

AULTMAN



CENTER of EXCELLENCE



Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual treatment plans based on the type, stage and aggressiveness of the patient's disease.



Neurosurgery/ Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



Women/ Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby — under one roof.



Emergency/ Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

AULTMAN

Aultman is My Hospital™

NOVEMBER IS REHABILITATION SERVICES MONTH

We recognize the rehabilitation staff members at Aultman Hospital, Aultman Carrollton, Aultman Home Care, Aultman Louisville, Aultman North, Aultman Tusc Therapy, Aultman West and Aultman Woodlawn for making a positive impact on patients' lives.

The rehab staff includes athletic trainers, fitness specialists, lifeguards, occupational therapists, occupational therapist assistants, physical therapists, physical therapist assistants, reception and registration staff, speech language pathologists and therapy aides.

Thank you for making a difference, one person at a time.



A Grateful Heart Helps a Body Mend

Rick Kennedy isn't ashamed to admit he cries every day. His tears don't flow out of pity or sadness, though. They're tears of gratitude for life and the unconditional support of his loved ones.

On Jan. 29, 2011, 49-year-old Kennedy broke his neck in a sledding accident at Monument Park in Canton. "My sled didn't stop at the bottom of the hill. I flew into the creek, dropped off about six feet and landed on a log," he explained. "I was paralyzed from the neck down after the accident. I could only move one toe."

Kennedy underwent surgery to stabilize his neck, in addition to needing stitches and staples in his head. After surgery, he spent 10 days recovering in the Aultman Surgical Intensive Care Unit. He then transferred to an inpatient rehabilitation unit for 80 days of intensive treatment.

While in inpatient rehabilitation, Kennedy relearned how to stand and walk. He didn't realize other patients were watching him and noting his progress. "I was so focused on my rehabilitation that I didn't pay much attention to what other people were doing," he said. "But they were watching me. They told me how well I was doing and how I inspired them. They made me realize how far I'd come."

Kennedy received home therapy before transitioning to Aultman Tusc Therapy in August for outpatient occupational and physical therapy two days a week. "His left hand didn't open at first," said Occupational Therapist Assistant Emily Fawver. "We're working on his fine motor skills, so he can move his fingers to grasp



Occupational Therapist Assistant Emily Fawver helps Rick Kennedy stretch his fingers in order to improve his ability to grab, hold and place objects.

and place objects."

Kennedy has lost 30 pounds since the accident. His legs are regaining function faster than his arms, so the occupational therapy concentrates on his upper body. He also does daily stretching exercises at home.

"I have cried every day since the accident ... but not because of the accident itself," Kennedy shared. "I'm just overwhelmed by the compassion of my family, friends and people I don't even know who are thinking about me and praying for me."

Fawver credits Kennedy's positive attitude with helping him progress. "There's a huge psychosocial component to an injury like Rick's. Many patients experience the stages of grief, like you feel when a loved one dies," she said. "Rick never has a bad attitude, and that's why he's come as far as he has."

During therapy, Kennedy and Fawver banter with one another like siblings or lifelong friends. "Emily is amazing," he said. "I work as hard as I can every day,

and we have so much fun together during therapy. She makes this whole situation better."

Thanks to family and friends, Kennedy receives daily care and support at home. "I couldn't have gotten through the accident without my support system of family and friends," he offered. "They provide 24-hour help for me, from doing my laundry to staying every night with me. I'm amazed at how much they're willing to give of themselves to help."

At the time of his accident, Kennedy was in his second year at Stark State College. He recently resumed his pursuit of a degree in computer engineering, taking two online courses. He uses speech recognition software that makes it easier for him to use a computer, as the program types while he talks. "In addition to being back in school, I'm reaching daily milestones like closing a window blind at home, reaching the visor in a car and feeding myself a spoonful of food," he said. "This experience has taught me that I'm stronger than I ever realized."

ABOUT PHYSICAL AND OCCUPATIONAL THERAPISTS

Physical Therapists (PTs)

- Help patients improve mobility, restore function, reduce pain and prevent disability.
- Receive specialized education in a variety of sciences including physics, human anatomy and human movement (Kinesiology).
- Know how to manage all four of the body's major systems – musculoskeletal, neuromuscular, cardiovascular/pulmonary and skin – to restore and maximize mobility.
- Work with athletes on injury prevention as well as recovery.
- Help patients recover from stroke, manage diabetes and improve balance to reduce fall risk.

