

# 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 grand opening event for the **43rd International Art Show by Artists with Disabilities** will be on April 20, 2006, at Abbott Northwestern Hospital. The show is one of only a handful of judged art shows in the country for those with a physical or mental impairment. To be added to the mailing list or to receive further information about this year's event, call 612-863-4463 or send an e-mail to [sisterkenny@allina.com](mailto:sisterkenny@allina.com).

Hold the date for the **Sister Kenny Foundation's Spring Event** on May 18, 2006. Proceeds from the event will benefit Sister Kenny Rehabilitation Institute. For more information, call 612-863-4145.

## *Spinal cord injuries: Advanced care, individualized approach makes a difference*

Cindy Bemis knew she was paralyzed the instant she landed on the ground.

The all-terrain vehicle she and her husband were on tipped as they climbed an embankment to cross a highway, throwing Bemis to the pavement. Bemis, from Spring Valley, Wis., suffered an incomplete spinal cord injury and was transported to a hospital in Eau Claire, Wis. Initially, Bemis was paralyzed from the neck down, but within several days she could move her arms, trunk and left foot.

"Each spinal cord injury is unique," said Jennifer Theis, MS, OTR/L, chair of the spinal cord injury advisory committee at Sister Kenny Rehabilitation Institute. "The person's ability to regain function depends on whether the cord has been bruised or stretched, how much swelling is present, and how much of the spinal cord has remained intact."

After 10 days, Bemis was transferred to Sister Kenny Rehabilitation Institute, which provides a full array of services for all stages of spinal cord injury recovery: inpatient rehabilitation, outpatient care and lifelong follow-up.

The Institute's inpatient rehabilitation facility at Abbott Northwestern Hospital is the only such program in the Twin Cities area

that is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF). The accreditation demonstrates that an organization meets the highest patient care standards and follows CARF guidelines for best practice, quality and service standards.

Staff at the Institute includes physiatrists, rehabilitation nurses, occupational and physical therapists, equipment specialists and a range of other professionals with advanced training and experience in spinal cord injury care.

Bemis was impressed at how her therapists focused on her individual needs and abilities. "When the therapists worked with my roommate to teach her to get dressed, they didn't approach it the same way they did with me. Or if I was having trouble with one part of therapy, they always had other ideas to help me."

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*Cindy Bemis, right, was impressed at how her therapists like Jennifer Theis, left, focused on her individual needs and abilities.*



# Brain Injury Clinic: Specialized treatment improves everyday life

## Brain Injury Support Groups

Many people with mild to moderate brain injuries find value in attending a support group. Support groups help participants learn from others facing similar challenges, create a social outlet and develop tools for coping with brain injury. For information about brain injury support groups at these local hospitals, call:

- **Abbott Northwestern Hospital** in Minneapolis at 612-863-4105
- **Mercy Hospital** in Coon Rapids at 763-236-8910.

In addition, brain injury support groups meet in a number of communities throughout Minnesota. For information, call the Brain Injury Association of Minnesota at 612-378-2742 or 1-800-669-6442.

*“We consider the person’s goals, family, support system, personality, job, emotional adjustment and physical status.”*

Suffering a brain injury — even one that is mild — can have a profound effect on a person’s ability to function at home, at work and within the community.

The most common problems among people with brain injuries include difficulties with memory, concentration, communication and organization. Behavioral and emotional problems may also occur, resulting from the brain injury itself and from the person’s efforts to cope with his or her problems.

Sometimes the problems are subtle and the person may not immediately associate them with a brain injury. Also, the problems may become more noticeable as the person returns to normal activities, such as going back to work.

For more than 20 years, the Brain Injury Clinic has helped people with brain injuries develop the skills necessary to function well in all aspects of their lives.

The Brain Injury Clinic serves people 17 years and older with mild to moderate brain injuries or non-progressive brain illnesses.

Participants who respond best to the program are:

- at least three months post-injury
- able to participate in therapies without supervision
- able to care for themselves independently.

Participants in the Brain Injury Clinic receive an extensive evaluation that includes a thorough history and a neuropsychological assessment. Treatment plans are developed with the individual’s needs in mind. “We consider the person’s goals, family, support system, personality, job, emotional adjustment and physical status, such as whether they suffer from chronic pain, dizziness or balance problems,” said Sandy Schwalbe, Brain Injury Clinic coordinator at Sister Kenny Rehabilitation Institute.

“We pride ourselves in seeing each person’s case individually.”

The length of time participants are seen in the clinic depends on each person’s program plan. Treatment components may include occupational therapy, individual and family counseling, speech therapy, vocational planning and working with medical providers to address ongoing physical concerns.

Treatment plans often focus on goals such as:

- learning new strategies for thinking, communicating, concentrating, organizing and improving memory
- dealing with physical handicaps and health concerns
- enhancing self-esteem
- improving the ability to deal with stress
- dealing with personal feelings about the injury and resulting changes
- improving personal relationships
- helping family members to understand and cope
- helping to modify work or find more suitable work.

