

KENNY

Independent

Sister Kenny® Rehabilitation Institute, located at 28th Street and Chicago Avenue in Minneapolis, Minn., is the leading rehabilitation provider in the region. The Institute provides programs and services at five Allina hospitals — Abbott Northwestern in Minneapolis, United in St. Paul, Unity Hospital in Fridley, Mercy in Coon Rapids and Buffalo Hospital in Buffalo — and outpatient care at community-based Sister Kenny Sports & Physical Therapy Centers.

The **Sister Kenny Rehabilitation Institute Golf Tournament for Individuals with Physical Disabilities** will be held on Friday, Aug. 4, at the Braemar Golf Course in Edina, Minnesota. Competitors can play on the regulation 18-hole or executive 9-hole course. For more information about the tournament and how to participate, call 612-863-5712.

After stroke, ex-Marine wages new battle

Carl Powers already knew what it meant to fight for his life. He grew up in a violent Chicago neighborhood and spent much of his youth fending off street gang thugs. Then he joined the Marines, was shipped off to Viet Nam and was wounded in combat, earning two Purple Hearts.

But it was high blood pressure and a stroke that nearly ended his life last September. Powers, 55, had just returned from a meeting at his church. While in the shower, he suddenly lost feeling on his right side and slid down into the bathtub. He managed to crawl out and call for help.

Powers has only dim memories of the next six days at Abbott Northwestern Hospital. As he became more alert, he also became frightened. He was unable to talk, feed himself or walk. "I wondered, what could they do to help me?" said Powers. "The experience was scarier to me than being in combat."

After he was transferred to Sister Kenny Rehabilitation Institute, Powers began to realize that he had a long, hard journey ahead.

"One of the critical factors in rehabilitation after a stroke is helping patients understand that there is always hope," said Barbara Seizert, MD, a physiatrist who treated Powers. "It depends on their work and on our work — we emphasize that patients and families are our partners."

"If you've had a stroke, it's easy to get into the 'poor me' mindset — you don't want to go there," said Powers. "One of the things



Retired Marine Carl Powers says the hardest battle he has had to fight is recovering from a stroke.

that helped was the attitude of the staff. They went above and beyond."

Every day, Powers had physical, occupational, speech and recreational therapy. Intensive rehabilitation using the latest techniques, technologies and approaches is a hallmark of rehabilitative care at Sister Kenny Rehabilitation Institute. "One of our strengths is that we can offer an aggressive 12-hour day of intervention, seven days a week," said Seizert.

Powers was determined to improve. "I did not want to be dependent on anyone, even in the hospital," he said. "But every day, I noticed little things getting better. The recovery happens in baby steps."

After one month at the Institute, Powers returned home. Three months after his stroke, he was back at work. He continues to receive

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Letter from our leader

Exciting projects are underway at Sister Kenny Rehabilitation Institute. We continue our efforts to develop the Sister Kenny Research Center, which will enable the Institute to continue its rich history conducting innovative research that leads to more effective rehabilitative techniques. We are also working closely with our colleagues at the Allina Medical Clinic in order to ensure that their patients receive the best rehabilitative care possible.

The Institute continues to grow. The number of admissions to our rehabilitation unit at United Hospital grew substantially in 2005. Also in 2005, we opened two new Sister Kenny Spine Centers in Edina and Woodbury. The Spine Centers provide specialized, non-surgical treatment for

patients with low back or neck pain. We are currently evaluating our options for future locations. We also recently expanded our outpatient physical therapy services in Elk River (see related article on p.3).

For more information about what's happening at Sister Kenny Rehabilitation Institute, visit www.sisterkennyinstitute.com.

Richard Sturgeon, MD
vice president
Sister Kenny Rehabilitation Institute

Telerehabilitation serves patients in remote locations

“Telerehabilitation offers a unique opportunity to improve health care services in remote and underserved locations,” said Bowman.

For more information, visit www.sisterkennyinstitute.com/ahs/ski.nsf/page/ar_tele.

Sister Kenny Rehabilitation Institute is using the latest telecommunications technology to enhance rehabilitation services in communities where access to such services is limited.

