

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.

Nancy A Hutchison, MD, a physical medicine specialist at Sister Kenny Rehabilitation Institute, has been appointed to a two-year term on the Board of Directors of the Lymphology Association of North America (LANA). This board provides certification to lymphedema therapists and insures quality of care for the treatment of lymphedema.

Hutchison is one of a small number of physicians in the United States certified as a lymphedema therapist. She is the medical director of Cancer Rehabilitation for Abbott Northwestern Hospital's Virginia Piper Cancer Institute (VPCI). She provides lymphedema treatment and other cancer rehabilitation services in partnership with VPCI.

Grateful patient remembers Sister Kenny

During her sophomore year at the University of Minnesota, June Berman Barron was recruited to work as a camp counselor near Hinckley, Minn. It was August 1941 — and that's when polio struck. "I caught a cold and it didn't leave," she recalled.

Little did she know that her "cold" would have lifelong consequences and bring her in contact with one of the most admired figures of the era — Sister Elizabeth Kenny.

At first, the cold did not slow her down. "We were very busy, yet I had tremendous energy," she said. At a camp Olympics Day, Barron won several events. An avid dancer, she

was "the last one standing" at the camp dance.

But the next day, Barron ended up in the camp's infirmary with abdominal pain. One night while standing at the sink in the bathroom, her leg collapsed underneath her. Her parents were called the next day and they rushed from St. Paul to Hinckley to pick her up.

She was quickly hospitalized and a spinal tap confirmed the diagnosis was polio. Her family's doctor said she had a 50 percent chance of ever walking again and recommended immobilization and bed rest for six months. That's when she and her parents heard about Kenny.

continued on page 2



June Berman Barron, left, talks with occupational therapist Chris Tripp. In the foreground is a photo of Barron with Sister Elizabeth Kenny and actress Rosalind Russell, who played the title role in the 1946 film "Sister Kenny."

Grateful patient *continued from front cover*

A family friend associated with the University of Minnesota told them, “There’s someone there who shows great promise in treating polio,” said Barron.

True greatness

Three local doctors, John Pohl, Wallace Cole and Miland Knapp, had urged Kenny to come to the University of Minnesota Hospital to assist them in treating polio patients. Kenny was known for what was then considered unorthodox methods of treating polio — hot packs to relieve tight muscles and muscle re-education exercises to restore function. Her pioneering work became the foundation of physical therapy and rehabilitation — and led to the establishment of Sister Kenny Rehabilitation Institute in 1942.

Barron remembers well the day she first met Kenny. “They brought me up the elevator in a wheelchair and when the elevator doors opened, there to greet me stood Sister Kenny, bigger than life. The thought that popped into my head was, ‘here is true greatness.’ It made such an impression on me — I never forgot that moment.”

Barron, who was unable to walk, was treated by Kenny and her staff. She became a model patient and was often asked to participate in the many demonstrations that Kenny provided to visiting doctors. After six months in the hospital, she was able to walk with crutches and was discharged.

She continued to improve, eventually walking with a cane. “Plus, I was able to help my mother with gardening, graduate from the University of Minnesota School of Business Administration, get married and have four wonderful children and now six wonderful

grandchildren. I’m also proud to have been honored by Temple Israel with its Gainsley Distinguished Service Award for my volunteer work. I was able to accomplish these things in part because of the wonderful care I received.”

Barron eventually had surgery on her affected leg. Complications occurred that reduced her mobility and required a return to the crutches.

Barron was able to see Kenny one more time, during Kenny’s last visit to the Twin Cities in 1952. “She was not well, but I wanted to thank her for all she had done for me,” said Barron. Barron was expecting her second child in three weeks and brought her 19-month-old daughter to meet Kenny. “I told Sister, ‘You made this possible,’ and I could see the tears well up in her eyes.”

Kenny legacy lives on

In recent years, Barron’s life has again intersected with the Kenny legacy. Because of rotator cuff damage, she currently goes to the Sister Kenny Rehabilitation Institute for regular physical therapy. In addition, she developed lymphedema in her leg and began seeing Nancy Hutchison, MD, a physiatrist with Sister Kenny Rehabilitation Associates who specializes in lymphedema treatment.

