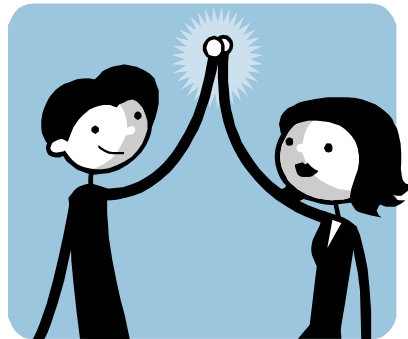


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### ***What patients are saying..***

***Here are some quotes from our satisfaction surveys:***

***"They gave me a clear explanation of what I was doing wrong and got me on the right track."***

***"The staff were very professional, courteous, and caring."***

***"A very good experience. Useful treatment; professional, and personable therapists."***

***Therapy was "top-notch every visit - I hated to see it come to an end!"***



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 ruptures 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 specific to the individual client's needs. Skilled therapists and customized care are two reasons our patients indicated a 97.3% satisfaction rate with our services, as indicated by 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

## The Most Feared Four-Letter Word: FALL

by Chris Nixon, PT

A healthy fear of falling is a good thing – it means that you have taken away hazards in your home that could lead to falls, you stay active, you monitor your health, and you are cautious without limiting your activities. The potential for falls to occur increases as we age. 25-35% of individuals over the age of 65 will suffer a fall; so attention needs to be paid in order to prevent a fall.

There are a number of risk factors related to falls. Your environment, your physical health, and the number of medications you take can play a role in increasing your risk. The following are recommendations for you and your environment to help to minimize your risk:



- **Vision:** Increase lighting in your home. Use a night light to guide your way to the bathroom and turn on a light when entering a darkened area. Have your eyes checked and update your prescription for corrective lenses.
- **Hazards:** Use skid-proof rugs or runners. Tape down electrical cords or keep out of the flow of traffic. Wipe up spills immediately. Make the tub or shower slip-proof. Remove clutter around the house and make sure walkways are free of obstacles. Use comfortable, well-fitted, and non-skid shoes. Install grab bars, and use rails on stairs.

- **Medications:** Taking 4 or more medications increases your risk of falling, especially if they are from the following drug classes – sedatives, anti-depressants, anti-anxiety, psychotropics, diuretics, and anti-hypertensives. Make sure you know what your medications are, as well as their side effects. Use the same pharmacy to fill all of your prescriptions. Take medications only as directed.
- **General Health:** Have regular check-ups with your doctor. Inform your doctor of any new symptoms, particularly dizziness, vertigo, fainting, increased frequency of urination, and weakness. There are a variety of conditions that may cause these symptoms and that could be treated.
- **Activity Level:** A decline in activity can produce loss of strength, balance, and endurance. Postural changes can also affect balance and increase risk for falling. Physical Therapy can play a key role in identifying risks for falling, and designing a treatment program to improve strength, balance, and coordination, as well as train individuals to use the proper assistive device for walking.

Exercise is one good way to start to reduce your fall risk. Here are some basic exercises that address lower extremity strength and balance. Always be sure to exercise safely, with something to hold onto, such as a chair or countertop. Exercises can be started in sets of 10 repetitions, and increased as tolerated.

- **Toe raises and heel raises** – alternate rising up on your toes and then back onto your heels.
- **Marches** – lift your knee up as high as you can and lower. Alternate legs.
- **Side leg lift** – raise your leg out to the side, hold for a second, and lower back down.
- **Front lunges** – take a small step forward with one leg, transferring your weight to that leg. Bring the leg back to the starting position, and alternate to the other side.
- **Sit to stands** – practice coming to standing position from a chair, without using your arms to push.
- **Static standing balance** – practice standing with your feet together, with one foot in front of the other, or standing on one leg. These exercises can be performed for 10 to 30 seconds at a time.

**If you would like additional information pertaining to Fall Prevention 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

## Yes Wii Can ...

### Prevent Video Game Injuries

#### *Video Game and Portable Electronics Injury Prevention Tips*

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



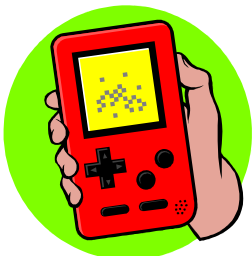
According to a recent study of US children, 23 percent of youth say that they have felt addicted to video games. The average child aged 8 to 12 plays 13 hours of video games per week, while teens aged 13 to 18 play 14 hours of video games per week.<sup>1</sup> While the dominance of video games may diminish backyard bruises, scrapes and broken bones, the hours children spend engaging in gaming activities can lead to overuse injuries of the hand and upper extremities.

Video games involve intense grips, repetitive punching motions on small buttons, and sharp wrist motions while guiding joysticks. Extensive video game playing may lead to musculoskeletal disorders or repetitive stress injuries such as “Nintendo Thumb,” a repetitive stress injury that causes swelling at the base of the thumb due to overuse of video games. Continued stress on tendons, nerves, and ligaments in children’s hands and arms could potentially lead to long term ailments such as lateral epicondylitis (tennis elbow), tendonitis, bursitis, and carpal tunnel syndrome.

It is important for children to develop good habits early to prevent hand and wrist injuries in adulthood. Healthy techniques learned at a young age can carry over into other aspects of life where there is a similar injury risk such as sitting in front of a computer or playing musical instruments.

