



## REHAB – EVERY BODY MATTERS

National Rehabilitation Week was celebrated Sept. 18-24 this year. The theme was **REHAB – EVERY BODY MATTERS**. This theme was perfect for rehabilitation, no matter what venue – acute, inpatient rehabilitation, outpatient or home health.

**EVERY BODY** – We believe each and every individual has personalized needs. When someone experiences a life changing event such as a stroke, a spinal cord injury, a brain injury or amputation to name a few conditions, that person relies on rehabilitation professionals to assist in improving his/her skills to return to his/her life. We want each individual served to feel that they are an integral member of the team and that their goals are being addressed not only physically, but socially, emotionally and spiritually.

**EVERY BODY** – We believe every rehabilitation profession matters. Rehabilitation is an integrated team approach – each discipline provides input that enhances the individual's treatment plan. Just as each body part (eye, ear, nose, etc.) plays a vital role in the functioning of the whole body, so does each member of the rehabilitation team. It is a collaborative effort, one person at a time. We would like to thank our more than 400 employees in medical management; nursing; psychology; social work; case management; support/administration; therapeutic recreation; music, physical and occupational therapy; and

speech language pathology for sharing their experience, compassion and dedication.

**EVERY BODY** – Finally, we specialize in working with the body to return function and quality of life. Each professional is vital in helping each of our patients as they learn to restore their body. For the past 15 years, we have had a dedicated education department to provide the most current and evidence-based professional education to our rehabilitation professionals. For example, since January 2011, we have provided more than 25 courses with a wide range of topics to help our staff be more proficient in how they care for our patients. Topics have ranged from pulmonary rehabilitation, manual muscle techniques, aquatics and ethics,

to name a few. Rehabilitation professionals work on every aspect of the body – training the bladder to properly function; working on the ability to speak more clearly; strengthening muscles to be able to

walk again; adapting tasks to help with activities of daily living (bathing, dressing, etc.); helping with recreational activities; and addressing psychological needs associated with the disability.

So, we applaud our rehabilitation employees across our continuum of care, as we celebrate National Rehabilitation Week. Remember ... Every Body Matters!



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## SPORTS INJURY PREVENTION ACROSS THE LIFESPAN

As we prepare to celebrate National Physical Therapy Month in October, I'd like to reflect on this year's theme: Move Forward ... Physical Therapy Brings Motion to Life with a focus on sports injury prevention across the lifespan.

As a physical therapist, I have been a proud member of our association since 1998. We gain so much information related to our profession, and in this day of evolving health care, being informed and active in our profession should be a priority. I can certainly appreciate the impact my profession has on a person, throughout the lifespan.

When I think of sports injury prevention across the lifespan, I think of women and how our bodies are affected by hormones. Our hormones are constantly changing and these changes, whether it is monthly or across time, can drastically affect our musculoskeletal system.

In my outpatient practice at INTEGRIS Jim Thorpe Rehabilitation, on any given day I may see a young female athlete with knee pain, a young mom with ongoing back pain following the delivery of her first child three months prior, a new grandmother who began to experience an insidious onset of shoulder pain, and a great-grandmother who fell and sustained a hip fracture complicated by osteoporosis.

Perhaps this sounds like a familiar day for other therapists? Of course,

as a physical therapist, I treat each individually – with specific goals and treatments to address her specific needs. But, perhaps each person has more in common than we initially think. Hormones! There have been numerous studies that address our female-specific hormones and the link to our musculoskeletal system.

With a recent 21 percent increase in participation in organized sports during the last 12 years, there has also been an increase in sport-related injuries. There are unique anatomical and biomechanical differences that make a young female athlete more prone to injury than their male counterpart. There are skeletal differences that put additional strain on ligaments and tendons.

For instance, females have a wider pelvis, which leads to increased inward slant of the thigh and, therefore, an increased Q-angle of the knee. (The Q-angle is the angle created by the anterior superior iliac spine of the pelvis and the patella – kneecap – and the line from the patella to the tibial tubercle.) An increased Q-angle produces excessive lateral forces on the quadriceps mechanism and abnormal tracking of the patella.

