

KENNY

Independent

Sister Kenny® Rehabilitation Institute is the leading rehabilitation provider in the region. The Institute provides rehabilitation services at five Allina hospitals — Abbott Northwestern in Minneapolis, United in St. Paul, Unity 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. 24, at the Braemar Golf Course in Edina, Minn. 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.

The **Sounds of Music** gala event on Saturday, Oct. 6, at the Minneapolis Hilton, will include cocktails, hors d'oeuvres, dinner, and dancing to George Faber and The Icons featuring Debbie Duncan. The fundraiser is a black tie gala co-hosted by the Sister Kenny and Abbott Northwestern Hospital foundations to benefit the Sister Kenny Rehabilitation Institute and Abbott Northwestern's Institute for Health and Healing. For more information, visit the Sister Kenny Foundation's web site at www.sisterkennyinstitute.com/skfoundation.

IREX makes therapy fun for kids

At age 6, Carter Mortensen is ready for first grade. That's no small feat for a child who was diagnosed with autism at age 2-1/2. For the past three years he has been receiving occupational, physical and speech therapy at the Kenny Kids Rehabilitation Program in Coon Rapids, Minn.

A new virtual reality technology at Kenny Kids is one reason that Carter is making noticeable progress in several areas, like eye-hand coordination, large muscle control and body awareness.

Called Interactive Rehabilitation Exercise, or IREX, it is also addressing a key challenge in providing therapy to children: keeping them motivated. "If therapy isn't fun, kids won't do it," said Sara Rohde, occupational therapist.

The IREX system includes a computer loaded with virtual reality software, a digital camera and a monitor. The camera projects the child's image on the monitor, which also shows a virtual reality environment, such as a racecar

track, soccer field or ski hill. The child interacts with the environment by catching or kicking balls, ducking to escape danger, or moving to avoid an obstacle.

The Sister Kenny Foundation funded the IREX system at Kenny Kids. IREX is also available at Sister Kenny Rehabilitation Institute at the Abbott Northwestern Hospital campus.

"For Carter, the best thing about IREX is that he loves it," said Rohde. In addition, there is great flexibility in how the technology can be adapted to meet the unique therapy needs of each child.

For example, a physical therapist working with a child on trunk control may set up an activity for the child to do while seated on a therapy ball — a fun way to help the child strengthen core muscles. Or a speech therapist may use the IREX as a means to encourage a child to talk about an activity. One of the ways Rohde is using IREX with Mortensen is

continued on page 2



IREX *continued from front cover*

Kenny Kids in new location

The Kenny Kids Rehabilitation Program recently moved to a new location at 3111 124th Avenue NW in Coon Rapids, Minn.

structuring activities to encourage him to extend his hands across the midline of his body — a developmental milestone that supports more advanced activities.

Rohde also said that because IREX is set up as a game, children are more likely to work on challenging activities, build endurance and progress to more advanced levels of difficulty.

Carrie Mortensen, Carter's mother, said that IREX has made a big difference for her son. "When I watch him using IREX, it's like he comes to life. He's so excited to be there. He has made phenomenal progress."

For more information, call the Kenny Kids Rehabilitation Program at 763-236-7337 or visit www.sisterkennyinstitute.com.

Support groups offered through Sister Kenny Rehabilitation Institute

Aphasia

An aphasia support group is offered for adults with aphasia and their families and caregivers. Meetings are held the first Monday of the month from 3-4:30 p.m. Caregivers meet separately with a social worker. Please call 612-863-6171 for additional information.

Sister Kenny Rehabilitation Institute at United Hospital and the Minnesota Stroke Association also offer an Aphasia Conversation Group that meets once a week for two 12-week sessions, and one eight-week session in St. Paul. Number of participants is limited. Register through the Minnesota Stroke Association at 763-553-0088.

Brain Injury

A brain injury support group for survivors and their families is offered at two locations:

- Abbott Northwestern Hospital in Minneapolis, 612-963-4996

- Mercy Hospital in Coon Rapids, 763-236-8910

Meniere's Disease Support Group

Meets the second Monday of the month from 4-5:30 p.m. For more information, call 612-863-8628.

Neuro-Oncology Support Group

Meets the second and fourth Thursday of the month from 5:30-8 p.m. For more information, call 612-863-3732 or 612-863-1618.

