

# THE UPPER MICHIGAN REHABILITATION CENTER

## ACTIVITY HIGHLIGHTS FOR 2000

### MISSION STATEMENT

The mission of the Upper Michigan Rehabilitation Center based at Marquette General Hospital is to provide patients with a comprehensive range of rehabilitation treatment services. This mission includes the provision of:

- Assessment services
- Intensive treatment programs
- Follow-up services
- Education and consultation
- Efficient, effective and accessible services appropriate to the needs of the region
- Informational presentations and prevention activities
- Collaboration and support for service development at Upper Michigan community hospitals

<b>Annual Comprehensive Inpatient Rehabilitation (CIRU) admissions</b>	<b>470</b>
<b>Outpatient referrals</b>	<b>3,289</b>

The Upper Michigan Rehabilitation Center remains the region's only facility with an adult CIRU and Industrial Rehabilitation Program accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

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### WHAT PATIENTS ARE SAYING ABOUT THE REHABILITATION CENTER

- "Thanks to the Industrial Rehabilitation Program, I feel that I have gained my life back. I like the one-on-one personal attention."
- "Very comfortable atmosphere - very thoughtful and helpful therapists."
- "My physical therapist searched for new ways to help me in my line of work."
- "Everyone took time to explain things to me. They were very clear with their directions."
- "The program was very well planned and details were adequately addressed."

### FAST AND CONVENIENT PHYSICAL THERAPY AT THE PENINSULA MEDICAL CENTER IN MARQUETTE

Sports rehab/physical therapy have been a part of the Pre-Admission and Testing (PAT) Center since May, 1999. Physical therapy services are provided Monday through Friday from 8:30 a.m. until 5:00 p.m.

This satellite office provides immediate care for patients who have just been seen by their physician at the Peninsula Medical Center. Patient convenience is

the main focus of the PAT Center. Care is provided on a rotating basis by seven physical therapists specializing in the orthopedic treatment of sports- and work-related injuries. If more than one visit is needed, further care will be provided at the Upper Michigan Rehabilitation Center at Marquette General Hospital.

To obtain services, patients simply bring their physician referral to Suite 136 in the Peninsula Medical Center, and physical therapy care can begin within 10 to 15 minutes. Pre-surgical gait and exercise instruction is also provided.

**For further information, call  
906-225-3186 or 906-225-4494**

### SPORTS REHAB PROVIDES FREE EVENT COVERAGE

Sports Rehab has been providing treatment for athletic and orthopedic injuries for nine years. A toll-free hotline (1-800-200-TEAM) provides 24-hour information regarding sports injury questions.



Certified athletic trainers provide event coverage free of charge. A one-month advance notice is requested.

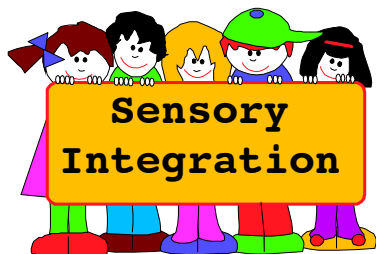
## **JANELL LARSON JOINS THE REHAB TEAM**

Janell Larson joined the Upper Michigan Rehabilitation Center as a sales/marketing representative in July of 2000. Janell earned her bachelor of science in business administration degree from Central Michigan University where she majored in marketing and management. Janell currently resides in Marquette with her husband, Brian, and their daughter, Ashley Kate. Before relocating back to the Upper Peninsula, Janell was employed with Wausau Insurance Companies in Wausau, Wisconsin as a marketing services representative.

You may contact Janell by calling  
**1-800-562-9753 ext. 7372**  
or by e-mailing  
**jalarson@mgh.org**

## **NEW OUTPATIENT OCCUPATIONAL THERAPY (OT) PROGRAM PROVIDING SENSORY INTEGRATION**

In February of 2000, Wendy Meagher, OTR, began providing beneficial OT services through the use of sensory integration concepts to children in an outpatient hospital setting. Although many of these children receive excellent OT services in the school system, those who are not as severely impaired may be overlooked and be at risk to develop more significant problems in behavior and fine motor skills later in life.