This is one of the reasons why females experience chondromalacia

patella (damage to the cartilage under the kneecap) or patellofemoral syndrome more often than males. Other researchers have also stated hormones are the difference in muscular strength and training procedures. Muscle strength is directly influenced by our hormones.



Females have a lower lean body mass, which means less muscle mass. The greater muscle mass in our male counterparts is due to the predominant effect of the androgen hormones, whereas estrogen predominates in females. This results in increased body fat. Similarly, this difference in hormones is key to understanding why female athletes are more easily injured and repair more slowly than men.

Testosterone stimulates fibroblastic proliferation, whereas estrogens inhibit it. Having less muscle tissue may also predispose female athletes to injury more readily due to decreased joint stability secondary to ligamentous laxity. As physical therapists, we treat a number of injuries related to sports during the pre-pubescent years, but there is also an increased need for education in preventing injury as well.

A woman's reproductive years can also be a time during which musculoskeletal dysfunctions are common.



# INTEGRIS Jim Thorpe Rehabilitation

## THORPE REPORT

FALL 2011

### SPORTS INJURY PREVENTION ACROSS THE LIFESPAN CONTINUED

Relaxin, a hormone produced specifically during pregnancy, has historically been attributed to increased laxity in ligamentous structures in order to ease delivery. There is also recent evidence showing levels of estrogen and progesterone influence ligamentous composition. This may also lead to increased risk of injury or dysfunction.

Common areas where pregnant women experience pain are the lower back, pelvic and sacral regions. In fact, studies show between 49 and 76 percent of pregnant women experience low back or pelvic girdle pain. If these dysfunctions are not treated, the pain and discomfort can last even beyond delivery.

One study indicated 68 percent of women with low back pain continue to have pain post-partum. There are specific precautions, such as positioning, to consider when treating pregnant women due to this increased laxity. Physical therapy intervention should focus on core muscle strength and stabilizing the joints that have become lax due to a growing abdominal cavity, changes in the individual's center of gravity, and the hormone changes that occur.

During pregnancy, the pelvic floor is also a group of muscles that undergoes stress and strain that can also contribute to lower back pain, pelvic pain and incontinence. Specific treatment can be utilized to treat pelvic floor dysfunctions, which happens to be my area of specialty at INTEGRIS Jim Thorpe Rehabilitation.

As a woman continues to mature into later adulthood, there continue to be changes in hormones that can lead to other musculoskeletal issues. As women near menopause, estrogen levels begin to decline. There is evidence to show that this affects our joint stability, even leading to adhesive capsulitis, or "frozen shoulder." In my practice, I rarely treat men with this dysfunction.

The declining levels of estrogen and progesterone on the ligaments and other soft tissue may lead to laxity and the belief is the body tries to stabilize the shoulder, which is inherently the most unstable joint in the human body. The result is increased adhesion formation by inhibiting connective tissue deposition.

Of course, there are numerous other disorders related to the menopausal status of our female patients such as osteopenia, incontinence and sleep disruption. Sleep is an important time for the body to heal. Growth hormones are primarily released while we sleep and growth hormones stimulate muscle growth and repair. If women begin to lose sleep, this may result in less muscle and tissue repair, and therefore, longer healing times.

Osteoporosis is another possible condition following menopause as estrogen levels continue to decline. Of course, there are other causes such as nutritional deficiencies, family history, or long-term steroid use that may lead to osteoporosis. Of the 28 million Americans with osteoporosis, 80 percent are women. There are also

cases of osteoporosis in young athletes who regularly excessively lose weight or exercise at such high intensities it may actually inhibit menses, such as in gymnasts.

In my practice we educate our patients on the importance of bone health and encourage patients to have bone density exams to determine if they are at risk for osteoporosis. We often establish a plan of care that addresses this condition for the patient if osteoporosis is suspected (due to obvious postural changes) or it has been officially diagnosed.

As a physical therapist, I will undoubtedly treat many different musculoskeletal disorders women experience. It is a pleasure to work with each individual patient. It is more than rewarding when I am able to positively influence a condition that may cause a person pain and discomfort and affects her ability to function.

