replied.

## 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.

### Stephanie Yakobina, 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 is currently pursuing her Master's degree in Advanced Hand Therapy at Texas Woman's University. Stephanie was the recipient of the Presidential Award and the President's Gold Award for her contributions to the American Society of Hand Therapists. Her interests include biking, weight training, traveling, reading, and baking.

## 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

### IT'S A BOY!



Congratulations to  
Mike Hicks and his wife Elissa  
on the birth of their baby boy,  
Caleb Scott Hicks.

Born: 4/9/09 at 12:50 pm

Weight: 5 lbs 8 oz

Length: 19 inches



### ENGAGED!

On their recent trip to China, Ryan Allen, a software engineer from Seattle, chose the Great Wall to propose to Sheila Yakobina, our very own CMC Certified Hand Therapist. Sheila said "YES!!!" They are scheduled to be married on October 3rd, 2009 in Leavenworth, WA.



### Welcome to the Neighborhood...

We would like to welcome Dr. Kevin Connolly and his staff, of Northwest Neuromuscular Associates, to the Black Hills Medical Park. Their office is located at 404-B Black Hills Lane SW in Olympia, WA. Dr. Connolly is Board Certified in Neurology and has practiced medicine in Olympia since 1981. He specializes in the evaluation and treatment of patients with neurological issues such as multiple sclerosis, headaches, stroke, and Parkinson's disease. To schedule an appointment, please contact his office at 438-2727.