

rehabnews

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LAFAYETTE
Rehabilitation
Services

A UNITY HEALTHCARE PARTNER

LAFAYETTE REHABILITATION SERVICES CELEBRATES 20 YEARS

2012 marks the 20th anniversary of the start of Lafayette Rehabilitation Services (LRS). Owned and operated by physical therapists who envisioned a state of the art, patient-oriented, cost effective physical and occupational therapy center, LRS has and continues to set the standard for quality and innovation.

Through the years LRS has worked with Chiropractic Associates in Monticello, White County Hospital, Indiana Veteran's Home, Tysons, Caterpillar, Wabash Trailer and Monon Trailer to provide on site rehabilitation and injury prevention services.

Ergonomic consultations have been performed for Staley North, Rea Magnet, Caterpillar, Kirby Risk, TRW, Alcoa, Cargill, Globe Valve, and Joseph Motors among others.

In conjunction with Lafayette Orthopedic Clinic, LRS initiated the Sports Outreach Program which serves 16 area high schools. The same partnership has sponsored the Lafayette Sportsmedicine Symposiums for 19 years. LRS is also a proud sponsor of the J&C Hoops Classic as well as numerous area youth athletic clubs and teams.

LRS was an initial planner for the present Orthopedic Building on the Unity Campus where its main office is located. The only area

inhouse rehabilitation pool is at this site. A second office is located in conjunction with the Indiana Spine Center. This clinic is the area's only dedicated spine rehabilitation center.

As an innovator in the field of physical medicine rehabilitation, LRS introduced ASTYM, KinesioTaping, MicroFet meter testing, shoe orthotic fabrication, Hivamat, Pilates, Vestibular Rehabilitation and Functional Capacity Evaluations to the Lafayette region. Finding the options lacking, LRS developed its own computerized treatment forms to improve quality of information sharing. Educational videos for patients following total knee replacements, total hip replacements, spine fusions, general back care, overuse issues of the elbow/wrist/ hand and neck/shoulder care were all produced by LRS.

To maintain continuity in patient care, LRS has established a working relationship with Club NewTone for long term exercise participation after discharge from rehabilitation.

AND that is just the first 20 years....Watch how we innovate and serve the community in the next 20! Thanks to all who have supported us.

765.447.5552 • www.lafayetterehabilitation.com

20 Years of Service, 20 Ideas for Your Health

Back

- Use a back pillow when sitting.
- Practice pulling belly button to spine when moving.
- Stretch your back and leg muscles.
- To rest a tired back, lie on your back with your lower legs bent and resting on a chair seat.
- Learn to squat rather than bend the back to pick things up.

Hand/Arm

- Larger handles on tools will decrease stress on your hands.
- Keep objects close to your body when carrying them.
- When carrying groceries in from the car you should make more trips with fewer bags.
- When doing repetitive activities such as typing, take frequent breaks to stretch your hands and wrists.
- When picking up objects, lift by scooping with both palms turned upward.

Knees

- Exercise – motion is lotion for the knees.
- Stretch before and after you exercise.
- Watch your weight; extra pounds equal extra stress on your knees.
- Ice is nice. It helps with pain and swelling.
- Do not lock your knees when standing

Shoulders

- Sitting with good posture will improve shoulder alignment.
- Young baseball pitchers should keep their pitch count low.
- When arranging your kitchen or workspace, keep lighter objects on higher shelves and heavier items below chest-height.
- Be sure the weight of an item is balanced between both shoulders or frequently transferred from one shoulder to the other.
- Keeping the shoulder in one position for too long during an activity promotes fatigue and stress; so change positions often.

Visit our website at www.lafayetterehabilitation.com and Facebook for more information.



Osteoporosis:

May is Osteoporosis Awareness and Prevention Month.

Osteoporosis is a debilitating disease in which bones become fragile and are more likely to break. It has been called the “silent disease” because there are often no symptoms until the fracture occurs. In most cases, osteoporosis can be prevented by:

- Eating foods high in calcium;
- Getting plenty of exercise;
- Not smoking; and,
- Limiting alcohol use.

Early detection is easy. The Department of Health advises adults to ask their doctor or health care provider if they should have a bone density scan to detect loss of bone mass. The scan is safe, quick and painless. Several options are now available to treat osteoporosis.

For more information, please call:

Lafayette Rehabilitation Services at 765.447.5552 to see how exercise can help you manage osteoporosis and your posture.

EVENTS CALENDAR

May 8

“Why my posture is bad and how I can fix that”
Club NewTone | 6:45pm-7:45pm

June 12

“Osteoporosis-the silent bone breaker”
Club NewTone | 6:45pm-7:45pm

July 10

“My shoulder hurts...How can I fix it?”
Club NewTone | 6:45pm-7:45pm

July 20

HAPPY 20TH BIRTHDAY
LAFAYETTE REHABILITATION
SERVICES

