



PRORehabTM, P.C. In Motion

Clinic Spotlight

South City Office Moves to New Location

Have you visited our website recently?

Visit www.prorehabpc.com

and

impact.prorehabpc.com

for more information on our services.



Staff Photo-Clockwise from Top Left: Trish Scalise (Aide), Jay Diamond, MHS, PT (Clinic Director), Brian Kelly, MPT, CSCS, Greg Nicholas, MPT, Meghan Doerr (Aide), Kim DeJoe, (Aide), Renae Brown (Front Office Associate), Kathy Mecalo (Front Office Manager), Laura Watts (Front Office Associate)
Not pictured: Kim Belcher, ATC

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PRORehabTM, p.c. 's South City office moved from 4624 Kingshighway to a new facility on May 19, 2003.

Clinic Director, Jay Diamond, MHS, PT, has been with PRORehabTM, p.c. since 1996. Jay was on staff at Jewish hospital for over ten years as an academic instructor. He is a lecturer at Washington University's PT Program and has a strong interest in peripheral joint and spine

patients. Jay is joined by staff physical therapists Brian Kelly, MPT, CSCS, and Greg Nicholas, MPT. Kim Belcher, ATC provides athletic training services to Cor Jesu Academy and assists with patients in the clinic.

PRORehabTM, p.c.'s South City location offers physical therapy and sports medicine outreach services.

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Top Ten Tips to Make Your Office Ergonomically Correct

Janet Leicht, MSPT, C.A.E.,
& Lindsay Ledbetter, PT
Brentwood Industrial Center

Setting up your workstation properly may be the single easiest way to prevent injuries. Follow our easy tips to make your workspace ergonomically correct.

1. Use a work surface that is stable and large enough to hold all parts of the computer and the documents you are working on.
2. Place the top edge of the monitor at eye level or less than 6 inches below eye level to minimize the amount of neck flexion or extension.
3. Position the mouse next to the keyboard to eliminate excessive reaching.
4. Situate yourself approximately one arm's length from the monitor.
5. Place the monitor and document holder directly in front of you to minimize rotation of the head and neck.
6. Do not shrug your shoulder to hold the telephone. Hold the telephone with your hand, keeping your head in the neutral position. If you must perform other tasks while talking on the telephone, consider using a headset.
7. Maintain your wrists in a neutral position. They should be flat in relation to your forearms with your arms and elbows relaxed at your sides. Keeping the back legs on the keyboard down and using a wrist support may help you achieve this neutral wrist position.
8. Your chair should be adjustable, with a dynamic back including a lumbar support or roll. You should be able to sit back comfortably in the chair with your knees bent to 90° and at least 1 inch clearance between the back of your knee and the seat cushion.
9. Rest your feet flat on the floor or on a footrest.
10. Take frequent short breaks throughout day to stretch and change posture.

For more information on IMPACT's injury prevention program, please visit us on the web at impact.prorehabpc.com.



PRACTICE Update

Randy Craig, MS, PT, ATC
Vice-President, Clinic Director, South County



Good Sports

School is out . . . let the games begin! Summer is prime time for sports -- legion baseball, soccer tournaments, coed softball, sand volleyball, camps for every sport imaginable, just to mention a few. Sports talk shows are alive with discussions of the Cardinals pennant race, Rams training camp, and off-season transactions by the Blues. Regardless of your age, gender, or level of interest, there is no denying it . . . sports is a vital part of St. Louis culture.

Since its inception in 1991, PRORehab™,p.c. has been highly involved in St. Louis sports through a variety of avenues:

- **Prevention** – Through a highly successful and broad-reaching sports medicine outreach program, PRORehab™,p.c. contracts with over 20 high schools, clubs, and sports teams. Consistent athletic training coverage helps ensure a continuum of care for young athletes including prevention, evaluation, and rehabilitation of sports injuries.

- **Education** – PRORehab™,p.c. has expanded its educational forums into the community. Programs aimed at athletes, parents, coaches, and school administrators are cornerstone to our "grass roots" efforts to improve the sports experience of young athletes and minimize injury.

- **Injury Management** –Despite best efforts toward prevention and education, injuries

still occur . . . it is an inevitable fact in sports. Lost time to injury however, is a controllable factor. Similar to work-related injuries, early recognition and management of injuries, referral to top-notch medical providers, and aggressive rehabilitation by quality therapists minimize time lost to injury. Open communication by medical providers, the athlete, parent, coach, etc., allow for early safe return to activity.

- **Performance Enhancement** – The explosive, competitive nature of sports over the past decade has led to a sharp rise in athletes looking for an "edge" on the competition. Beginning this month, PRORehab™,p.c. will unveil a safe, effective program (PROPerformance) geared toward athletes looking for an individualized, medically supervised program to improve athletic performance. Beyond improving performance, this program will teach proper training methods, evaluate biomechanics, and educate athletes on injury prevention techniques.