“Our emphasis is helping people learn how to compensate for the changes they are experiencing,” said Schwalbe. “We may not be able to fix the brain injury, but we can help people improve their functioning in everyday life.”

For more information, call 612-863-4105 or visit [www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com).

# Tips to Boost your Memory Power

The following tips are provided by therapists at Sister Kenny Rehabilitation Institute:

**Keep your mind active:** Try crossword puzzles, sudoku, games, conversations...challenging your mind on a daily basis is good exercise.

**Seek new experiences:** Learn a new skill, start a new hobby or take a class.

**Do not skimp on nutrition:** Skipping meals will lower your blood sugar and rob your brain of nutrients it needs.

**Don't overdue caffeine or alcohol:** Too much will impair your short-term memory.

**Get plenty of rest:** Sleep deprivation is a torture technique! Lack of sleep can affect your ability to concentrate and remember.

**Live in the moment:** You cannot remember things that you did not attend to. Give your full attention to people, information and new experiences.

Tips for coping with memory loss:

**Repetition:** The more exposure you have to information, the more likely you are to recall it.

**Routines:** Do things in the same sequence like take pills with meals and set things by the door that you want to take with you. Routines will conserve your "thinking" energy.

**A place for everything and everything in its place:** The more organized you are and intentional in returning things to the right location, the less energy you spend searching for them.

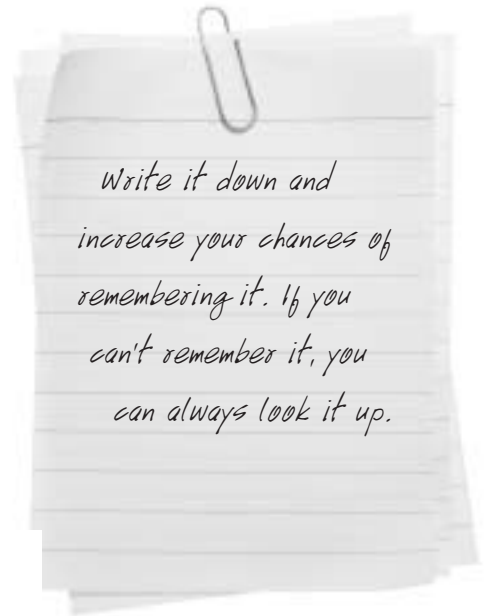
**Planning:** Look ahead and plan your time. Fatigue affects your memory.

**Pause:** Take a moment to stop, breathe and think. The more intentional you are about where you are going and what you need, the less likely you are to experience everyday memory errors.

**Write it down:** Keep an organized calendar, to-do lists and data bases of information. By writing it down, you increase your chances of remembering it. If you cannot remember it, you can look it up.

**Focus:** You have to attend to something to remember it. Increase your chances by controlling your environment. Turn off the TV, radio or other distractions. Focus on one task at a time.

**Change your habits:** Set alarms, use timers, look into other technological options to help you track time and remember information.



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# Video analysis helps athletes reduce pain, improve performance

Sister Kenny Sports & Physical Therapy Center offers digital video analysis for athletes who experience pain or injuries while running, throwing or playing golf.

Physical therapists combine frame-by-frame video analysis with a complete musculoskeletal assessment to determine the source of pain.

“We assess the athlete’s range of motion, strength, flexibility and review their history,” said Rickie Walkden, a physical therapist at Sister Kenny Sports & Physical Therapy Center in Edina. “We use video analysis, which may include views of the athlete from the front, side and back, to see how it correlates with the clinical findings.

“Often it’s like putting together pieces of a puzzle, because you can have pain in one area that is related to the bio-mechanics of another part of the body.”

The therapist develops an individual treatment plan that may include changes in running gait or throwing motion, core strength training and other therapies.

Individuals who may benefit from video analysis include athletes at all ages and levels. A referral for physical therapy is needed.



Video analysis is available at these locations:

## Golf swing, running and throwing video analysis

Sister Kenny Sports & Physical Therapy Center — Buffalo Gold’s Gym  
101 14th Street NE  
Buffalo, MN 55313  
763-684-3880

## Running video analysis

Sister Kenny Sports & Physical Therapy Center — Edina Abbott Northwestern’s Center for Outpatient Care  
8100 W. 78th Street, Suite 200  
Edina, MN 55439  
952-914-8065

## Throwing video analysis

Sister Kenny Sports & Physical Therapy Center — Sartell Abbott Northwestern’s Sartell Outpatient Center  
2000 Abbott Northwestern Court Suite 210  
Sartell, MN 56377  
320-534-2250

## Kenny Grad School

Kenny Grad School is a program offered through the Sister Kenny Rehabilitation Institute to provide information and support to people in the community with spinal cord injuries or strokes, their friends and families.