Stroke

A stroke support group is offered for survivors and their families at two locations:

- Abbott Northwestern Hospital in Minneapolis, 612-863-4996. *Meets the second Wednesday of the month from 2-3:30 p.m.*
- United Hospital in St. Paul, 651-241-8071. *Meets the second Thursday of the month from 2-3:30 p.m.*

Tips for using the proper golf swing technique



Using the proper golf swing technique is very important to avoid injury. Achieving a good setup position is the first and most important step to good swing mechanics. The following tips on proper setup position were provided by Maurie Steinley, PT, DSc, SCS, physical therapist at Sister Kenny Sports & Physical Therapy Center in Sartell:

- keep your back straight (i.e., don't hunch over the ball)
- keep your pelvis in a "neutral" position (your pelvis needs to move during the swing, it shouldn't allow flexion/extension

at the low back)

- bend at the hips approximately 40-45 degrees
- bend at the knees approximately 20-25 degrees
- keep your shoulder blades drawn slightly together (called the "scapula power position")
- let your arms hang vertically from your shoulders

In addition to preventing injuries, following these tips will help you with proper body positioning and balance for the remainder of the swing, minimizing swing errors that can lead to injury.

Lars Oddsson named director of Sister Kenny Research Center

“You must understand and address the needs of the whole individual, based on the person’s physiology, psychology, home and work environment, and support from family.”

Following the successful completion of the \$2.8 million Sister Kenny Research Center Campaign, the Sister Kenny Foundation is pleased to announce the appointment of Lars Oddsson, PhD, as research center director.

Oddsson is currently supervisor of the Injury Analysis & Prevention Lab in the Neuromuscular Research Center of Boston University. Born in Iceland and raised in Sweden, Oddsson received engineering training at Linköping University and his doctorate in medical sciences at the Karolinska Institute, both in Sweden.

Oddsson has a broad background in physiology, engineering, rehabilitation sciences and technology development. He has also coached international level elite athletes to improve their performance.

“Improving the performance of an athlete parallels in many aspects the process of improving rehabilitation and quality of life of a patient,” said Oddsson. “You must understand and address the needs of the whole individual, based on the person’s physiology, psychology, home and work environment, and support from family.”

He has served as principal investigator and has authored numerous articles on a variety of biomechanical, sports medicine and rehabilitation studies. He has received funding from several private and federal institutions including the National Institutes

of Health, Whitaker Foundation, Veterans Administration, National Aeronautics and Space Administration, Karolinska Institute and Swedish Sports Federation. He has also established a unique graduate student exchange program with the Royal Institute of Technology in Stockholm, Sweden, and he has a broad national and international network of collaborators that will greatly benefit the Sister Kenny Research Center.

Oddsson says it will be critical for the research center to develop a strong academic affiliation with the University of Minnesota. He is also interested in exploring relationships with the business community to develop and build rehabilitation technology.

His responsibilities include developing a formalized research program, seeking external funding and conducting research to enhance understanding of neurorehabilitation with a technology emphasis. He will also direct all research-related functions, supervise other researchers and monitor performance of the research center.

“Establishing a new research center is a challenge that will require many people working together. I am very impressed with the enthusiasm and atmosphere at Sister Kenny Rehabilitation Institute and I am thrilled to be part of this process,” said Oddsson.

Oddsson will begin serving in his new position in early summer.

Register now for 2007 Kenny Grad School sessions

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 educational formats include:

Stroke Education 2007

A six-week education series is offered twice a year (spring and fall) for stroke survivors and their care partners. Course content includes information about the physical and emotional impact of a stroke, the rehabilitation process and affirmation of the present journey.

Remaining 2007 dates include Sept. 12, 19 and 26, and Oct. 3, 10 and 17.

Spinal Cord Injury 2007

Three educational evening sessions are offered in spring, summer and fall. Topics include a potluck social gathering, weight loss and wellness.

Space is limited, so register early by calling 612-863-4407. Visit www.sisterkennyinstitute.com for more information. Kenny Grad School is supported and sponsored by the Sister Kenny Foundation.

Kenny Independent is a publication of Sister Kenny® Rehabilitation Institute, part of Allina Hospital & Clinics. Allina, the Allina logo and Sister Kenny are registered trademarks of Allina Health System.

Visit www.sisterkennyinstitute.com for more information.

Ahlenius joins Sister Kenny Rehabilitation Associates



William S. Ahlenius, MD, has joined the Sister Kenny Rehabilitation Associates, the physician practice group of Sister Kenny Rehabilitation Institute. Ahlenius is fluent in Spanish and has experience in performing electrodiagnostic procedures and some injection therapies. He treats patients with physical disabilities and musculoskeletal injuries, and his special interests include electrodiagnostic medicine (EMG/NCS); spinal cord injuries;

and musculoskeletal, neck and back injuries.