Occupational Therapists (OTs)

- Help patients with physical, mental or developmental problems improve their ability to perform everyday tasks in living and working environments.
- Educational coursework includes physical, biological and behavioral sciences.
- Help people recovering from injury to regain skills and provide support for older patients dealing with physical and mental changes.
- Work with children who have disabilities to participate fully in school and social situations.

Aultman physical and occupational therapists are dedicated to helping patients restore function, mobility and quality of life.

AULTMAN OFFERS FUNCTIONAL CAPACITY EXAMS FOR INJURED WORKERS

For an employee recovering from injury, a functional capacity evaluation (FCE) can help determine when it's safe to return to work.

"An FCE is a test designed to show what a worker can do in terms of everyday tasks and specific job requirements," said Marykay Barnes, licensed and registered occupational therapist at Aultman North. "The test also helps to determine what category of physical demands the worker falls into – such as sedentary, light, medium or heavy – as defined by the U.S. Department of Labor in the Dictionary of Occupational Titles."

Physical and occupational therapists have the skills, training, observational abilities and experience to assess patients and environmental factors that impact work performance. Advanced certification in FCE is available from many organizations.

Therapists perform FCEs on a one-to-one basis with patients. The exams vary, based on each patient's diagnosis, but they often consist of a medical record review, musculoskeletal screening and various physical ability tests. "We perform repetitive motion, handling, dexterity and mobility tests; evaluate grip and pinch strength; and complete lifting tests," said Jessica Duke, licensed and registered occupational therapist from Aultman West. "We introduce each activity gradually and monitor the patient closely throughout every stage of the evaluation."

Patients typically receive an FCE after surgery and/or therapy and often following a work conditioning program. Occasionally, a physician or employer will request an FCE before and after a worker receives treatment.

Upon completion of the FCE, the referring physician receives a full report that describes the test components and results. The test helps the physician determine a patient's physical capabilities, the best course of treatment and the ability to return to work with or without restrictions.

Staff members at Aultman North, Aultman West and Aultman Carrollton are certified to perform FCEs.

OUTPATIENT THERAPY SERVICES LOCATIONS

Aultman North 330-244-8113

Aultman West 330-834-4101

Aultman Carrollton 330-627-6801

Aultman Louisville 330-875-6050

Aultman Tusc 330-363-6215

Learning to Live All Over Again

Nov. 26, 2010 is a day 64-year-old Massillon resident David Senften will never forget. It's a day that changed his body and brain but did not shake his determination.

"I brought firewood into the house because my wife and I were going to make s'mores for our grandkids," Senften recalled. "The next thing my wife knew, I collapsed on the floor."

An aneurysm on the right side of Senften's brain burst, and he spent a month in the Cleveland Clinic. He then transferred to Aultman's Acute Care Specialty Hospital, which offers long-term care for patients with medically complex conditions. His "tour" of Aultman also included three weeks of inpatient rehabilitation at Aultman Woodlawn, followed by a month of Aultman Home Care Services. Then he transitioned to Aultman West for physical and occupational therapy.

The aneurysm produced stroke-like complications that affected the left side of Senften's body, including his ability to walk and use his left arm. "Although I knew I had a severe brain injury, I never thought I'd have to learn how to live all over again," he shared. "I'm not satisfied with small progress. ... I want it all."

When Senften began physical therapy, his first task was to stand for a few seconds between two parallel bars. "David was in a wheelchair when he came to Aultman West, and we had to cue him on every motion," said Physical Therapist Assistant Jodie Moses. "He has made slow and steady progress, and it's rewarding to see how far he's come."

After months of therapy, Senften can now walk 300-400 feet with a walker. He recently transitioned to Aultman's Limited Fitness program, where certified personal and athletic trainers will help him continue to build strength and endurance.

Throughout his recovery, Senften missed gardening and mowing his four-acre property on his lawn tractor. Occupational therapists worked gardening into his therapy routine, giving him the opportunity to nurture a tomato plant. When he had the strength to sit on his tractor, he celebrated the success with the therapy team. "David's smile lit up the room when he came to therapy and said he got back on the tractor," Moses recalled. "It was a huge milestone for him to achieve."