In addition to regular OT services for specific diagnoses in children such as cerebrovascular accident (CVA) or acute hand injury, the OT department now offers sensory integrative interventions. The goal of the program is to evaluate the child and develop sensory interventions, strategies, and a home program for a reasonable fee paid by the family. These services are geared toward children who have autism, cerebral palsy, attention deficit disorders, and sensory integrative dysfunction. Children's deficits in fine motor skills, organizing

their environment for play and self-care and attention/participation in the classroom or home activities can be reduced or managed as a benefit of this program.

A physician's order is recommended, yet referrals are also accepted from psychologists, school professionals and other healthcare workers.

## **REHAB EMPLOYEES HONORED**

During the year 2000, three employees from the Upper Michigan Rehabilitation Center were named Employee of the Month for Marquette General Hospital.

Brenda Salisbury, PT	March
Karen Nelson, SW	June
Susan Parker, PT	September

## **INDUSTRIAL REHAB PROVIDES ERGONOMIC ASSESSMENTS**

Ergonomics is a vast topic that requires individual tailoring. More than 100 ergonomic assessments have been completed this past year by the Industrial Rehab team. During these assessments, the workstations are evaluated and recommendations and/or modifications are made to position the employee in the most ideal (ergonomic) placement possible to help minimize the potential for work-related injuries.

## **CERTIFIED ASSISTIVE TECHNOLOGY EXPERTS PROVIDE WHEELCHAIR CLINICS**

Outpatient Rehabilitation Services in cooperation with physiatry and assistive technology experts from the University of Michigan, Ann Arbor, began providing a bimonthly wheelchair clinic. Physical therapist Susan Parker and occupational therapist Tiffany Paavola assess and make recommendations for seating and equipment for U.P. residents.

Parker has 13 years of experience in pediatrics and neurological disorders, treating numerous client populations in multiple settings. She is involved in the rehab services Committee for Assistive Technology (CAT) which provides simple adaptive equipment for patients to use during their hospital stay to help them maintain more control over their environment.

Parker recently passed the certification exam from the **Rehabilitation Engineering and Assistive Technology Society of North America (RESNA)**. The RESNA certification classifies her into an elite group of rehab specialists. This certification is viewed by reimbursing agencies as the expected level of competency to provide a high standard of quality care.

Paavola has six years of rehab experience. She attended continuing education courses for assistive technology to prepare her for involvement in wheelchair seating assessments. Paavola is also active in the CAT and is involved in the **Superior Alliance for Independent Living (SAIL)**. SAIL is a nonprofit organization in Marquette that assists disabled individuals to gain knowledge and skills to become more independent.

## WOMEN'S HEALTH CONCERNS

In step with national trends, Marquette General's Physical Therapy department has expanded their services to address specific rehabilitation concerns of women. So far, the PT department has targeted their efforts in three areas.

1. **Lymphedema.** Lymphedema is a swelling that occurs in a limb after lymph node removal or damage. It can happen immediately after the loss of the nodes or not until years later. Characteristically, it causes burning/tingling discomfort in the arm and shoulder pain. Previously, lymphedema patients were very frustrated with this condition. The medical field could offer little to alleviate the swelling or the symptoms associated with it; however, in the past ten years, a breakthrough has been made across the country. Now individuals who suffer from lymphedema can receive a very effective management approach that includes skin care, exercise, massage, compression wraps and garments. In most cases, a 30-to 60-percent reduction in limb size is observed over a one-month period with consistent daily treatment.

The Lymphedema Program at the rehab center continues to expand as more physicians learn about its existence. Patients are seeing their doctor earlier and need less treatment to see desired results. Treatment of lower extremity lymphedema with a multi-factoral etiology is quite successful with a proactive approach.

2. **Pregnancy.** During pregnancy, it is common for women to experience aches and pains in their muscles and joints. This is most likely due to the normal changes in posture, weight and hormonal levels. Although minor complaints of back, leg and foot pain are common during pregnancy, these problems can become debilitating for some women. Usually 2-4 visits are all that are needed to calm symptoms and return an expectant mother to her daily routine. Treatment options can include educating a patient on body mechanics, fitting of a maternity back support or shoe orthotic, instructing appropriate exercises and utilizing other treatment techniques.



