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**What patients  
are saying:**

*Here are some quotes from  
our satisfaction surveys:*

"I've made extensive progress with my recovery and have the Hand Therapy Center at CMC to thank!"

"The staff is very friendly and knowledgeable."

"I found my physical therapist to be extremely knowledgeable, thorough, sincere, and caring."

"The receptionist went out of her way to make me comfortable."



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](http://www.mycmctherapy.com) and learn more about our  
clinic, therapists, and wide range of services.**

# THE REHAB READER

## A PAIN IN THE NECK (And it's not your out-of-town relatives!)

By Chris Nixon, PT

It is well-known that spinal pain - in the low back, the neck, or both - plagues 80 - 90% of the population at some time in their lives. Conditions or injuries that affect the neck can produce pain in the cervical spine and shoulders, headaches, loss of motion, muscle weakness, impaired function, and pain, numbness, or tingling in the arms.



Traumatic injuries such as motor vehicle accidents, falls, and sports injuries can produce sprains, strains, and even fractures. Frequently, neck pain starts without any apparent cause. Degenerative conditions, such as arthritis (spondylosis), disc disease, and stenosis, develop over time and may not cause symptoms until the condition is well-advanced.

Physical therapy plays an important role in treating neck injuries and conditions. For acute conditions, interrupting the pain cycle through soft tissue modalities and gentle exercises can reduce dysfunction and help individuals return to normal function. A safe and gradual return to normal activities is achieved as injured tissues heal.

Many neck and spine problems; however, are not the result of a specific injury, but are an accumulation of abnormal forces due to improper posture, faulty body mechanics, and limited activity. Posture has a major influence on the health of the neck. The typical 'forward head posture' in which the shoulders are slumped forward and the head is carried in front of the sternum alters the normal curvature of the spine and produces stress on ligaments, joints, and discs. In these cases, physical therapy works to improve postural tendencies through specific exercises that target postural muscles for strengthening and endurance, restore range of motion, and teach the client how to maintain proper posture. Manual therapy techniques, traction, and pain reduction modalities may also be used to treat cervical disorders.



Prevention of cervical injury is the best way to combat 'pain in the neck' problems. Here are some helpful tips you can use:



- Check your posture – if you are in good alignment, a line dropped straight down from your cheek should hit your collarbone (not fall into your lap!).
- If you work at a desk, or get involved in activities that require prolonged sitting – make sure you change your position every 20 - 30 minutes. Get up and move, do a few simple stretches, and then return to your work. It only takes a minute to relieve a static posture.
- Incorporate stretching of your neck and shoulders into your daily routine.
- Stay in good alignment when you are sleeping – too many pillows will force your neck into too much flexion or side bending. Use a pillow that supports the contours of your neck, whether you are on your back or side.
- Make sure your work desk and home desk are set up ergonomically – encouraging you to sit with good posture and therefore decrease stress to your neck, shoulders, and low back.
- Use good body mechanics during all of your activities at work and home.
- Aerobic conditioning helps to maintain a healthy spine; core strengthening exercises help stabilize the spine to allow proper function in your arms and legs.
- Good nutrition and proper hydration help to keep your muscles, ligaments, and tendons in optimal condition.



# THE REHAB READER

## HIGH FIVE! FIVE COMMON CAUSES OF HAND INJURIES

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

Here are some tips to avoid everyday bad habits that can cause hand strains or painful long-term injuries. It's important to use common sense and joint protection techniques to help minimize potential injuries or overuse of our hands and arms. Poor daily routines can add up to painful long term conditions unless you take proper care and precautions. Listed below are 5 common causes for hand, wrist, and arm ailments. The following tips should help you prevent everyday injuries:

### 1. Carrying Heavy Groceries

Carrying multiple plastic bags at once poses a challenge for fingers, wrists, and elbows.



Shoppers often strain their small finger joints or arms lifting too much weight awkwardly. If you have to use plastic, carry one bag at a time in each hand. It would actually be better to ask for paper bags or bring your own recyclable bag. Carry the bag using both arms under the bag rather than grasping them with your fingers or place the handle of bag on your forearm. When grocery shopping, use a cart instead of a small basket, which can be difficult to grasp as the weight of its contents increase. A gallon of milk weighs about eight pounds; lifting it out of the refrigerator with only your fingertips in the handle can torque and twist the joints. Always use two hands to lift heavy gallons, jugs, and bottles.

### 2. Bagel Hand

Ask many doctors and hand therapists what they believe to be the most dangerous food for possible injury during preparation or serving, and many will say bagels. Thousands of people each year end up in the emergency room from slicing more than just their bagels; they can also cut tendons, nerves, and arteries. Many of these injuries are so severe they require surgery and months of hand therapy in order to regain normal movement and function. Use a bagel slicer instead of a knife. If you don't own a bagel slicer, place the bagel flat on a table with your hand on top of the bagel and hold firmly. Use a serrated knife to slice halfway through the bagel, keeping the blade horizontal to the table. Stand the bagel on its end and finish slicing downward while gripping the upper sliced half. Never try to slice a frozen bagel.



### 3. Dishwashing Disasters

Everyday, people put knives and sharp tools in soapy water and then search blindly for them.



Many of these cuts affect tendons and require surgery and rehabilitation. Be mindful of wine glasses and other glass items while washing dishes. A common injury reported in hand clinics is lacerations of tendons on the top of the knuckles caused by washing glasses. If you place your hand inside a narrow glass with a sponge and squeeze the sponge, the pressure of your hand may shatter the glass, causing cuts to the back of your hand. Soap up a sponge and place it inside of the glass instead of your hand.

