



A Not-For-Profit Life Plan Community

10/2/2018

Dear Everyone,

GREAT TIPS FOR A SPEEDY RECOVERY: MAKE SURE YOU USE HANDS-ON PHYSICAL THERAPY AT ALTENHEIM FOR OUT-PATIENT CARE



MORE BIG NEWS!

As if all the new happenings at Altenheim weren't enough:

**Hands-On Physical Therapy Specialists
has moved into their new home!
within Altenheim's new state of the art:**

Altenheim Therapy Rehab Center

***15653 Pearl Road
Strongsville Ohio 44136***

It's here you'll find Andrea Praschan, DPT and Jackie Frabell, OT/L CHT

Both of these skilled therapists specialize in treating out-patient conditions and injuries such as fractures, arthritis and tendinitis.

With a large "tool chest" of treatment modalities and techniques to choose from, one of the newest techniques they're using to help their patients get better quickly is Graston Technique.

Seeking out the best treatment techniques to provide their patients, both Jackie, occupational therapist and certified hand therapist, and Andrea Praschan, doctorate in physical therapy, completed the second level of course work with the **Graston Institute to become Certified Graston Providers.**

Jackie states: "Andrea and I have been Graston Providers for over 2 years. We have been so impressed with the results our patients have received, that we wanted to go on for the Graston Certification so our patients can get the best results possible."

The Graston Technique uses specially designed stainless steel instruments to gently mobilize soft tissues that are painful and may have become tight and inflexible due to surgery, injury or overuse.

Graston Certification is different than just being a Graston provider.

This higher level of training incorporates dynamic movement patterns, while Andrea or Jackie gently perform specific soft tissue mobilization techniques with their stainless steel instruments, selected specifically for each patient.

Dynamic movement patterns involves the patient actively moving and stretching the involved tissue and/or joints under the direction of the therapist. While the patient is performing these specific movements, Andrea or Jackie gently apply the Graston Instruments to the involved areas.

"Of all the soft tissue modalities that we use, this is the one that our patients feel is helping the most" says Jackie.

Andrea agrees: "The higher level course we completed added more treatment choices for Jackie and I to use for our patients."

Andrea goes on to say, "There is a tendinosis (chronic tendinitis) protocol for more stubborn injuries that we can now use, and it is very effective."

This treatment protocol is used for conditions like plantar fasciitis (an inflammation of the plantar fascia: the thick band of tissue that connects the heel bone to the toes), patellar tendonitis (an injury of the patellar tendon that connects the kneecap to the shin bone), and Rotator Cuff Tendinosis (inflammation of the tendons around the shoulder joint).

The higher level Graston Course that Andrea and Jackie successfully completed allow them now to use GTS following their professional titles, signifying they are certified and credentialed with the Graston Institute.

They are in an elite group of therapists, being two of the few therapist's in our surrounding area to have this credentialing!

Call 440-238-0300 to learn more about how Andrea or Jackie can help you.

MORE GREAT TIPS FOR A SPEEDY RECOVERY: USE ALTENHEIM STATE OF ART THERAPY REHAB CENTER FOR IN-PATIENT CARE



Charlene Brincka, PTA is the Rehab Manager of the new Altenheim Therapy Rehab Center.

This new State of the Art center has been open for about 6 weeks, and Charlene is thrilled with the new space, the great equipment that helps those folks who chose Altenheim for short term rehabilitation after hospitalization, and the great therapists and staff that work together for optimal patient results. Charlene says, **“We have an excellent staff and our therapist’s really put our patients first.”**

Altenheim’s Therapy Rehab Center is for short term rehab. That means, depending on their condition or injury, a typical length of stay for someone can be from 7 to 30 days. So someone who has undergone a total knee replacement may stay about 7 days, while a person who has suffered a stroke or CVA might require more time in rehab.

Patients who chose Altenheim’s Short Term Rehab can count on Occupational and/or Physical Therapy 7 days a week. This is unique among rehab centers. But wait, there’s more! Not only is therapy available 7 days a week, but the patient’s initial evaluation is **also done 7 days a week!** So if a patient comes into Altenheim’s Short Term Rehab on a Saturday night, they can count on a physical therapy or occupational therapy evaluation on Sunday morning.

No one sits and waits around here!

Aces!

Just by choosing Altenheim’s Therapy Rehab Center, one is already on track to getting back home and work more quickly. And we haven’t even talked about some of the State of the Art equipment available at Altenheim’s Therapy Rehab Center, yet.....

Read on!

Biodex NxStep Unweighing System

This ingenious piece of equipment is used for someone who is having balance or walking problems, perhaps from a stroke, orthopedic or other neurological problem.