Regardless of the patient – professional athlete, weekend warrior, accident victim, or injured worker – PRORehab™,p.c.'s philosophy is unchanged. A comprehensive approach is vital to the patient's timely, safe return to activity – prevention, education, superior medical care, open communication, and functional based rehabilitation and training.

On behalf of my partners, Jim Host and Bill Franzen, we hope you (and the Cardinals) enjoy a safe, healthy summer in America's greatest sports city.

Congratulations!



Jason Bennett, MS, PT, ATC

Associate Clinic Director • Florissant

Jason has been selected to assist the medical staff at the Olympic Training Center in Chula Vista, CA.



Scott Gallant, MS, PT, ATC, COMT

Manual Therapy Program Director • Brentwood

Scott recently obtained Certified Orthopedic Manipulative Therapist (COMT) status by passing a series of written, case studies and practical examinations with distinction. He is the only physical therapist in Missouri with COMT credentials from the NAIOMT.



Kenny Wilson, MS, PT, ATC, SCS

Physical Therapist • Festus

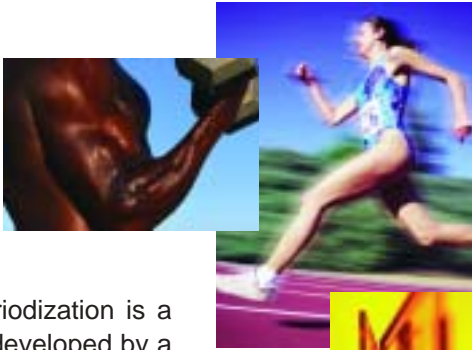
Kenny recently became a Sports Certified Specialist.

Periodization: *Vary Your Workout for a Change*

*Brian Houchin, PT, CSCS
Clinic Director, Arnold*

Strength training and cardiovascular conditioning has increasingly become part of recreational activities, and also part of a training program for athletes. The general population has become more health conscious over recent years. Sport specific training has become a science. Whether you are someone looking for a workout routine, a recreational athlete, or a high level athlete, it is important that you have a system in place to maximize your results.

The form of training that has been used in the conditioning of athletes since the 1950's is called



periodization. Periodization is a concept that was developed by a sports scientist and an endocrinologist. This type of training plan involves changing your workout routine at regular intervals of time. It was established to prevent overtraining, and to effectively achieve peak levels of performance. It organizes training into cycles of training objectives, tasks, and content. This includes the manipulation of variables of volume (amount of weight or exercises), intensity (resistance, number of repetitions, speed, ROM, or rest interval), and skill training to emphasize different aspects of training by "phasing" workouts. The ability to cycle these variables allows achievement of peak levels of workout and sport specific physiological ability. The end result is prevention of a plateau response in the training program, and allows for continual stimulation in training.

The purpose of any training session is to stress the body so that the response results in adaption. Training is only beneficial as long as it forces the body to adapt to applied stress. If the stress is

not sufficient to overload the body, no adaption occurs. Conversely, if the stress is too great, injury or overtraining can occur. The greatest result with regard to improvement in performance results when the stress is applied at the right time followed by adequate recovery.

A periodized, structured workout that keeps these principles in mind will maximize your performance and results.

These concepts can also be used in the rehabilitation setting by incorporating both short and long term patient goals. This helps to return the patient back to their desired level of function whether it's activities of daily living, work activities, recreational activities, or competitive sports.



Any training program should be tailored to your needs and goals. PROPerformance, the new performance enhancement program offered by PRORehab™, p.c., utilizes these techniques to maximize results. Nationally certified athletic trainers develop customized programs to suit each athlete's needs.

For more information on this program, please contact Chris Reed, MS, ATC, at 636-391-5400 (Ellisville) or Shawn Garlock, ATC at 314-842-2990 (South County).

Visit us at www.prorehabpc.com

Upcoming Events of Interest

June 23-28, 2003 Case Management Society of America Annual Conference and Exhibition

San Antonio, TX
www.cmsa.org

June 24-28, 2003 National Athletic Trainers' Association Annual Meeting

America's Center - St. Louis, Missouri
www.nata.org

July 22, 2003 Lorman Education Seminars "Five Most Common Injuries in Workers' Compensation in Missouri"

St. Louis Marriott Pavillion, Downtown
Vic Zuccarello, OTR/L, C.E.E.S.,
ABDA, Executive Director of IMPACT
and Julie Schloss, MPT, ATRIC, Director
of PRORehab™, p.c.'s Aqua Therapy
Program, will be speaking at this series.

July 23, 2003 Lorman Education Seminars "Illinois Return to Work Issues in Workers' Compensation"

Holiday Inn, Collinsville
Vic Zuccarello, OTR/L, C.E.E.S.,
ABDA will be speaking.

Visit www.lorman.com to register.





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PROPerformance

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