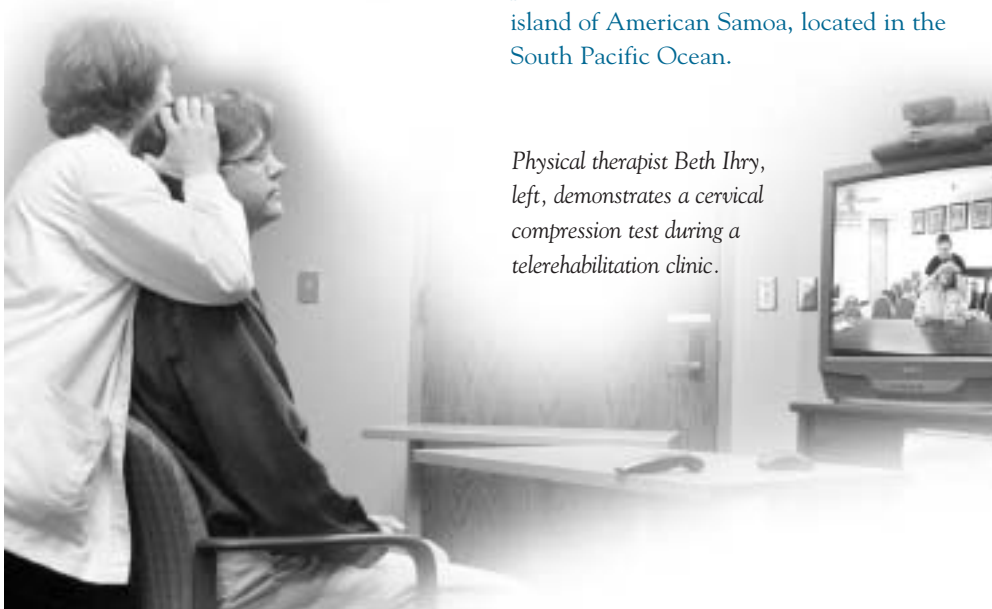
Telerehabilitation involves using advanced video-conferencing technology to permit patients and their local therapists or caregivers to consult with physiatrists and therapists at the Institute. Teleclinics are held weekly in collaboration with health care providers in Cass Lake, Minn., and on the island of American Samoa, located in the South Pacific Ocean.

Physical therapist Beth Ihry, left, demonstrates a cervical compression test during a telerehabilitation clinic.

The teleclinics allow the Institute's rehabilitation specialists to observe, examine and assess patients at a distance, while providing education and training about a variety of conditions, therapies and techniques.

“Because rehabilitation is a high-touch intervention, some may wonder about using technology like this to deliver patient care,” said Tim Bowman, rehabilitation services manager. “But our therapists have been using technology to enhance rehabilitation therapies for more than 10 years — we have embedded technology as another tool that allows us to better serve our patients.”

The teleclinics are currently funded by grants. However, in collaboration with other rehabilitation centers around the country, the Institute is tracking outcomes and evaluating the effectiveness of the teleclinics to gather support for third-party reimbursement of the service.



Sister Kenny Sports & Physical Therapy Center: Holistic approach and staff expertise make a difference

Despite bouts with two painful and potentially debilitating conditions in the past year, Pat Crisham, 71, is back to her normal activities. That includes ice skating, ballet, swimming, and helping elderly and sick neighbors with errands, medical appointments and household chores.

With help from Ann Johnson, PT, from the Sister Kenny Sports & Physical Therapy Center in Fridley, and several of her colleagues, Crisham found relief from arthritic knee pain and also recovered from bilateral frozen shoulders.

“Ann made full use of our appointments,” said Crisham. Crisham’s knee pain was somewhat vague and intermittent, so Johnson conducted careful interviews, tests and “hands on” therapy to discover the cause and track Crisham’s progress. She made recommendations about muscle strengthening and body alignment to treat the pain and slow the progression of the arthritis. When Johnson learned that Crisham enjoyed swimming, she referred her to an aquatic therapy specialist in the clinic, Beth Holme, who designed a pool program to complement Crisham’s dry land program.