I am a member of the greatest profession! I am proud to be a facilitator for improving lives! I appreciate the opportunity to work with a great organization that influences the lives of many people! Happy Physical Therapy Month! Passion for the Profession!

Christa Gatewood, MPT, is clinical director for INTEGRIS Jim Thorpe Outpatient Rehabilitation in Moore and at INTEGRIS Southwest Medical Center. She can be reached by e-mail at [christa.gatewood@integrisok.com](mailto:christa.gatewood@integrisok.com) or phone at 405-644-5440 or 405-793-7885.



## 2011 COURAGE AWARDS GALA

For 17 years, INTEGRIS Jim Thorpe Rehabilitation has been presenting Courage Awards to individuals who display bravery through their rehabilitation journey.

On Aug. 20, 2011, INTEGRIS Jim Thorpe held its third annual Courage Awards Gala at the National Cowboy and Western Heritage Museum. The

mission behind the Courage Award Gala is to recognize amazing and courageous individuals with a grand event, while raising money to support the extraordinary programs at INTEGRIS Jim Thorpe Rehabilitation.

This year, we were privileged to acknowledge our three 2011 Courage Award winners: Nicole Brown, Mary

Beth Davis and Chad Peery.

These amazing stories of courage and the truly inspirational patients themselves were motivation enough for this year's Courage Awards Gala. In addition, proceeds from the gala are used to support special programs offered at Jim Thorpe.

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### 2011 COURAGE AWARD WINNERS

#### NICOLE BROWN



In November 2008, 20-year-old Nicole Brown was involved in a car accident in which she sustained a severe brain injury resulting in significant physical and cognitive impairments. Initially, it was believed there was very little potential she would ever function with any level of independence. But during the past two plus years, Nicole has proven everyone wrong. She recovered from being in a coma, moved from bed restriction to a wheelchair, then to a walker. Today, Nicole still has limitations but can walk on her own with little supervision. As her body healed, so did her attitude. Nicole worked through an entire spectrum of emotions. She pushed through the anger to find inner peace. Nicole's newfound joy is contagious. She is performing most daily activities with some level of independence and is pursuing education and travel opportunities. Nicole is even planning a trip to Europe with a friend and is determined to carry her own backpack.

#### CHAD PEERY



"Courage" has been described as the ability to confront fear, pain, danger, uncertainty or intimidation. Chad Peery exemplifies the word, both in his profession as an Oklahoma City police officer and in his rehabilitation journey. Chad's world changed forever on Feb. 15, 2011, when he was brutally beaten while trying to escort three men out of a bar. He was paralyzed from the neck down during the attack. His recovery hasn't been easy, but he has handled every difficult situation with grace and dignity. When Chad gets frustrated, instead of giving up, he forces himself to work harder. The 34-year-old says his four children ages 3 to 11 are his inspiration.

#### MARY BETH DAVIS



In August 2010, 20-year-old Mary Beth Davis had just started classes at Oklahoma State University. She was on her way home to Guthrie to visit her family when she was involved in a single car accident. She suffered a complete spinal cord injury leaving her in a wheelchair. However, Mary Beth is a fighter and would not give up. She worked through the pain and grew a little stronger each and every day. She decided not to allow her injury to control or interrupt her life. She is back at school part time, with plans to enroll full time in the fall. Mary Beth views her situation as a learning experience and just a bump in the road. She aspires to be a veterinarian and is determined not to let her disability derail that dream.



# INTEGRIS Jim Thorpe Rehabilitation THORPE REPORT

FALL 2011

## 2011 COURAGE AWARDS GALA CONTINUED

While it is an expectation of a rehabilitation program to provide physical, occupational and speech therapy, rehabilitation nursing and physician medical management, our scope and dreams extend beyond those programs. True integration back into the community, and in broader aspects, a satisfying quality of life, are goals we share with our patients. Through the Courage Award Gala, we are able to expand our core services to allow each individual to enrich his or her day to day experiences.

Some of the special services we provide from the funds raised are the following.

