

Rehab **Connects**

 **McLaren** The newsletter for friends of McLaren Flint | November 2014
FLINT

Back Pain

According to a January 23, 2014 issue of the *Archives of Physical Medicine and Rehabilitation*, back pain and arthritis are considered the most costly conditions requiring rehabilitation in the United States, with an estimated combined cost of 200 billion dollars per year. Though the per capita cost is considerably lower than other diseases and injuries such as a traumatic brain injury, stroke or limb loss, the total number of individuals affected each year is what causes the economic burden. Each year, it is estimated that 100 million people are affected by back pain and arthritis. It is estimated that 75



to 85 percent of Americans will suffer from back pain at some point in their life.

When it comes to back health there are some simple things one can do to help minimize the risk of injury and decrease the severity and duration of symptoms when they occur. One of the best things to do is improve posture, starting with how one is sitting or standing. To achieve proper sitting posture, try to keep knees and hips at 90 degree angles, weight evenly placed on both hips while keeping ears, shoulders and hips aligned over each other in a relatively straight line.

Another very important factor to having and maintaining a healthy back is to partake in regular exercise while trying to maintain evenness throughout the body.

Exercise routines include stretching, yoga to improve flexibility, walking, jogging or riding a bike to improve cardiovascular fitness and use of free weights or resistance bands to improve strengthening.

Research has shown that people who are physically fit are less likely to experience back injuries or pain, and recover quicker when they do have injuries than those who are less physically fit.

For anyone who has persistent back pain, difficulty performing daily activities or

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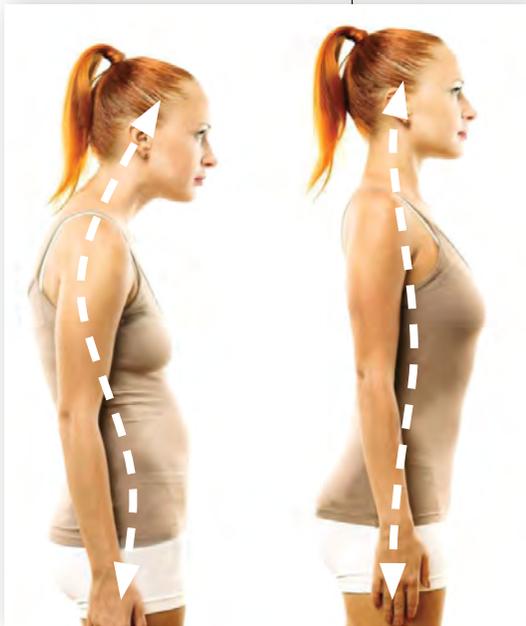
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Back Pain

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have difficulty moving around, the good news is that help is available. Physical therapists are movement and exercise specialists. Speak with your doctor or call McLaren Physical Therapy Services to get additional information for guidance in treatment options (see our list of sites on page 8).



As for standing posture, try to imagine keeping a relatively straight line through the ear, tip of the shoulder, center of hip and knee, and front of the ankle. Then carry that posture over while doing simple activities such as washing the dishes or sitting at a computer followed by more advanced activities such as raking leaves or shoveling snow. In general, people who are able to train themselves to stand, walk, sit, and lie in proper position, will have the least amount of strain placed on their bones, joints, muscles and ligaments during any activity.

In addition to treatment, The McLaren Therapy and Sports Medicine Program offers “Back to Life”, a free educational and exercise program for back pain sufferers. The sessions are held at McLaren Therapy and Sports Medicine-Bristol Place, 4466 West

Bristol Rd., 3rd floor, McLaren Therapy Services Conference Room or McLaren Therapy and Sports Medicine-Davison, 505 North Dayton Street. This five-week program covers back health topics and appropriate exercise for back issues. Registration is required and can be made by calling 810-342-5350 (Bristol) or 810-658-5631 (Davison).

McLaren’s Joint and Spine Center is designated as a Blue Cross Blue Shield of Michigan Blue Distinction Center+ for Hip and Knee Replacement and

Spine Surgery. The Blue Distinction Centers for Specialty Care® program is a national designation awarded by Blue Cross and Blue Shield companies to medical facilities that have demonstrated

“Research has shown that people who are physically fit are less likely to experience back injuries or pain, and recover quicker when they do have injuries than those who are less physically fit.”