#### **Prevention Tips**

To prevent hand injuries while playing video games and using portable electronics, the following prevention tips are recommended:



- Tell your child to use a neutral grip when holding the controller. A neutral grip is when the wrist is straight, not bent in either direction.
  - Ask your child to take a break every hour or switch to another activity. Overuse or repetitive motions, such as pressing buttons, can cause tendonitis of the thumb, wrist, and elbow or lead to carpal tunnel syndrome.
  - Don’t let your child sit back on his/her knees. Bending the knees this far is not only a hard position for the knee joint, but it requires your child to push most of his/her body weight up with his/her hands and wrists, placing increased pressure on these joints.
- Make sure the computer monitor is at the correct height. When looking straight ahead, your child’s eyes should be looking at the top of the monitor.
  - If your child is typing, the keyboard should be at a height so that wrists and hands are straight and forearms are parallel to the keyboard surface.
  - When using a game boy or other hand held devices, encourage your child to put pillows in his/her lap and rest his/her arms on pillows. This will allow your child to keep his/her head in a more upright position and therefore decrease neck strain. The pillows will help support the arms so they do not have to be held up in the air.
  - Whenever possible, your child should be sitting in a chair that allows him/her to comfortably rest feet flat on the floor and also provides good back support.
  - When s/he is using a single control device like a mouse, encourage your child to switch hands frequently. This will allow each hand to rest and reduce fatigue.
  - Have your child frequently focus away from the monitor on a distant object to help reduce eye fatigue.

# THE REHAB READER

## ***Hand and Wrist Stretches***

In addition to following healthy usage guidelines, the following hand and wrist exercises are recommended to reduce the risk of injuries when using handheld electronics:

*Note: These exercises should never be painful. You should only feel a gentle stretch.*

- Fold your hands together and turn your palms away from your body as you extend your arms forward. You should feel a stretch all the way from your shoulders to your fingers. Hold for 10 seconds and repeat 5 times.
- Fold your hands together and turn your palms away from your body as you extend your arms overhead. You should feel the stretch in your upper torso and shoulders to hand. Hold for 10 seconds and repeat 5 times.
- Place your hand just above the back of the elbow and gently push your elbow across your chest toward the opposite shoulder. This is a stretch for the upper back and shoulder. Stretch both the right and left arms. Hold for 10 seconds and repeat 5 times.
- Raise one arm overhead. Bend the elbow. Place the opposite hand on the bent elbow and gently push the elbow back further. This is a stretch for the triceps (muscle on the back of the upper arm). Stretch both the right and left arms. Hold for 10 seconds and repeat 5 times.
- Extend an arm in front of you, making sure the elbow is completely straight. With your palm down, take the opposite hand and bend the hand down toward the floor. Then turn the palm up, and stretch the hand toward the floor. This stretches the forearm and wrist muscles. Hold for 10 seconds and repeat 5 times.
- Open up your hands and spread your fingers as far as possible. Hold for 10 seconds and repeat 5 times.

## ***If Symptoms Persist...***

If your child has tried these techniques but is still experiencing symptoms, it may be time to consider other treatment options such as hand therapy. Certified Hand Therapists are either occupational or physical therapists with specialized training in the treatment of hand and upper extremity conditions. Hand therapy can play an important role in the management of portable electronic related conditions; benefits include reducing pain, increasing motion and strength, and improving overall function.

**If you believe that your child's condition is more serious and s/he would benefit from hand therapy, contact your physician and request a referral to the Hand Therapy Center at Capital Medical Center at 360-956-2562.**

1. [www.diyfather.com/content/Interesting\\_Statistics\\_About\\_Video\\_Games](http://www.diyfather.com/content/Interesting_Statistics_About_Video_Games)

\*Adapted from the American Society of Hand Therapists at [www.asht.org](http://www.asht.org)

## ***MEDICARE AND YOU...***

**Capital Medical Center's Physical Therapy and 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

## Capital Medical Center Physical, Occupational, & Hand Therapy

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Olympia, WA 98502

Phone: 360-956-2562

Fax: 360-956-1894

E-mail: [Lourie.Roberts@capellahealth.com](mailto:Lourie.Roberts@capellahealth.com)

## Medical Words of the Quarter

**Fibula** - A small lie  
**Enema** - Not a friend  
**Labor pain** - Got hurt at work  
**Outpatient** - Person who has fainted  
**Rectum** - It almost killed him

## Medical Joke of the Quarter

**"Doctors at a hospital in Brooklyn, New York have gone on strike. Hospital officials say they will find out what the Doctors' demands are as soon as they can get a pharmacist over there to read the picket signs!"**

**A man speaks frantically into the phone, "My wife is pregnant, and her contractions are only two minutes apart!"**

**"Is this her first child?" the doctor queries.**

**"No," the man shouts. "This is her husband!"**

## Get to Know our Staff

### Janet Notarianni, PTA



Janet has devoted more than 20 years to serving people through Physical Therapy, the last 5 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, 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.

### Sheila Yakobina, OTR/L, CHT



Sheila 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 Member

Award for her contributions to the American Society of Hand Therapists. Her interests include cooking, biking, acrobatic yoga, traveling, and reading.

## Employee of the Quarter

### Mikaila Grosso, Aide



Mikaila works as an aide and office assistant for the Hand Therapy Department at Capital Medical Center. She graduated from Timberline High School in 2007 and has great ambitions to travel across the world and use her knowledge to help others in need. She enjoys playing Frisbee with her dad, traveling, being with friends, reading and much more. Mikaila plans on working on an organic farm in Australia in the near future.