- |                              |  |
|------------------------------|--|
| Aquatics Program             | Music Therapy Program                          |
| Assistive Technology Center  | Patient Care Specialty Equipment               |
| Brain Injury Support Groups  | Patient Home Evaluation                        |
| Community Re-entry Programs  | Professional Specialty Rehabilitation Training |
| Horticulture Therapy Program | Spinal Cord Injury Support Groups              |
| Limb Loss Support Group      | Therapeutic Recreation Program                 |

To learn more about our Courage Award winners, please visit [www.integrismjthorpe.com](http://www.integrismjthorpe.com) and view the videos of each of our 2011 Courage Award winners. They are truly an inspiration to all.

## JIM THORPE REHABILITATION AT INTEGRIS HEALTH EDMOND

INTEGRIS Health Edmond, opening October 2011, is the newest hospital in the INTEGRIS Health system. The beautiful campus is comprised of 40 inpatient beds (medical/surgical, labor and delivery, and ICU), a 17 bed emergency department, four surgical suites and full service imaging. Attached to this state of the art hospital is the brand new Jim Thorpe Outpatient Rehabilitation.

INTEGRIS Jim Thorpe Rehabilitation has long been synonymous with excellence and we are excited to bring the Jim Thorpe name to Edmond, providing excellent, individualized care to the community. At INTEGRIS Jim Thorpe Outpatient Rehabilitation, your recovery is important to us, whether you are suffering from an orthopedic injury, neurological impairment or other type of problem requiring therapy.

At all of our locations throughout the metro, our team approach helps you meet your rehabilitation goals so you can return to a healthy and active lifestyle. In consultation with your doctor and with a thorough evaluation, your therapist will prescribe a total rehabilitation program with your personal goals in mind. We will monitor your progress and keep you, your doctor and your family and caregivers informed. Our licensed and certified personnel can meet all of your rehabilitation needs.

For more information, please visit <http://integrisk.com/jim-thorpe-rehabilitation/outpatient-care>.

INTEGRIS Jim Thorpe Outpatient at INTEGRIS Health Edmond is located at 4833 INTEGRIS Parkway, Suite 100, Edmond, OK 73034. The phone number is 405-657-3800 and fax is 657-3801.



## SEATING AND POSITIONING CLINIC OFFERS OPTIMAL SOLUTIONS

INTEGRIS Jim Thorpe Rehabilitation's Seating and Positioning Clinic serves individuals who are in need of a wheelchair for improved mobility. An estimated 2.8 million Americans who live in the community utilize a wheelchair as a means of mobility due to an impairment. ([www.resna.org](http://www.resna.org))

For these individuals, a wheelchair improves their quality of life by providing access to the home and community, increasing their independence or decreasing the amount of care needed by a provider.

Prescribing the most appropriate mobility device is a skilled service. The success of the process is improved by the team approach. The team consists of the individual needing the mobility device, the physician, the ATP/therapist (assistive technology provider) and the vendor supplying the mobility device. The decision process must include the individual who is utilizing the mobility device (wheelchair, scooter, etc.); what are his/her goals, health and support system.

Also involved is the environment in which the individual will be operating the wheelchair; does the home have narrow hallways, how will the wheelchair be transported, etc. Some of the many other factors involved include what technology is available as well as the funding source (insurance, private pay).

At INTEGRIS Jim Thorpe Rehabilitation, we have certified ATPs to assist and guide our clients through the process of determining the most beneficial mobility device. ATP certification is through RESNA (Rehabilitation Engineering and Assistive Technology Society of North America).

To receive the certification, an individual must have a

minimum of two years of experience in assistive technology direct consumer related services and pass the national examination. Once certified, the individual must remain current by attending continuing education offerings. In addition to their ATP certification, these professionals are either physical or occupational therapists.

Once referred to our clinic by a physician, the therapist will perform an initial evaluation with a vendor present in order to recommend the most appropriate equipment. The therapist will evaluate the individual's strength and mobility, ability to walk and/or operate a mobility device, and ability to transfer in and out of the mobility device, to name a few. The therapist and the individual will try various pieces of equipment and make adjustments to determine the best and optimal fit.



If needed, we can use our pressure mapping system. If a client is going to be in a wheelchair for extended periods, there is a risk of developing pressure sores. The pressure mapping system is a computerized device that shows where the highest pressure is located. By trialing different seating cushions and positions, one can determine the most optimal solution.