- Nathan Seibold, DPT

expertise in delivering quality specialty care – and has recently been expanded to include more robust quality measures focused on improved patient health and safety as well as new cost-efficiency measures. Our program provides the latest advances in pain management, therapy treatments and recovery time. We pride ourselves on providing high quality care to all patients served after a hip, knee or spine Surgery. We have board certified orthopedic surgeons, a team approach to patient care, 13 private patient rooms, an orthopedic residency program, and dedicated nursing and therapy staff.

Wishing
Everyone a
Happy
Thanksgiving

Michigan has Direct Access to Physical Therapy. What Does this Mean?

Senate Bill 690 was signed into law by Governor Rick Snyder on July 1, 2014, hence; becoming Public Act 690. Physical Therapy Direct Consumer Access is effective January 1, 2015.

Public Act 690:

- ✦ allows direct access to physical therapy for 10 visits or 21 days, whichever first occurs, without a physician prescription/referral
- ✦ physical therapy received through direct access beyond that limit would require a physician prescription/referral
- ✦ an individual accessing physical therapy for promoting fitness and/or injury prevention in not subject to any limits
- ✦ insurers are not required to reimburse for physical therapy services obtained through direct access

As of January 1, 2015, a PT may legally evaluate and treat a patient for 10 visits or 21 days, (whichever first occurs). However, insurers are not obligated to pay. Therefore, as of January 1, 2015, we can accept private pay patients without a physician referral. The MPTA Reimbursement committee will be meeting with the major payers to ensure reimbursement for treatment rendered under direct access. "Studies support direct access is a cost savings for insurance companies. In general, direct access patients have less physician visits, less imaging procedures and less PT visits." This is a big step forward for patient access. Stay tuned for progress with reimbursement under direct access.



Director's Corner

Lori Walters
Director Rehab Services

Thank you!

I would like to thank each and every one of you for the work you do every day! This summer has been very challenging with increased volumes (good thing), covering vacations, and restructuring of management. I believe the realignment of leaders will provide each area the leadership and direction needed to continue growth and quality. Thank you for your dedication and patience as we move through this restructuring process. Your leaders and I are very excited to work with you to sculpt the future of Rehabilitation at McLaren Flint.

For a complete list of services and locations go to mclaren.org/flint and select Orthopedic Services and/or Spine Program.

National Healthcare Observances

We would like to recognize:

National Physical Therapy Month-October

World Arthritis Day-October 12

Bone and Joint Health Awareness Week-October 12-20

World Osteoporosis Day-October 20



Ask the Expert

Ed Atty, MD
Board Certified, Physical
Medicine and Rehabilitation
Specialist

Q&A with Ed Atty, MD

Board Certified, Physical Medicine and Rehabilitation Specialist

Question 1

Please explain what a PM&R (Physical Medicine and Rehabilitation) Specialist does.

Answer 1

A *physiatrist*, or *rehabilitation physician*, is a medical doctor who has also completed residency training in the medical specialty of physical medicine and rehabilitation (PM&R). This physician is a nerve, muscle, bone and brain expert who treats injury or illness nonsurgically to decrease pain and restore function. Rehabilitation physicians treat a wide range of problems from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery. The *physiatric* approach to patient care looks at the whole person and not just one symptom or condition.

Question 2

Why would PM&R be a good team member for treatment of spine pain/injuries?

Answer 2

Rehabilitation physicians are specialists in diagnosing and treating problems of the musculoskeletal system. After completing medical school, a rehabilitation physician completes an accredited four-year residency

program in PM&R. Many rehabilitation physicians also go on to become board certified in the specialty by passing a series of exams. With this advanced training, rehabilitation physicians are experts in examining all aspects of back pain – they may determine that there are underlying problems in other parts of the body that are causing a patient’s low back pain. Most important, rehabilitation physicians have many treatment methods available to reduce or eliminate patients’ problems and to decrease the possibility of a recurrence.

Rehabilitation physicians take the time needed to accurately pinpoint the source of an ailment. They then design a treatment plan that can be carried out by the patients themselves or with the help of the rehabilitation physician’s medical team. This medical team might include other physicians and health professionals, such as neurologists, orthopedic surgeons, and physical therapists. By providing an appropriate treatment plan, rehabilitation physicians help patients stay as active as possible at any age. Their broad medical expertise allows them to treat disabling conditions.

Question 3

From this article “research has shown that people who are physically active are less likely to experience back injuries or pain, and recover quicker when they do have injuries than those who are less physically fit.” From your experience as a practicing physician, please comment on this statement.