All was well until several months later when Crisham suddenly developed frozen shoulders. “It was so painful, I could barely open a car door,” said Crisham. The problem started on her right side, but quickly spread to the left as Crisham overcompensated for the pain and immobility.

She returned to see Johnson. “Her skill in putting everything together to get my shoulders working was most impressive,” said Crisham.

Johnson determined that Crisham’s posture and a muscle imbalance predisposed her to shoulder joint injury. That, combined with her regular lap swimming and an especially active weekend helping neighbors

clean up from a storm, had caused tendonitis and bursitis.

“We take a holistic approach in evaluating patients and recommending therapy,” said Johnson. “Often a problem affecting a limb or a joint has a connection to core body strength, posture and alignment.

“We also have a strong emphasis on manual therapy — we go beyond having the patient repeat their home therapy program in the clinic. We focus on soft tissue manipulation and joint mobility to help the patient recover function more quickly.”

Sister Kenny Sports & Physical Therapy Center uses evidence-based best practice guidelines for common orthopaedic diagnoses, ensuring the best possible care at all locations throughout the system. In addition, Johnson says that many therapists have special areas of interest and advanced training, providing a high level of expertise for a range of problems.

Crisham, who is retired after 40 years of working and teaching in health care and bioethics, says her experience at Sister Kenny Sports & Physical Therapy Center was inspiring. “It seems to be totally focused on its purpose — doing what is important for patients and making a difference in their lives.”

Sister Kenny Sports & Physical Therapy Center is a network of physical therapy clinics located throughout the Twin Cities and central Minnesota. The newest clinic is located in Elk River. The clinics offer rehabilitation services for a range of injuries and illnesses, including low back pain, sports injuries, TMJ (temporomandibular joint) dysfunction, lymphedema, fibromyalgia, osteoporosis and more.

For more information, call 612-863-4466 or visit www.sisterkennyinstitute.com.



With help from physical therapist Ann Johnson (left), Pat Crisham found relief from arthritic knee pain and also recovered from frozen shoulders.

Tips for buying the right running shoes

Wearing the right type of shoe while running is very important to avoid injury. The following tips were provided by Rickie Walkden, a physical therapist coordinator at Sister Kenny Sports & Physical Therapy Center in Edina.

General tips

- Running shoes should have:
 - a thicker heel, which provides a slight elevation that decreases stress on the calf (which is helpful with Achilles tendinitis).
 - a comfortable toe box (the height and width of the toe area). Toes should not be compressed.
 - proper length (check length while standing in the shoe). Length between the end of your first toe and shoe should equal half the width of your thumb.
- Insoles or orthotics can be added to a shoe for better arch support and shock absorption.
- The average life of a running shoe is about 400-500 miles. Runners should purchase new shoes at the 300-350 mile mark and begin alternating shoes from there.

- If your toenails turn black, have your foot sized at a running shoe store. Poor shoe fit is not the only reason toenails can turn black, but it is often a factor.

Tips for over-pronators (meaning your foot rolls too far inward and often too quickly when you run)

Look for shoes with:

- maximum stability
- firm midsole with firm medial post
- solid heel counter (back of the shoe by your heel)
- a wider sole (the wider the sole the better the rear foot stability)

Tips for supinators (rigid foot)

Look for shoes with:

- maximum shock absorption and flexibility
- soft midsole
- soft heel counter

For more information, talk with your physical therapist or a shoe fitting expert to help you find the shoe that is best for your running distance, speed, style and surface.



Stroke rehabilitation *continued from front cover*

outpatient therapy and is as committed to recovery as he was at the start. "It's all a process," he said. "You've just got to keep trying."

About the Stroke Rehabilitation Program

The stroke rehabilitation team at the Institute includes physiatrists, certified rehabilitation nurses, and therapists who have received specialized certification in stroke treatment. The team also works closely with acute care physicians to address the causes of stroke and to reduce the risk of second strokes.

Stroke team members pride themselves in being responsive to the needs of patients and families. They work closely with each other, coordinating each patient's care to maximize the opportunities to regain function and independence while still in the hospital.