Once the evaluation is completed, the recommendations are discussed with the physician and payer source (i.e., insurance company) prior to ordering the equipment. Once the equipment is delivered, the individual may be asked to come back to the Seating and Positioning Clinic so the therapist can make any final adjustments.

For more information, please contact Julie Harrison at 405-644-5296 or [Julia.harrison@integrisok.com](mailto:Julia.harrison@integrisok.com).



# INTEGRIS Jim Thorpe Rehabilitation THORPE REPORT

FALL 2011

## INTEGRIS JIM THORPE EDUCATIONAL OFFERINGS

### EDUCATION OPPORTUNITIES

#### OCT. 13

Noon – 1 p.m.

#### **Stress Management**

Chris DuRoy, Ph.D.  
INTEGRIS Southwest  
Medical Center  
Auditorium

#### OCT. 26

Noon – 1 p.m.

#### **Diversity**

Jason Thompson  
INTEGRIS Baptist  
Medical Center  
Auditorium

#### NOV. 3

Noon – 1 p.m.

#### **Neurology 101**

Dr. Charles Morgan  
INTEGRIS Southwest  
Medical Center  
Auditorium

#### NOV. 15

Noon – 1 p.m.

#### **Personal Health Records**

Dr. Southmayd  
INTEGRIS Southwest  
Medical Center  
Auditorium

#### OCT. 6

8:30 a.m. – Noon

#### **Vision Rehabilitation**

Dr. Carolanne Roach  
3.5 CEUs  
INTEGRIS Southwest  
Medical Center  
Auditorium

#### OCT. 29 AND 30

8 a.m. – 5 p.m.

#### **Lower Quarter Muscle Energy**

Micha Sales, PT, M.Ed.  
15 CEUs  
INTEGRIS Jim Thorpe  
Rehabilitation  
Outpatient North,  
5100 N. Independence

#### DECEMBER 8

Noon – 1 p.m.

#### **Advancements in Prosthetics**

Johanna Sanchez, CP  
Scott Sabolich  
Prosthetics and  
Research  
INTEGRIS Baptist  
Medical Center  
Auditorium

### SUPPORT GROUPS 4TH QUARTER

#### **Stroke Support Group meets the 2nd Tuesday of each month**

Time: 6 to 8 p.m.

Location: INTEGRIS Southwest  
Medical Center,  
Cancer Center West

Contact person: Mary Pinzon,  
405-644-6867

#### **Spinal Cord Injury Support Group meets the 1st Thursday of each month**

Time: 5:30 to 7 p.m.

Location: INTEGRIS Jim Thorpe  
Rehabilitation,  
Jones Education Room

Contact person: Dana Duroy,  
405-644-5355

#### **Traumatic Brain Injury Support Group meets the 4th Thursday of each month**

Time: 6 to 7:30 p.m.

Location: INTEGRIS Jim Thorpe  
Rehabilitation,  
Jones Education Room

Contact person: Karen Bryan,  
405-644-5381

#### **ALS Support Group meets the 2nd Tuesday of each month**

Time: 6 to 8 p.m.

Location: INTEGRIS Jim Thorpe  
Rehabilitation,  
Jones Education Room

Contact person: Wendy Beson,  
405-644-5170

#### **LVAD Support Group meets the 2nd Monday of each month**

Time: 4:30 to 6 p.m.

Location:  
INTEGRIS Baptist Medical  
Center,

Jim Thorpe Rehab Unit, 3 East  
Contact person:  
Susan Shepard, 405-949-3253

#### **Limb Loss Support Group meets the last Tuesday of each month**

Time: 5:30 to 6:30 p.m.

Location: On the Border,  
3500 NW Expressway,  
Oklahoma City, OK 73112

Contact person:  
Greg Horneber, 405-552-2847

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**JIM THORPE REHABILITATION AT  
INTEGRIS HEALTH EDMOND**

**COMING OCTOBER 2011**

INTEGRIS Jim Thorpe Outpatient  
Located at 4833 INTEGRIS Parkway  
Edmond, OK 73034