“Everyone at Sister Kenny is marvelous,” she said. “It’s so good to be with people who understand you and who are so kind and caring. The last time I saw Dr. Hutchison, I told her, ‘Sister Kenny would be so proud of you.’”

“We can all be proud of Sister Kenny’s legacy and the people who are carrying it on.”

June Berman Barron, left, talks with physical therapist Megan Vaught.



Sister Kenny Research Center helping military respond to soldiers' injuries

Mary Radomski, clinical scientist at the Sister Kenny Research Center, recently led a team to guide the Office of the Surgeon General in best practices for occupational therapy and physical therapy for soldiers and veterans recovering from mild traumatic brain injury.

"Unfortunately, traumatic brain injury has become the signature injury of the wars in Iraq and Afghanistan," said Radomski. "We were asked to advise both the Defense Department and the Veterans Affairs Department on current best practices in treating mild traumatic brain injury."

Radomski's team of occupational and physical therapists (including Maggie Weightman, PhD, also a researcher from Sister Kenny Rehabilitation Institute)

completed a critical review of current research, convened an expert panel to discuss practice issues and produced a report in December summarizing their recommendations.

The number of soldiers returning from Iraq with mild traumatic brain injuries is significant, said Radomski. Military experts estimate that up to 20 percent of the 1.5 million service members who are or have been deployed in Iraq or Afghanistan may have sustained a mild traumatic brain injury. "This was a very worthwhile project to participate in. We hope our work will help our colleagues around the country as they help soldiers and veterans recover from their injuries."



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Karl Sandin, MD, MPH, named medical director

Karl Sandin, MD, MPH, is the new medical director of Sister Kenny Rehabilitation Institute. Sandin is a national leader in medical rehabilitation with experience in directing and developing multiple medical programs.

He previously held the medical director position at the Rehabilitation Institute at Santa Barbara and was an adjunct professor at Westmont College, both of which are in Santa Barbara, Calif. He also is a co-founder of the Center for Innovative Therapies, a program that provides clinical and social services to allow people with Alzheimer's disease to continue living safely in their own homes.

As a governor of the American Academy of Physical Medicine and Rehabilitation

(the national specialty society of physiatrists), Sandin leads the academy's efforts in quality, policy and medical practice. He authored *Manual of Stroke Rehabilitation* and more than 20 peer-reviewed papers. His clinical interest is neurological rehabilitation, and his recent research has focused on quality of care and health services administration in the rehabilitation setting.

"Dr. Sandin's proven leadership and rehabilitation experience will help us continue the Institute's tradition of providing exceptional, innovative patient care," said Lori Knutson, executive director of the Institute. "We are very proud and excited to have him on our leadership team."



As medical director, Karl Sandin will lead the Institute's rehabilitation team in pursuit of even higher visibility and prominence, focusing on processes and outcomes in all areas of care.

Certified lymphedema therapists serve patients throughout the Twin Cities

Numerous therapists at Sister Kenny Rehabilitation Institute recently completed a rigorous two-week course to become certified lymphedema therapists.

Lymphedema is a swelling that normally occurs in the arms or legs, but can also occur in the face, neck, abdomen or genitals. Certified lymphedema therapists are specially trained to provide treatments that reduce swelling and limit the risk of infection.

Certified lymphedema therapists provide care at the following Sister Kenny Sports & Physical Therapy Center locations:

- Buffalo
- Sartell
- Coon Rapids
- St. Paul
- Eagan
- White Bear Lake
- Elk River
- Woodbury
- Minneapolis

For more information, visit www.sisterkennyinstitute.com.



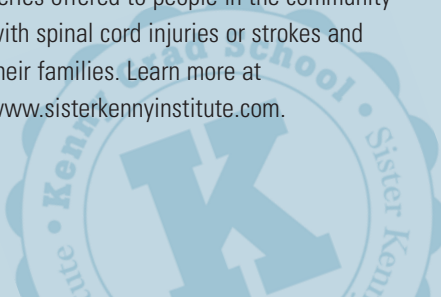
The Sister Kenny Rehabilitation Institute is the beneficiary of **Marathon Sports' "Irish for a Day 5K/10 Mile"** on Saturday, March 15 in Minneapolis. The 10 mile race will follow the Minnehaha Creek out and back to 50th and Penn. A cash prize is offered for the top three overall men and women. For more information or to register for the event, visit www.marathonrunwalk.com.