# THE REHAB READER

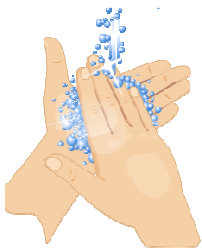
## 4. Reading in a Pinch

When reading for an extended period of time, whether at work analyzing reports or at home with your favorite novel, hold the book with one hand flat on the front pages and the other flat on the back of the book. Even better, rest the book on a desk or incline surface rather than pinching paper corners and edges. Constant pinching while reading increases finger and thumb strain. Continuously pinching pages can aggravate the tendons and joints in the thumb and wrist. This also applies to opening packages or tearing open the paper flap on cereal or snack boxes. Anything that is sealed can pose a problem. Be careful. Use scissors or other tools for these activities.



## 5. Untreated Minor Wounds

Some of the worst injuries hand therapists see everyday can begin as a simple paper cut or thorn prick that is left untreated. Untreated minor wounds can carry germs that flare into dangerous infections. Wash thoroughly with warm water and soap for several minutes after any type of injuries to the hands, fingers, or arms, especially when the skin has been penetrated. Be sure to apply a first aid antibiotic ointment to the wound. It's important to monitor even the smallest injuries to prevent them from becoming bigger problems. If an area of redness appears around the wound, or the cut becomes warm, larger or irritated, seek medical consultation immediately.



Our multitasking lifestyles can take a toll on our hands, wrists, and arms. Most common injuries are caused by rushing around and trying to do too much, too fast. We take our hands for granted until we sustain an injury and can't use our hands to perform daily activities. Then we realize just how important our hands are to our quality of life.

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.

***- Adapted from the American Society of Hand Therapists' press release, dated June 12, 2006, entitled, "ASHT Issues Alert on 5 Common Hand Injury Causes; Hand Therapy Awareness and Injury Prevention Week."***



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## Medical Words of the Quarter

**Bacteria** – Back door of cafeteria

**Cauterize** – Made eye contact with her

**Tablet** – Small table

**Tibia** – Country in North Africa

## Medical Joke of the Quarter

The woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his bedside every single day. One day, when he came to, he motioned for her to come nearer. As she sat by him, he whispered, eyes full of tears, "You know what? You have been with me all through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you stayed right here. When my health started failing, you were still by my side. You know what?"

"What dear?" She gently asked, smiling as her heart began to fill with warmth.

"I think you're bad luck."

## Get to Know our Staff



**Janet Notarianni, PTA**

Janet has devoted more than 20 years to serving people through Physical Therapy, the last five of which she has enjoyed working at Capital Medical Center. Prior to working at CMC, Janet spent most of her career in Pierce county working in settings that include a spine specialty clinic, a sports-oriented outpatient clinic, and acute care & long term care facilities. Her education includes an Associate's Degree in Applied Science for Physical Therapist Assistant and an Associate's Degree in Arts, both from Green River Community College. She also received a Bachelor of Arts in Business Administration from the University of Washington. In her spare time, she enjoys boating, skiing, hiking, reading, and gardening.



**Jami Bracy, COTA/L**

Jami Bracy is a Certified Occupational Therapy Assistant who graduated from Green River Community College with her Associate of Science Degree in 2006. Jami joined our team of hand therapists over 2 years ago after spending time working for a contract company. Her goals are to help people get stronger, become pain-free, and begin moving towards independence in all aspects of life. In her spare time, Jami enjoys playing with her son, going on outdoor adventures, and going to the movies.

## 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 2010, this limit is \$1860 for physical and speech therapy combined, and \$1860 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

### Did You know?



Andrea Wheeler, our Physical Therapist is now working in the Outpatient Physical Therapy Department 3 days a week – Monday, Tuesday, and Thursday from 8 a.m. - 6 p.m.

She has been a physical therapist since 1980. Andrea is trained in Neuro Developmental Therapy and has worked extensively with the neurologically impaired. Andrea's philosophy of care is to motivate her patients to participate in their own recovery. Welcome Andrea!!!

### She's Having a Baby!!!

Congratulations to Certified Hand Therapist Sheila Yakobina and her husband, Ryan Allen, who are expecting a little girl on July 7th, 2010. According to our calculations, they moved pretty quickly considering that they just got married on October 3rd, 2009!!!



### The Pursuit of Higher Education



Kate King, a member of our front office team, is currently attending South Puget Sound Community College working towards an Associate's Degree in Nursing. She will be graduating in June 2011. Go! Kate! Go!

Andrea Graham, also a member of our front office, is currently working towards an Associate's Degree in Business Administration at South Puget Sound Community College; she anticipates graduating by June 10th, 2010. You're in the final stretch - keep up the good work!

### Is that the Sound of Wedding Bells?

Love is in the air - our very own Certified Hand Therapist Stephanie Yakobina and Mike Zalewski, a Mechanical Engineer at Boeing, are getting married October 23<sup>rd</sup>, 2010 on Whidbey Island!! After dating for 2 1/2 years, the couple is ready to take the big plunge. Congrats!!!



### Graduating: Schools Out!!!

We would like to congratulate hand therapists Sheila and Stephanie Yakobina for completing their Master of Arts Degrees in Advanced Hand Therapy at Texas Woman's University. Sheila and Stephanie successfully defended their theses in March 2010 and graduated this May. Also in May, as part of their continuing education, they attended the Canadian Society of Hand Therapists' Annual Conference in Montreal, Canada.