The 2006 spinal cord injury sessions include:

- **April 26:** “Dealing with Adjustment/ Depression with Spinal Cord Injury”
- **July 19:** “Aging with Spinal Cord Injury”
- **Oct. 18:** “Sexuality, Fertility and Parenting with Spinal Cord Injury”

All sessions are held from 6:15-8 p.m. in the Sister Kenny Gym, located on the second floor of the Sister Kenny Building on the Abbott Northwestern Hospital campus in Minneapolis.

Space is limited, so register early by calling 612-863-4466. Visit [www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com) for more information. Kenny Grad School is supported and sponsored by the Sister Kenny Foundation.



## Focus on a facility: Mercy Hospital

Sister Kenny Rehabilitation Institute at Mercy Hospital, located in Coon Rapids, offers a range of outpatient rehabilitation programs, including:

- aquatic therapy (at the community center in Blaine)
- hand therapy
- spine rehabilitation
- sports physical therapy
- therapy for women's incontinence and pelvic pain
- vestibular therapy for vertigo and balance problems
- wound care

Mercy Hospital also offers the Kenny Kids™ Rehabilitation Program, a specialized program that offers personalized rehabilitation treatment for infants, children and adolescents. The program's physical therapists, occupational therapists and speech-language pathologists provide comprehensive, individualized assessments of each patient and offer these treatments:

- spasticity management
- motor skills development, including muscle strengthening, overall fitness and wellness, endurance training and general conditioning.



- sensory processing treatment that targets skills for activities of daily living, movement, attention, social interaction, calming and sleep difficulties.
- speech/language treatment that focuses on issues like articulation, speech/language delays, auditory processing disorders and fluency.
- feeding evaluation and treatment
- group learning opportunities that focus on handwriting; social, fine motor and gross motor skills; as well as overall fitness.

The program also offers classes for parents, personal care attendants and educators; individualized home programs; family conferences; and care coordination with school professionals.

For more information about the Kenny Kids Rehabilitation Program, call 763-236-7337.

For more information about rehabilitation services offered at Mercy Hospital, visit [www.mercyunity.com](http://www.mercyunity.com).

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In addition to an expert staff, the Institute's Spinal Cord Injury System of Care is known for its advanced services, facilities and technologies that enhance each patient's rehabilitation. Examples include partial weight bearing gait therapy, functional electric stimulation, bio-rehabilitation (special biofeedback to enhance muscle control and strength) and more.

One of its newest facilities is the Technology Suite. It is a patient room that has a home-like appearance and is equipped with voice-activated technology that controls drapes, lighting and bed movement, as well as the computer, television and telephone. It also has a sink that can be raised or lowered — ideal for power wheelchair users and their family members.

"The Technology Suite is intended to showcase technology that can help people

with spinal cord injuries live independently," said Matt White, OTR/L. "It helps people see ways they can interact more successfully in their environment, and it allows them to make well-informed decisions about their own technology investment."

Bemis was able to return home about 10 weeks after her accident. She continues outpatient therapy close to home and occasionally returns to Sister Kenny Rehabilitation Institute for follow-up care with physiatrist Marilyn Thompson, MD, who is certified in spinal cord injury care.

"Everything at Sister Kenny is focused on how to make you self-sufficient," said Bemis. "You have to learn so many things — and you can only learn the best if you have the best teachers."

To learn more about the Spinal Cord Injury System of Care and technologies like partial weight bearing gait therapy, functional electrical stimulation and bio-rehabilitation, visit [www.sisterkennyinstitute.com](http://www.sisterkennyinstitute.com)



Diane Chappuis, MD

## Clinician profile: Diane Chappuis, MD

Diane Chappuis has known she wanted to be a physician since she was a child.

“I come from a medical family — my mother and grandmother were both nurses, and my sister was a therapeutic recreation specialist,” said Chappuis. “My grandmother worked at the schools for the blind and deaf in Faribault, Minn., and she would bring me there to see the kids who often had many disabilities besides their visual or hearing deficits.”

Those visits, along with her work at a nursing home while she was in high school, sparked Chappuis’ interest in rehabilitation.

As an undergraduate student, Chappuis majored in occupational therapy and, as part of her pre-med curriculum, volunteered to work with children who had spasticity (involuntary muscle movement). After graduating, Chappuis

worked as an occupational therapist for five years while finishing her prerequisites for medical school at night. She received her medical degree from the University of Minnesota and received board certification from the American Board of Physical Medicine and Rehabilitation.

In 2002, Chappuis joined Sister Kenny Rehabilitation Institute and now sees patients at United Hospital in St. Paul. She enjoys working closely with therapists in treating patients who have had a stroke and those with spasticity, neurological conditions, osteoporosis, and injuries to muscles and the skeleton.

“I especially like treating tough neurologic problems,” said Chappuis. “I am very passionate about helping patients recover after an insult or injury to the brain, and optimizing their chance to live up to their full potential.”