SISTER KENNY
REHABILITATION INSTITUTE'S
45th Annual

International Art Show by Artists with Disabilities

The **45th Annual International Art Show by Artists with Disabilities** will be held April 17 through May 15 at Sister Kenny Rehabilitation Institute in Minneapolis. Learn more at www.sisterkennyinstitute.com.

Sister Kenny Rehabilitation Institute offers **support groups** for people with aphasia, brain injury, Meniere's disease, brain tumors and stroke. The Institute also offers **Kenny Grad School**, an education series offered to people in the community with spinal cord injuries or strokes and their families. Learn more at www.sisterkennyinstitute.com.



Insights & Innovations in Rehabilitation

Nancy A. Hutchison, MD, will present "Developments in Cancer Rehabilitation" at the next **Insights & Innovations** luncheon on May 5, from noon to 1 p.m. in the Minnesota Room at Allina Commons in Minneapolis. For more information, call 612-863-4145.

Events, support groups and educational opportunities

Fall risk assessment device being developed

The Sister Kenny Research Center has begun work on a collaborative project to create a device for clinicians to use to predict the risk of falls in the elderly. "The device will measure how quickly a person executes a step, which can be predictive of fall risk," said Lars Oddsson, PhD, Research Center director.



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According to Oddsson, the technology is based on research he conducted with Itzhak Melzer, PhD, a researcher at Ben-Gurion University in Israel. The research demonstrated that among healthy elderly people, the time required to take a step when prompted significantly increased if they were also presented with a simple cognitive task

— like reading a list — at the same time.

Oddsson and Melzer have continued their research collaboration, which has shown even greater delays in executing a step among elderly people who already have a history of falling. "The slower reaction time in taking a step contributes to fall risk," said Oddsson.

Oddsson is a node leader for the Product Innovation Engineering Program (PIEp), a Swedish federally and privately funded educational program that pairs graduate engineering students with research institutes and universities around the world to promote innovative product and business development. Other collaborators include the University of Minnesota and Boston University.

The project was initiated in January with a videoconference involving the PIEp students in Sweden and the collaborators in the United States. The device will be designed and built in Sweden; Oddsson hopes to have a prototype available for clinical testing this spring.

As the project progresses, the Research Center will be seeking funding through grant applications and interested donors and investors. For more information, call the Research Center at 612-863-7607.

Musculoskeletal Center at Bandana Square opening soon

The new Musculoskeletal Center at Bandana Square offers comprehensive orthopaedic and podiatric care, physical therapy, and health and wellness services to return you to an active lifestyle as quickly and safely as possible. The center will open Feb. 25, 2008.

To schedule an appointment for orthopedic and podiatric services, call 651-603-7400; for physical therapy call 612-863-1212 or 1-888-691-0045.

To learn more, visit www.sisterkennyinstitute.com or talk to your health care provider to find out if the Musculoskeletal Center at Bandana Square would benefit you.

The Musculoskeletal Center at Bandana Square is conveniently located in St. Paul on Energy Park Drive. Free parking is available. The center is a collaboration of Sister Kenny Rehabilitation Institute and Aspen Medical Group.

Focus on a facility: Sister Kenny Spine Center-Edina



The Sister Kenny Spine Center located at Abbott Northwestern's Center for Outpatient Care in Edina recently completed an expansion in order to better serve its patients. The expansion includes the addition of specialized MedX and other equipment, as well as more clinic space.

Sister Kenny Spine Center offers a personalized, physician-directed approach to spine problems along with easy access to a

comprehensive array of quality, non-surgical services available through one location. The center's experienced health care professionals have specialized, advanced training in caring for patients with low back and neck pain.

Patients at the Spine Center receive a comprehensive assessment by a physician followed by individualized treatments that may include spine physical therapy to build strength and flexibility, intensive spine strengthening using MedX equipment, and injection therapies and complementary therapies to help manage pain. Patients also receive personalized education on how to live with and maintain a healthy neck and back.

Sister Kenny Spine Centers are also located in Coon Rapids and Woodbury. For more information, visit www.sisterkennyinstitute.com or call the Spine Line at 800-827-8313 (self-referrals accepted).

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


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