Ahlenius received his medical degree at the University of California Davis School of Medicine and completed a residency in rehabilitation medicine at the University of Texas Health Science Center in San Antonio. He is a member of the American Academy of Physical Medicine and Rehabilitation and a member of the Association of Academic Physiatrists. He is on staff at Abbott Northwestern Hospital in Minneapolis.

To schedule an appointment or make a referral to one of our board-certified physiatrists, call 612-863-4495 (for Minneapolis location) or 651-241-8295 (for St. Paul location). For more information on Sister Kenny Rehabilitation Associates, visit www.sisterkennyinstitute.com.

Clinician kudos

Mark Gordon, MD, recently became certified in the subspecialty of spinal cord injury medicine. He is on staff at Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital.

Nancy Hutchison, MD, recently completed certification as a certified lymphedema therapist. Hutchison is one of two Minnesota physicians with this specialty training. She provides lymphedema therapy and other cancer rehabilitation services in partnership with Abbott Northwestern Hospital's Virginia Piper Cancer Institute.

Outpatient PT, pediatric rehabilitation services move to new Coon Rapids location

Kenny Kids™, a pediatric rehabilitation program of Mercy Hospital, and Sister Kenny Sports & Physical Therapy Center-Coon Rapids have moved to a new location in Coon Rapids: 3111 124th Ave. N.W. A new Spine Center will also open at this location in July.

About Kenny Kids

The new Kenny Kids clinic features a handicap-accessible playground, a virtual reality treatment room and a kitchen with a parent viewing area. The program is dedicated to "making lives work" for children who have special physical, cognitive and developmental needs. Patients' personalized treatment goals are integrated with their family and school life. Kenny Kids offers individual as well as small-group treatment sessions. Call Kenny Kids at 763-236-7337, or fax your referral

to 763-236-8966.

About Sister Kenny Sports & Physical Therapy Center

Sister Kenny Sports & Physical Therapy Center-Coon Rapids offers physical therapy, hand rehabilitation, spine rehab and vestibular therapy. Aquatic therapy is also available (takes place at nearby Roosevelt Middle School in Blaine). Appointments can be made within one to two days of your referral. The clinic's therapists can schedule patients for a one hour initial evaluation and provide one-to-one treatment which includes an individualized home exercise program with an emphasis on active condition management. Call Sister Kenny Sports & Physical Therapy Center-Coon Rapids at 763-236-8911, or fax your referral to 763-236-8930.



Balance rehabilitation: specialized help for a common problem

Early one morning last March, Wayne Ensrud woke to a frightening sensation — a feeling of dizziness and spinning so severe that it made him nauseous and unable to walk.

He crawled to the bathroom and soon realized that his vertigo — the sensation of movement — was not just a passing feeling. His wife, Diane, called an ambulance and Ensrud spent the next three days in Mercy Hospital in Coon Rapids, Minn.

Tests showed that Ensrud had no serious underlying medical problems. Instead, he was diagnosed with benign paroxysmal positional vertigo (BPPV), one of the most common causes of vertigo. It results from the movement of microscopic crystals in the inner ear, stimulating nerves that affect balance.

Ensrud was referred to Jennifer Hakes, a physical therapist at Sister Kenny Rehabilitation Institute at Mercy Hospital. She has specialized training in vestibular (balance) therapy. Balance retraining and vestibular rehabilitation is also available at other Sister Kenny Rehabilitation Institute locations, including those in Eagan, Elk River, Fridley, Minneapolis, St. Paul, as well as an additional Coon Rapids site.

In addition to BPPV, a variety of conditions can contribute to balance problems. They include illnesses and medications that damage the vestibular system, musculoskeletal weakness, vision and hearing loss, and sensory changes related to diabetes and other illnesses. Balance problems affect 90 million people over the age of 17, including 30 percent of people over age 65.

Specialized balance and vestibular testing provided Hakes with detailed information about the source of Ensrud's problem and the types of movements that could cause him to experience vertigo.

"Initially, she instructed me to avoid laying on my left side" said Ensrud. These

instructions were given after a specialized treatment maneuver, which mobilized the crystals in the inner ear. She also taught him several exercises and movement techniques to quell feelings of vertigo and to prevent further episodes.

