Aquatic Therapy

Lymphedema Therapy

Complete Decongestive Therapy (CDT) is considered to be the gold standard treatment for lymphedema. We have three Certified Lymphedema Therapists serving patients in either the Effingham or Altamont outpatient clinics, as well as inpatient treatment.

The following areas are addressed during CDT:

1. Skin and Nail Care
2. Manual Lymph Drainage (MLD): This is a specialized massage to promote lymphatic activity. Patients will be taught self-MLD.
3. Compression Bandaging with Short Stretch Bandages
4. Exercise: This is completed with compression to increase venous and lymph return into the circulatory system through use of the body’s natural muscle pump.
5. Compression Garment and Pump: We can measure for custom and off-the-shelf garments as well as submit for compression pumps. The patient will then utilize them daily to help maintain volume reduction.

In the Next Issue...

Pediatric Therapy

Skin and Nail Care

Manual Lymph Drainage (MLD): This is a specialized massage to promote lymphatic activity. Patients will be taught self-MLD.

Compression Bandaging with Short Stretch Bandages

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For more information, visit stanthonyhospital.org

Or contact Tammy Probst, Director of Rehabilitation Services & Wellness
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Rehabilitation Services

In this Issue:

• Sports Rehabilitation
• Pelvic Floor Physical Therapy
• DARTFISH
• Lymphedema Therapy
• Advanced Certification

HSHS St. Anthony’s Awarded Advanced Certification

We are excited to announce St. Anthony’s has earned The Joint Commission’s Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement. The advanced certification is for Joint Commission-accredited hospitals, critical access hospitals and ambulatory surgery centers seeking to elevate the quality, consistency and safety of their services and patient care.

HSHS St. Anthony’s Memorial Hospital is only one of 71 hospitals in the nation to have achieved this advanced orthopedic certification.
Pelvic Floor Physical Therapy

Pelvic floor physical therapy is a non-surgical approach to rehabilitation of dysfunctions in the pelvis that contribute to bowel, bladder, sexual health and pain complaints. Approaches may include behavioral strategies, manual therapies, modalities, therapeutic exercise, education and functional re-training of the pelvic floor musculature.

Treatments are based on the patient’s diagnosis. Both external and internal techniques are used for treatment sessions. External treatments can include assessment of pelvic symmetry, strength and range-of-motion for the back, hips and legs, and biofeedback of the pelvic floor muscles using external anal electrodes. Internal treatments for adults can include myofascial stretching and trigger point release for the layers of the pelvic floor. Patients are educated on urgency control techniques, proper toileting position, anatomy of pelvic floor, and a home program for stretching and/or strengthening.

Pelvic floor physical therapy is appropriate for anyone that is cognitively able to follow directions and understand treatment methods. Patients can expect a 90-minute evaluation with 60-minute follow-ups for treatment.

Student Athlete Recovers

With Sports Rehabilitation

Brandon Puckett’s future was as bright as the sunshine that lit up the baseball field on the mid-April afternoon. After finishing the high school fall baseball season at St. Anthony High School with a National Trail Conference tournament championship and being named MVP of the tournament, his hopes of leading his team to the postseason were high as they faced their long-standing rivals in Teutopolis. It was not a pitch that would shatter his hopes, but instead it was a hard-hit ball to him as he played the center field position. Even though the catch was successful, he knew something was wrong when he stood up from landing on his side. “I could tell by the look on his face that something was wrong,” said his mother, Jody Puckett. A look of panic and a description of a loud pop sent Brandon immediately to be seen at a local orthopedic clinic.

Brandon was hopeful that it was just a bad bruise. However, an MRI showed a torn labrum was the result of the injury. Jody shared, “Dr. Lee at the Bonutti Clinic performed the labrum repair, two days prior to Brandon’s high school graduation ceremony. I remember the conversation I had with Dr. Lee immediately following his surgery. He stressed that while the surgery was successful, it would be the actual rehabilitation process that would determine his future potential to ever pitch again,” Jody stated.

“As a parent, I had promised Brandon that I would do whatever it took to find the rehab services that would give him the best chance of pitching again. I was so pleased to discover that those specialized rehab services were available right here in our community,” she continued. After his initial evaluation, Brandon’s treatment plan was developed by Physical Therapist Jon Frohning, PT, DPT, OCS, ATC, who had just recently joined St. Anthony’s rehab team, specializing in sports injury.

Brandon took every phase of the rehab process in stride. He progressed so well with his range of motion, strength, and stability, it was a tough task to convince him to “slow down” and not rush his return to play. He was very excited to begin throwing for the first time after his surgery.

Jon has kept in constant contact with Brandon, providing continued oversight of his training. That attention and effort has paid off as Brandon returned to the pitching mound for Lake Land College on Sunday, February 25, 2018.

“He stressed that while the surgery was successful, it would be the actual rehabilitation process that would determine his future potential to ever pitch again.”

DARTFISH

DARTFISH is the world’s leading video analysis software that captures movement. This tool helps health care professionals identify the best rehabilitation treatment plan, review and detect changes in movements over a period of time, and make recommendations for ongoing treatment if necessary.

Here is a quick summary of what DARTFISH can do:

- CAPTURE movements “in action”
- COMPARE movements in split screen mode
- TRACK trajectory and displacement
- ANALYZE various mechanics (i.e. running, walking, lifting and throwing)
- UTILIZE tools to measure angles, release points and points of contact
- FRAME-BY-FRAME movement breakdown and analysis

All patients must be physician-referred, and will receive an individual assessment with a certified DARTFISH professional. The assessment includes corrective exercise recommendations based on the analysis, along with a video upload and screen shots of key positions with descriptive text for the patient’s ongoing reference.

Speech Therapy

Speech Therapy provides services specifically for patients with Parkinson’s disease. Sheri McGee, MACCC-SLP, is certified in the Lee Silverman Voice Treatment “LOUD” program. This intensive program aids in improving the overall communicative status of patients with Parkinson and other neurological deficits. LOUD provides documented improvement of loudness, intonation and voice quality, as well as other benefits including improved articulation, swallowing and facial expression.

Patients in all stages of Parkinson’s disease may benefit from this program with intervention during the early and middle stages providing the most improvement.