A harness is fastened around the torso and between a person’s legs. Then the harness is attached to a frame above the patient, supporting their weight. This allows the therapist to get the person into standing and the machine supports the patient. Depending on the needs of the patient, the therapist may initially work on standing balance and then progress to walking within the Unweighing System.

Charlene states: **“What is so great about this equipment is that, with one therapist guiding and assisting as needed, the patient is able to strengthen and develop core strength and dynamic balance that is needed for normal gait.”**

And as we all know, we don’t just walk from place to place, but we stop to reach for that cup of coffee or to put groceries away in the cupboards. The Unweighing System allows one therapist to help guide the patient in their walking and reaching, instead of two people on either side supporting. **With the Unweighing system, the patient gets the sensory feedback of the correct posture and alignment that they need.** The system allows the patient to practice walking, reaching and moving in a more real life way, which can accelerate their rehab.

Biodex Sit to Stand System

For those folks who are having trouble rising from a chair, toilet or bench, the Sit to Stand System helps strengthen the leg and hip muscles that are needed to accomplish this seemingly easy task. Due to a variety of reasons, as we get older some of us can become more sedentary. The reasons may be because of some arthritis in our hips or knees, and as we sit more and move less, weight gain can happen. Related to this prolonged sitting, the hamstrings can get tight. This cascading effect can cause one to have difficulty rising from a chair or toilet because of decrease in leg strength and hip extension strength, as well as now walking with knees bent. The continued cascade can

lead to more loss of strength.

So it's very important to keep moving and stay strong!

The Sit to Stand System has a reclined seat that actually starts at almost a standing position. Hydraulics are involved (very cool). The therapist can set the machine to the height that is required for the patient to work on their leg and hip strength, by practicing coming to a standing position (with a little help from our friend: hydraulics). The machine initially does most of the work, but as the patient progresses, the hydraulics can be programmed to do less and less. The patient gets stronger and does more. Gradually the height of the seat is lowered for further strengthening of legs and hips.

Voila! Getting up from a chair is now much easier!

Biodex Bio-Sway Balance System

Using Bio-Sway Balance System, patients who may have balance issues are challenged to shift and control their center of gravity through an interactive balance game and other rehabilitative training strategies. It has a computer screen that gives visual feedback and cuing, as well as auditory feedback as the patient shifts their weight and adjusts their posture while standing on a specially designed foot pad.

Charlene says, "The Bio-sway is a real asset for our patients; the computer screen allows them to use visual and audible cues that the machine provides to adjust their posture and balance." She goes on to say, "For someone who's having balance issues, you can make it very specific to the area where they are having balance deficits, such as when someone leans back or to the side too much. It can be used for someone who may have to be partial weight bearing due to an injury, say after a fracture. It teaches them the appropriate amount of weight they can put on their leg while that restriction is in place."

Additionally, the computer generates a score for each treatment that can concretely show progress to the patient, family and physician.

So what have we learned from our "virtual tour" of the new Altnheim Therapy Rehab Center?

That it has the newest equipment and great therapists who will help one attain their highest level of function in beautiful surroundings!

Schedule an appointment for an actual tour! Call (440)238-3361

We're proud of our new space and would love to show it to you!

AND FINALLY.....SOME MORE GREAT TIPS FOR A SPEEDY RECOVERY: SLEEPING AND EATING CAN HELP!



Whether you're recovering and rehabbing after a hip or knee injury or surgery, shoulder tendinitis, or even tennis elbow, learn some of the tips athletes use to speed recovery from their workouts.

These same tips can help anyone at any age, and that includes you too!

Make Sure You Get Enough Sleep!

Optimal sleep is essential for everyone, but particularly for anyone who exercises regularly. And if you've had a surgery or injury, you're likely (and wise to be) exercising and rehabbing under the supervision of a physical or occupational therapist. While the exact relationship between sleep and exercise is still unclear, many studies suggest sleep deprivation can have significant negative effects on a person's recovery; lack of adequate sleep can reduce your tolerance to exercising, alter mood, and increase your perception of fatigue.

In today's day and age, with almost constant bombardment of our senses with TV, computers and cell phones, almost everyone is overstimulated. **Try putting away your devices and perhaps take a step back in time, reading for a half hour before going to sleep.**

Developing a regular sleeping routine, and going to bed at a similar time each night of the week is also recommended. Additionally, if possible, try for 8 hours of sleep a night and/or fit in an afternoon power nap for 20-30 minutes to rejuvenate your body. Research indicates that taking a nap around two hours after a workout helps the body enter deep, restorative states of sleep. This goes for those that have had surgery or an injury; **Naps are highly underrated!**

Your body has an amazing ability to take care of itself if you allow it some time.

