



**Baystate
Mary Lane Hospital**

The Quarterly Newsletter of

Baystate Rehabilitation Care at Mary Lane Hospital

*Orthopaedics
Sports Medicine
Manual Therapy
Vestibular Rehab
Dynamic Splints
Myofascial Release
Spinal Care*

*Hearing Aides
Balance Training
Massage Therapy
Pre-employment Tests
Swallow Evaluations
Cognitive-linguistic/memory
Aphasia Rehabilitation*

*Voice
Speech Articulation
Phonology
Falls Program
Hand Therapy
Osteoporosis*

Physical Therapy

Peter Ouellette, PT, M.Ed., OCS
Amy Clark, DPT
Kristie Voloshinov, MPT
Denise Pontbriand, PTA

Occupational Therapy

Kevin Smith, OTR/L, CHT

Speech Therapy

Natalie Powers, CCC-SLP

Audiology

Tomma Henckel, MA, CCC-A
Lisa Rickard, MA, CCC-A

Massage Therapy

James Lee, LMT

Administrative Assistants

Deb Oberg
Maryann Burian

VISION 2020—The Pursuit of Doctorates

Our physical therapy staff is pursuing higher education!! Peter Ouellette, PT, M.Ed., OCS, Rehabilitation Manager and Kristie Voloshinov, MPT are pursuing their DPT (Doctorate in Physical Therapy) from Temple University. Peter and Kristie will join Dr. Amy Clark who earned her DPT from UMass-Lowell in 2004.

By 2020, physical therapy will be provided by therapists who are doctors of physical therapy, recognized by consumers and other health care professionals as the practitioners of choice to whom consumers have direct access for the diagnosis of, interventions for, and prevention of impairments, functional limitations, and disabilities related to movement, function, and health.

Join us in our support of Peter and Kristie as they continue their education in order to better serve our community and expand their clinical knowledge base.



THE MEEKS METHOD - Physical Therapy Treatment for Osteoporosis

Denise Pontbriand, PTA, has received certification in the 'Sara Meeks Method for the treatment of compression fractures, osteoporosis, osteopenia, and the physical therapy management of bone health'. This method consists of various principles designed to target the prevention of falls and fractures. Denise now has specialized training in the 12-point comprehensive treatment approach. The 12 focus areas are proper assessment, patient education, site specific exercises, body mechanics, postural correction, balance, weight-

bearing exercise, modalities, bracing, proper breathing, relaxation, and other advanced exercises. Denise says the "Meeks program" is focused on improving trunk strength and addressing proper breathing and posture and awareness for individuals with osteoporosis. Denise is also actively involved in the "Complete Acute Care Protocol for the Management of patients with Compression Fractures". Denise adds that she enjoys her work as a PTA because it allows her to help improve others' quality of movement and quality of life.



KEVIN SMITH RECEIVES RECERTIFICATION AS CHT



M. Kevin Smith, OTR/L, CHT, has successfully completed the requirements for recertification as a certified hand therapist through the Hand Therapy Certification Commission. Kevin has been a certified hand therapist since 2003 and he specializes in upper extremity/hand therapy.



PROXIMAL HUMERAL FRACTURE RISK FACTOR FOR SUBSEQUENT HIP FRACTURES

A recent study in the *Journal of Bone and Joint Surgery* found in a population of older white women, a proximal humeral fracture independently increased the risk of a subsequent hip fracture more than five times in the first year after the humeral fracture. In addition to the initiation of medical treatment for osteoporosis, a multi-faceted approach to the prevention of falls in this at risk population may include physical therapy intervention for balance, strength, assistive devices, and environmental factors.

The Journal of Bone and Joint Surgery (American), 2009;91:503-511.
doi:10.2106/JBJS.G.01529



Evidence-Based Practice (EBP)

Baystate Rehab at Mary Lane Hospital is committed to providing "best-care". This is linked to the basic concept of the integration of clinical expertise with the patients' values and the best available research evidence to ensure optimal outcomes.

BRAIN AEROBICS: Cognitive Referral for Speech Pathologist



Current research shows that brain fitness and brain aerobics courses help to enhance cognitive wellness in the elderly. This year, Natalie D. Powers, MS, CCC-

SLP, speech-language pathologist at Baystate Mary Lane Hospital provided individuals at the Ware Senior Center with tips to improve cognitive function and support memory ability. Listeners learned about the differences between normal aging vs. dementia. While loss of cognition in the elderly is not absolute and is not inevitable, it is common. Thankfully, there is more research taking place in this area than ever before.

A study by the University of Tennessee at Knoxville entitled, "A Multicomponent Program for Enhancing Cognitive Well-

ness in Elderly Individuals" found that the implementation of a brain aerobics program resulted in improved performance on standardized cognitive tests for 22 elderly individuals. The program consists of guided cognitive stimulation tasks, education on cognitive health, and a home exercise program.

There are several ways we can help our elderly patients who may be faced with cognitive decline. Most importantly, we can remind them that normal, young people forget too. Patients may be less discouraged by cognitive changes if they are empowered to feel as though they have some degree of control. We can give them control by encouraging physical fitness, nutrition, and emotional well-being as these also support cognitive health. Suggestions may include keeping a daily to-do list, a date book, use

of alarms for medication reminders, and organization of the home. We should also encourage cognitive exercise based on what we know about neural plasticity. Stimulation of target brain areas (memory, problem solving, attention, cognitive speed) can help improve brain cell function in those areas. Use it or Lose it!

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Natalie D. Powers, MS, CCC-SLP is currently accepting new patients for the evaluation and treatment of cognitive-linguistic disorders, as well as dysphagia, speech, language, voice, and fluency disorders.