Senften credits Aultman staff members for helping him improve, little by little. "Look up therapists and caregivers in the dictionary, and pictures of Aultman people should be there," he explained. "The Woodlawn aides had to be divinely connected because I could feel their strength. The therapy staff members are terrific and unbelievable. Aultman is the leader and not in competition with anyone."

Nearly a year has passed since his aneurysm burst. Senften continues to rely on his faith and family for support. "The progress I'm making would be impossible without help from my wife and children. This experience has not been easy on them," he said. "I'm blessed to have survived the injury, although I haven't figured out what God has planned for me. But I know there's something."



■ Certified Personal Trainer Lindsay Milano (left) and Physical Therapist Assistant Jodie Moses (right) help David Senften regain strength and function on the left side of his body.

AULTMAN PHYSICAL THERAPISTS HELP PATIENTS REGAIN THEIR BALANCE

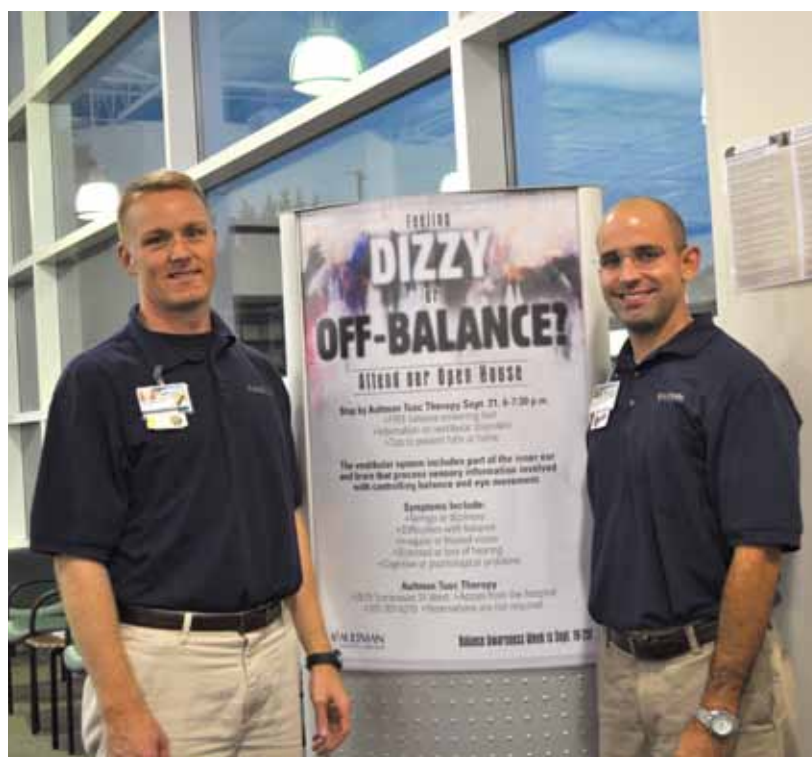
Many people think of physical therapy as exercise machines and injury recovery. But physical therapy can be a great benefit to patients with dizziness and balance disorders.

Aultman offers "vestibular rehabilitation" to improve how a patient's inner ear, brain, eyes, muscles and nerves work together. "The first step in winning the battle against dizziness is to speak the same 'dizzy language' as patients," said Aultman Physical Therapist Andy Beltz, who has more than a decade of experience treating patients with dizziness and balance problems. "I've compiled a list of more than 160 words and phrases patients have used to describe their dizziness – such as disoriented, foggy, disconnected, motion sick and off balance."

With more than 70 causes, dizziness is a complex condition to treat. "It's a vicious cycle, starting with a dizziness trigger," Beltz said. "Without treatment, the dizziness cycle can progress to balance muscles 'freezing,' increased risk of falls, height vertigo and fear of dizziness."

In people 50 years and older, a common cause of dizziness is Benign Paroxysmal Positional Vertigo (BPPV). "We have small calcium crystals in our ears that help our bodies sense movement back and forth, up and down," Beltz explained. "If the crystals loosen from the inner ear and move into one of our three ear canals, patients will perceive that they are spinning."