Answer 3

The best way to prevent back pain is to keep the rest of your body healthy. Exercise is the key. Active, fit folks have less back pain than inactive, out-of-shape people. Swimming, walking, and biking are particularly worthwhile for those who have had back pain in the past. A good diet will also help—



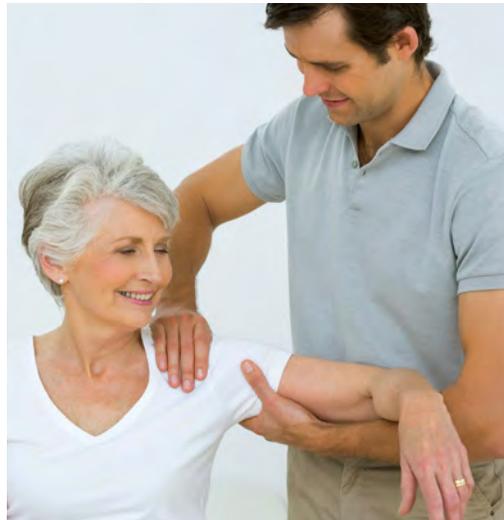
not only by nourishing bones and joints, but by preventing obesity.

Question 4

If I have not been active and physically fit and I have back or spine pain, am I a hopeless case and should I even try?

Answer 4

Low back pain is the most common form of physical disability. An estimated 80 percent of all Americans will suffer from back pain at some point in their lives. Back pain is the second leading cause of work absenteeism. Studies show that early aggressive treatment of back injuries by a physiatrist results in quicker recovery and fewer lost work days. Treatment by physiatrists centers around various combinations of exercise and medication. With such a wide variety of causes, it is important to identify the root cause of a patient's back pain. Rehabilitation physicians have the



specialized training that enables them to not only accurately diagnose the cause, but tailor a treatment plan to alleviate the pain as well. Rehabilitation physicians understand the body's "kinetic chain." For example, someone may have a problem with their ankle which leads them to alter the way they walk, which may cause low back pain. By diagnosing and managing low back pain, rehabilitation physicians help patients return to their daily activities.

Back to Life Education Series Details

Week 1

How to Manage Your Pain and Basic Stretching

Week 2

Posture and Core Exercises

Week 3

Posture Review and Body Mechanics

Week 4

How to Properly Exercise

Week 5

Nutrition and Stress Management

For more class information see page 7.

What is New in Rehabilitation Services?

Speech Therapist Appointed to Faculty at MSU

Laurie Dimambro, MS, CCC-SLP, CBIS, Senior Speech and Language Therapist at McLaren Neuro Rehab Institute (NRI) was appointed to the Clinical Faculty at Michigan State University, Department of Communication Sciences and Disorders. Positions are offered yearly to a select number of graduate student internship supervisors. As part of the clinical faculty, she will be listed under their faculty member website listing and will be given access to Michigan State library resources, intranet, and staff email. Laurie received this position through her dedication to mentoring graduate students. Laurie is committed in providing quality clinical education and supervision of graduate interns at NRI. She has participated in MSU committees, classroom presentations and provided supervision for eight graduate interns in the last three years.

Community Outreach

McLaren Neuro Rehab Institute had a strong presence at this year's *Brain Injury Association of Michigan Annual Fall Conference* held September 11-12, 2014. McLaren Neuro Rehab Institute had a booth at the event and several therapists were able to attend educational sessions on both days.

In addition, Kelli Baker, DPT, CBIS and Laurie Dimambro, MS, CCC-SLP, CBIS and Kellie Stites, CTRS, CBIS will be presenting at the *Brain Injury Association of Michigan* November 8, 2014 conference for survivors of brain injury, caregivers and their families and focuses on quality of life issues. The title of their presentation is "Beyond the Apps-Functional Integration of Technology as Part of an Interdisciplinary Approach."

For more information on this presentation, contact Katie Blanchard at 810-229-5880 or to register go to the Brain Injury Association website.

New Employee Announcements

We would like to introduce a new MNRI staff member...

McLaren Neuro Rehab Institute welcomes **Rachael Williams, MA, CFY-SLP.** Rachael joins the Speech and Language team as a clinical fellow. She earned her B.A. at Northern Michigan University, her M.A. at Wayne State University and completed her internship at Henry Ford Hospital in Detroit in their acute care department.