For athletes young, old or somewhere in between, or for anyone who has undergone an injury or surgery, adequate rest to help rebuild tissues that have been damaged or surgically restored is especially needed. While you sleep, amazing things are taking place in your body. During sleep, your body produces Growth Hormone (GH) which is largely responsible for tissue growth and repair; it stimulates protein synthesis in muscle and other tissues, and optimizes healing.

So remember to get the “zzzz’s” that your body needs (hey-that rhymes!) to smooth out your road to health and recovery!

Drink lots of water!

Did you know that up to **60%** of the human adult body is water? And that the brain and heart are composed of **73%** water, and the lungs are about **83%** water? So, even during normal non-exercising times, it makes sense that water is essential for a your body. In fact, water supports every metabolic function and nutrient transfer in the body, and having plenty of water will improve every bodily function and keep you healthy.

Water regulates your body temperature and lubricates your joints. It helps deliver oxygen to all parts of your body, and flushes bodily wastes. If you're not hydrated, your body can't perform these functions at its highest level, which means you can't perform at your highest level, both for your exercise routine as well as simple daily activities.

Did you know you lose a lot of fluid during exercise, whether you sweat or not, and ideally you should start your exercise or therapy session well hydrated? You should also be replacing water during exercise, and filling up after you exercise is an easy way to maximize your recovery.

One way to know if you're hydrated is to notice if you're thirsty. The rule of thumb is, if you're thirsty, you're already (becoming) dehydrated. Exercising while you're dehydrated can cause greater damage to muscles and reduce the body's ability to repair itself. Good

hydration means that you get the right amount of water before, during, and after exercise.

So drink up (water that is!)

and remember to take your water bottle when you're exercising whether you're on your own or going to therapy for supervised exercises and rehab!

Protein is your Friend!

Obviously, a well balanced diet is important for all of us. When discussing exercise, the question of protein often comes up. And there's a lot of information out there about exercise and protein; when to eat protein, how much, and what types of protein are best. But it seems all sources agree that protein is essential for good body function and recovery after exercise, whether you've had a surgery or injury or not.

But for those that have had a surgery or injury, **it's good to know that your body needs protein to help build and repair muscle, skin, and other body tissues.** A less known fact is that protein also helps fight infection, balance body fluids, and carry oxygen through your body. When you have tissue that's healing, think of food as medicine. You may need to eat more protein to help a tissue heal.

Eat some protein in the morning- After a good night's rest, the body could use some nutrients to recharge. Breakfasts that are high in protein can give your muscles and other tissue the necessary ingredients to start rebuilding. Another good thing about eating protein in the morning is it can help reduce food cravings later in the day.

Eat something with protein post-workout, too- While a protein-rich snack can get the body ready for a great workout, sipping on a protein smoothie or eating a protein-filled meal can ensure the body has enough fuel to keep on rebuilding throughout the day.

Eat protein before bed- Detecting a theme here? Eat before bed? Because we can't give our bodies nutrients while we're asleep, having a **light protein rich snack** before we go to sleep enables our bodies to keep repairing tissues overnight.

Try visualization exercises and music.....really?

Believe or not, adding a mental practice to your workout or exercise routine can be a big benefit for anyone, athlete or "rehabber". Primarily used by athletes, visualization exercises are considered to be one of the fundamental mental skills for learning new skills, practicing existing skills, preparing for performance/exercises and enhancing motivation. So for those of you that aren't athletes, it's also a great way to get the most out of your therapy rehab or exercise routine, by building familiarity with your rehab or exercise routine, reducing your anxiety, boosting your confidence, and promoting a calm clear attitude when it's time to start your therapy or exercises.

Mental rehearsal, or visualization, involves imagined mental practice of performing a task as opposed to actual practice. That means when engaging in mental rehearsal, you imagine performing the activity or exercise without having to actually **do** anything.

Big Announcement: Visualization and mental rehearsal is not a substitute for your actual exercises!!

Just ask your physical therapist (preferably one of ours here at Altenheim's Therapy Rehab Center!)

And adding music to your routine, before, during or after, can also be very beneficial in recovery from an injury, surgery or just intensive exercise. Music does affect the cardiovascular system; research studies have found that music with quicker tempos had people breathing faster, with increased heart rate and blood pressure. Slower tempos produced the opposite effects; listening to relaxing tunes and slow tempo songs can help reduce your blood pressure and pulse rate, helping you recover both physically and mentally.

Anyone up for some Barry Manilow tunes?

Altenheim Senior Living

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