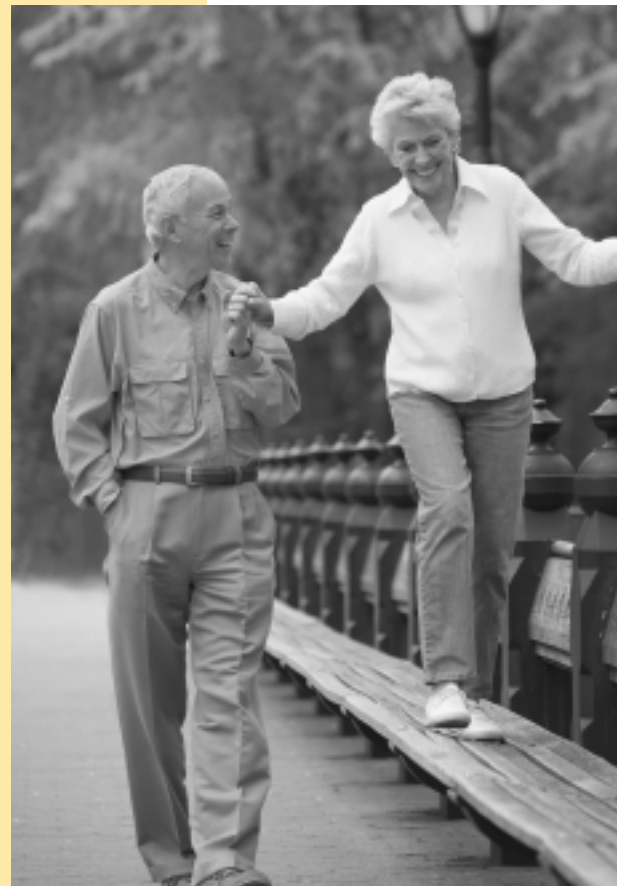
While Ensrud's vertigo improved significantly, he still has balance problems in certain situations. "Walking on uneven ground can cause me to lose it," he said. He also told Hakes that he often felt like he was falling to the right side when getting into his car.

"I had him show me how he was getting into his car — that showed what movement was causing the problem," said Hakes. "The quick fix is to quit doing the offending motion, but to really treat the problem, you have to get the balance system accustomed to that movement." Repeating the movement using controlled exercises allows the balance system to adapt.

Patients with balance problems often tell Hakes that the balance retraining and vestibular rehabilitation she provides has changed their lives. "These people may be unable to drive, unable to work, and are at great risk for falling. We work closely with each patient to create a therapy program that is tailored to individual strengths, weaknesses and goals."

Balance and vestibular rehabilitation includes a comprehensive assessment that addresses:

- musculoskeletal strength and endurance
- joint flexibility and range of motion
- gait and functional mobility
- balance in a variety of conditions
- sensation
- positions and activities that result in dizziness
- patient goals for activities and function



Additions to Sister Kenny leadership

Betty Ann Olson, RN, is the new director of rehabilitation nursing. Olson is responsible for all inpatient nursing across the system and consults with outpatient nursing. "Betty Ann brings a depth of experience to this position, having been with Allina since 1985, and serving as a certified nurse manager on Abbott Northwestern Hospital's neuro and rehabilitation stations since 1990," said Lori Knutson, executive director of the Institute.

Patrick Tarnowski, PT, MBA, SCS, is the new director of therapies. Tarnowski has more than 17 years of experience in the field of rehabilitation as a physical therapist, and in business development and management. Most recently, he was in a vice president position with Twin Cities Occupational Health and Rehabilitation. He will begin his position in July.

Kenny Education Center provides a quiet, comfortable setting for learning

Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital has a new resource area for patients and families called the Kenny Education Center.

Funded by the Sister Kenny Foundation, the center provides a quiet and comfortable setting for individual and group education. The center is staffed by volunteers and equipped with technology to facilitate learning and interaction, including:

- computers with internet access to educational rehabilitation links

- video and DVD player
- educational brochures and books
- Smart Board with speakers for group education sessions

Information on a variety of topics is also available at the center, including spinal cord injury, stroke, brain injury, polio, amputations, multiple sclerosis, leisure activities and community resources.

NON PROFIT ORG
U.S. POSTAGE
PAID
MINNEAPOLIS, MN
PERMIT NO. 3462

Sister Kenny Rehabilitation Institute
Allina Health System
800 East 28th Street
Minneapolis, MN 55407

SISTER KENNY®
REHABILITATION
INSTITUTE
Allina Hospitals & Clinics