Rachael Williams, MA, CFY-SLP

Amy Cooper, OTRL, graduated from Baker College in Flint and performed her clinicals at St. John Hospital in Warren and Geropsych unit at Botsford Hospital. Amy has certifications in NDT and MFR and is an experienced FIM and BLS trainer.



Amy Cooper, OTRL

Congratulations to **Page Leroy, Cardiac Rehabilitation Specialist,** who moved into a full time position. Previously, Page was employed in Cardiac Rehab as a casual employee. Page obtained his Associate

Degree from Mott Community College in 2008, Bachelor's Degree from Central Michigan University in 2011 and completed his McLaren Flint Internship the summer of 2011.



Mallory Moses, OTRL

Welcome to our occupational therapists who joined the Inpatient Acute Care Therapy team...

Mallory Moses, OTRL who graduated from Saginaw Valley State University.



Page Leroy

Baby Announcements

Rylyn Camille was born on July 29, 2014 at 8:55 am. She came into the world weighing 8 pounds, 3 ounces and measuring in at 9 inches long. She is the daughter of Chad Maynie, a casual exercise physiologist who works in Cardiac Rehab.



Rylyn Camille

McLaren Neuro Rehab Institute would like to congratulate Megan Bohlinger, Speech Therapist, and her husband Keith. On August 3, 2014, they welcomed their daughter, **Charlotte Elizabeth,** into the world. Charlotte was a healthy 7 lbs, 15 oz.



Charlotte Bohlinger



Liam Grossman

Liam Grossman was born on August 22 at 3:45 am. He arrived at 6 lbs, 5 oz and was 18 inches long. He is the son of Ryan Grossman, a physical therapist at the Davison OP PT clinic.



Parker Shane Leroy

Page Leroy who recently was hired as a full time exercise physiologist in Cardiac Rehab, has son, **Parker Shane,** that he dotes over. Parker is 18 months old in this picture.



Upcoming Classes and Support Groups

Stroke Education Support Group

Open to the community and held on the first and third Wednesday of each Month from 3:30-5:00 pm at McLaren Neuro Rehab Institute on G-4466 Bristol Road, Suite A, Flint.

For more information please call McLaren Neuro Rehab Institute at 810-342-4220.

Brain Injury Support Group

Open to the community and held on Thursdays from 1:00-2:00 pm at McLaren Neuro Rehab Institute on G4466 Bristol Road, Flint.

For more information please call McLaren Neuro Rehab Institute at 810-342-4220.

Brain Injury Association of Michigan Flint Chapter Meeting and Support Group.

Open to the community and held on the fourth Thursday of each month from 6:00-8:00 pm.

For more information please call Ron Krueger at 810-953-9854 or Helen G. at McLaren Neuro Rehab Institute at 810-342-4220.



Back to Life Education Series

Open to the community and held at two locations:

McLaren Physical Therapy and Sports Medicine Bristol Clinic, G-4466 Bristol Road, Suite B, Flint. For more information please call 810-342-5350.

McLaren Physical Therapy & Sports Medicine Davison Clinic, St. John Family Center, 505 North Dayton Street, Davison. For more information please call 810-658-5631.

Acknowledgments

Rehab Services Newsletter Committee would like to thank the following individuals who contributed to our November Issue:

- ✦ Lori Walters
- ✦ Gai Clemmer
- ✦ Dana Hinsberger
- ✦ Nathan Seibold
- ✦ Kellie Stites
- ✦ Vera Szram-Senyk
- ✦ Terri Harding

Find Us in Your Community...



Outpatient Site List



McLaren Flint

401 South Ballenger Highway
Flint, MI 48532
Phone (810) 342-2356
Fax (810) 342-3652



Davison St. John Family Center

505 North Dayton Street
Davison, MI 48423
Phone (810) 658-5631
Fax (810) 658-7732



Cardiac Rehabilitation

401 South Ballenger Highway
Flint, MI 48532
Phone (810) 342-4215
Fax (810) 342-5599



Fenton Shoppes at Silver Chase

4045 Owen Road
Fenton, MI 48430
Phone (810) 750-2222
Fax (810) 750-2978



Flint Bristol Place

Physical Therapy
Suite A
4466 West Bristol Road
Flint, MI 48506
Phone (810) 342-5350
Fax (810) 342-5362



Flushing Therapy Services

2500 North Elms Road
Suite A
Flushing, MI 48433
Phone (810) 342-5550
Fax (810) 342-5589

McLaren Neuro Rehab Institute
Suite B
Phone (810) 342-4220
Fax (810) 342-4436