At the Institute, stroke patients benefit from real-life environments that allow them to practice getting in and out of a car, carry out basic chores in a real kitchen and move about in a simulated store. Advanced technologies are also helpful in stroke rehabilitation, including robotic-aided therapy, a virtual reality system used for exercise and partial weight bearing gait therapy.

Other unique features include a peer visitor program and specialized education curriculum for inpatients, and an education course for post-stroke patients and their families.

To learn more about the Stroke Rehabilitation Program, call 612-863-4457 or visit www.sisterkennyinstitute.com.

The stroke rehabilitation team at the Institute includes physiatrists, certified rehabilitation nurses, and therapists who have received specialized certification in stroke treatment.

DAAN: community initiative focuses on inspiring wise nutrition and activity choices

Earlier this year, DAAN was launched at a grand opening celebration at Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center. DAAN (dā on) is a new initiative designed to promote a healthy, balanced life by inspiring wise nutrition and activity choices.

For the first time, poor nutrition and physical inactivity are the leading cause of preventable death in rural America. With the number of obese or overweight children tripling over the past two decades and 30 percent of U.S. adults now obese—doubling in the last 25 years—radical change is needed today.

"Our personal choices are literally, slowly killing us by increasing our risk of heart disease, hypertension, diabetes and various cancers," said Brett Oden, MD, sports medicine specialist and medical director of Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center.



The initiative's name comes from the Native American word "DAAN," which means "to live a healthy, balanced life." DAAN offers hands-on elementary curriculum, adult wellness education and a series of fitness assessments.

To learn more, visit www.buffalohospital.org.

Brett Oden, MD, a sports medicine specialist and medical director of Buffalo Hospital's Sister Kenny Sports & Physical Therapy Center (right), demonstrates a fitness assessment at DAAN's grand opening celebration.

Focus on a facility: Unity Hospital

Sister Kenny Rehabilitation Institute at Unity Hospital, located in Fridley, offers rehabilitative services to treat any short- and long-term condition or disability. Physicians and therapists provide rehabilitative care to hospital patients on orthopaedic, neuroscience and cardiology units who have experienced a trauma or surgery, and those who have complex medical conditions.

Outpatient rehabilitation programs are also available, including lymphedema therapy and wound care, as well as multi-disciplinary care (occupational, physical and speech-language therapy) for patients who have experienced a stroke, brain injury or who have neurological or degenerative diseases such as Parkinson's or multiple sclerosis. Patients who receive

multi-disciplinary care work together with the staff to set goals in order to achieve maximum function. Treatment focuses on improving function such as walking, swallowing, reading, dressing, homemaking and remembering.



For more information about rehabilitation services offered at Unity Hospital, visit www.mercyunity.com.

Unity Hospital today (left), and an artist rendering of what Unity will look like after extensive construction is completed this summer.





Rozina Bhimani, RN

Clinician profile: *Rozina Bhimani, RN*

Rozina Bhimani started her career in the business industry, but after just one day on the job she knew it wasn't the right fit.

"After a bit of soul searching, I knew I wanted to do something to help people; human interaction is very important to me," said Bhimani.

She went back to school to become a licensed practical nurse, and worked for 10 years in a long-term care facility and in clinics. She eventually became a registered nurse and worked in a cardiac surgical ICU for several years. After finishing her bachelor's of science in nursing, she went on to earn a master's degree in family practice. She is currently working toward a doctorate degree with a focus on research and education, and an emphasis on helping patients with disabilities.

"I guess I've always known on some level that nursing was for me," said Bhimani.

"The profession is very satisfying as well as fascinating. I've learned so much during my nursing career."

Since 2004, Bhimani has worked in Sister Kenny Rehabilitation Institute's Baclofen Program at Abbott Northwestern Hospital helping patients with spasticity (muscle stiffness and spasms).

"I really enjoy developing relationships with my patients and helping improve their quality of life," she said.

One of the things Bhimani enjoys about working at the Institute is being involved in innovative research and care.

"At Sister Kenny, we don't just accept the status quo," she said. "We're not afraid to look for new therapies, diagnostics or techniques in order to provide the best care we can for our patients."

Sister Kenny Rehabilitation Institute
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