Along with being called the "window to the soul," eyes are also the window to the inner ear. Aultman Tusc Therapy, located at 2615 W. Tuscarawas St., has an innovative eye-movement recorder that enables physical therapists to monitor patients' eye movement and pinpoint inner ear problems. "The state-of-the-art goggles that record eye movement allow us to be more thorough in evaluating patients and helping them get better," said Physical Therapist Chad Gooding, who has been treating patients with BPPV since 2005. "The intensity of patients' eye movement corresponds to the



■ Physical Therapists Andy Beltz (left) and Chad Gooding are dedicated to helping Aultman patients with dizziness and balance problems.

amount of dizziness they feel. By watching their eyes, we can 'see' when they're feeling a spinning sensation."

As few as one BPPV treatment, consisting of a few simple turns of a person's head in certain positions, can alleviate dizziness. "Some patients experience immediate results, while other patients have to get worse before they get better," Beltz said. "Patients are so excited when they feel better that they want the treatment to work for everyone. But not everyone has dizziness due to dislodged crystals in their ears."

Although balance therapy is available at all Aultman Therapy Services locations, the video eye-movement recording device is only available at Aultman Tusc Therapy. "It's a team effort to treat patients, and we work well with the other Aultman locations," Gooding said. "Patients may come to Tusc Therapy for BPPV treatment and then transition to an Aultman location that's closer to home if they need additional physical therapy."

Physical therapy can help patients with balance problems due to a variety of health conditions. Therapists develop exercise programs for patients with heart problems, strengthening plans for patients recovering from stroke and exercises to get sedentary patients moving again.

Physicians play a critical role in

helping patients with balance and dizziness problems. "Oftentimes, people aren't dizzy for one reason. For instance, they may have blood pressure problems, migraines or thyroid issues," Beltz said. "In order for vestibular rehab or dizziness therapy to work best, the problem causing the dizziness must be addressed first. It is important for the physician to stabilize a patient's condition and rule out more serious issues such as neurologic or heart problems. The patient can then be referred to Aultman Therapy Services for vestibular rehabilitation."

Aultman has been offering vestibular therapy since 1999 when Physical Therapist Toni Powers and Drs. Mark Vogelgesang, ear/nose/throat specialist, and the late Richard Dickerhoof, audiologist, joined forces to create an interdisciplinary dizziness and balance program.

About 10-15 new patients come to Aultman Tusc Therapy each week with balance and dizziness problems. "Dizziness is a monumental experience that some patients have called the scariest event of their lives. But instability isn't something people have to live with and just get used to," Beltz said. "The Aultman Therapy Services team has the equipment, knowledge and experience to help patients with balance and dizziness problems. We're constantly learning and researching ... and we're passionate about helping people get relief."

For more information on vestibular therapy, contact Aultman Tusc Therapy at 330-363-6215.

Types of Vestibular Rehabilitation

- **Repositioning:** returning calcium crystals to a safe place in the inner ear.
- **Adaptation:** helping the eyes move properly when we move our heads.
- **Substitution:** improving the function(s) of the balance system that can be improved.
- **Habituation:** getting the brain to ignore unwanted dizziness sensations.

Simulator Helps Patients Replicate Everyday Tasks

From lifting boxes to using a screwdriver to throwing a ball, Aultman therapy patients can practice everyday movements with a simulation machine. All Aultman Outpatient Occupational Therapy locations have simulator equipment, and Aultman West has the newest model.

With a set of attachments, the simulator enables patients to replicate hundreds of real-world functions. "Patients duplicate movements and stresses of everyday tasks from work, home and even sports," said Jessica Duke, licensed and registered occupational therapist at Aultman West. "We can simulate movements and resistance associated with daily tasks and work tasks, something weights cannot do. As a patient's condition improves, we can increase resistance and work on endurance."

The BTE Work Simulator includes a touch screen that tracks a patient's progress throughout the entire course of treatment. The system can be used for physical and occupational therapy and on patients ranging from elementary school children to seniors.

"It's rewarding to see patients improve and feel normal in their everyday lives," Duke shared. "When they conquer a task most of us take for granted, such as being able to zip their coat or opening a door, I think, 'Yes, we made it!'"



■ With different simulator attachments, Taraline Coughlin replicates everyday motions to improve wrist movement (top) and hand strength (bottom).

AULTMAN: A CENTER OF
EXCELLENCE FOR ...



REHABILITATION
SERVICES