Carpal Tunnel Syndrome (CTS) is also common during pregnancy. Using night splint stretching and less stressful wrist postures can markedly help decrease the hand tingling and wrist discomfort that is caused by CTS.

3. **Postpartum.** Typical problems during this stage are pain in the tailbone and low back and/or upper back pain (although less common, pain at the pubic bone can be quite debilitating). Women experience new stress on the musculoskeletal system from carrying baby, diaper bag, car seat and other assorted equipment. Also, labor and delivery positions may result in or exacerbate painful conditions in the low back and pelvis. Treatment usually focuses on decreasing pain and discomfort through specific exercises, soft-bracing supports, education, massage and manual joint-mobilization of the spine and pelvis. Another area of postpartum care is geared to those mothers who have had a cesarean section. The PT department has developed a very specific set of instructions for these women, which highlight care of the incision and gentle exercises for the belly muscles.

**UPPER MICHIGAN REHABILITATION CENTER**  
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[www.mgh.org](http://www.mgh.org)

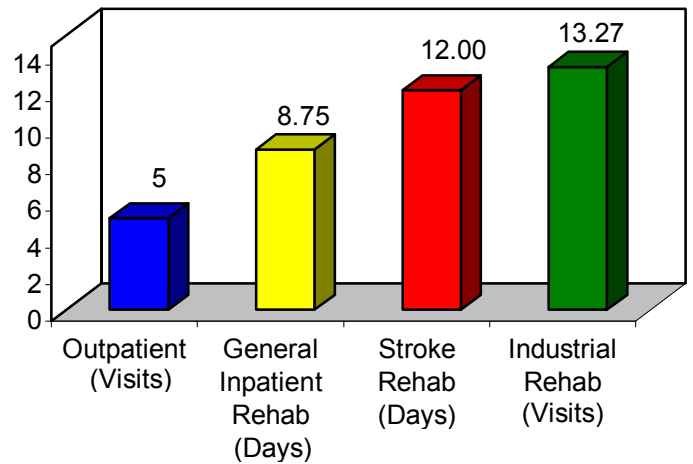
# Upper Michigan Rehabilitation Center – 2000 Statistics

## Marquette General Hospital Therapy Services Surpass Best Practice Comparisons

	Best Practice	MGH Therapy Services
Carpal Tunnel	9	<b>8.8</b>
Lumbago	9	<b>7.6</b>
Lumbar Strain	12	<b>6</b>
Rotator Cuff Sprain	24	<b>12</b>
Shoulder Sprain	9	<b>7.5</b>

(Represents Number of Visits)

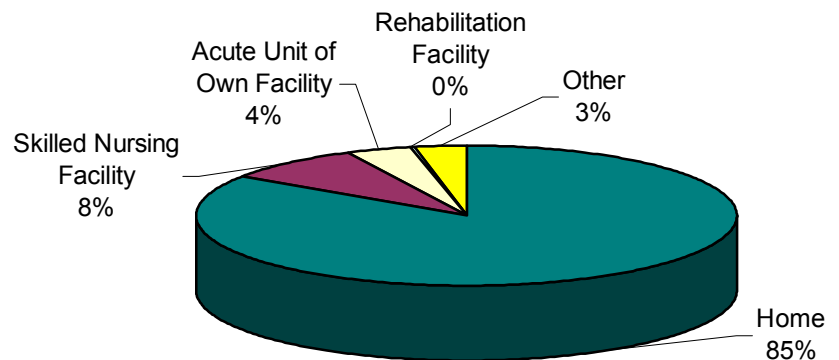
## Average Length of Stay



## Referrals by County Inpatient Rehab

Marquette	153
Delta	45
Houghton	42
Alger	23
Iron	20
Schoolcraft	20
Chippewa	15
Baraga	13
Dickinson	13
Ontonagon	12
Out of State	12
Mackinac	10
Luce	8
Menominee	4
Gogebic	2

## Patient Destination at Discharge Inpatient Rehab



## Patient Satisfaction

	General Inpatient	Stroke	Industrial Rehab	Out-patient
# of Surveys Returned	119	30	14	724
% of Surveys Responding with 93% or Higher Satisfaction	95%	99%	91%	98%

## Patient Admissions by Diagnosis Inpatient Rehab

