

OFFICE HOURS:

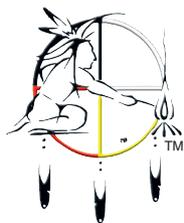
Physical Therapy -

Mon. - Thurs.: 7 a.m. - 5 p.m.

Fri.: 7 a.m. - 3:30 p.m.

Speech Therapy -

Mon. - Thurs.: 7 a.m. - 5 p.m.



FOREST COUNTY POTAWATOMI HEALTH & WELLNESS CENTER REHAB SERVICES

715-478-4344 • www.fcpotawatomi.com

Volume 1 Issue 2 Quarterly Issue

JANUARY - MARCH 2011

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Refer to Physical Therapy for:

- Back Pain
- Neck Pain
- Headaches
- Post Surgical Conditions
- Sports Related Injuries
- Work Injuries
- Tendonitis Rehab
- Arthritic Conditions
- Fall Risk
- TMJ
- Ergonomics

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Refer to Speech Therapy for:

- Language Disorders
- Speech Disorders
- Stuttering
- Voice Disorders
- Swallowing Disorders
- Neurological Deficits & Other Speech Pathology Services

Winter Brings Higher Risk of Falls



With winter quickly approaching, the risk for falls increase for adults, especially the elderly. You may have read or seen the news that according to recent studies falls among adults 65 years and older are a leading cause of serious injury and deaths. Wisconsin's death rate due to falls among older adults is more than twice the national average, and Wisconsin is second after New Mexico as having the highest death rate from falls in the nation.

Preventing falls can make an enormous impact on your quality of life. The following are statistics from the Wisconsin Medical Society:

- Ninety percent of the 350,000 hip fractures each year are the result of a fall.
- Women have two to three times as many hip fractures as men.
- Only 20 percent of patients will make a full recovery.
- Forty percent will require nursing home care.
- Fifty percent will need a cane or walker.
- Nearly one in four hip fracture patients will die within twelve months after the injury because of complications related to the injury.

Falls can happen to anyone at anytime - whether in the home, at work, or out in the community. Here are 10 ways to reduce your chance of a fall:

1. Reduce clutter in your home such as items on stairs or any cords on the floor that could cause you to trip.
2. Eliminate throw rugs so you don't stumble over them.
3. Install grab bars in the bathroom or where conditions may become slippery.
4. Avoid ice, snow or uneven terrain.
5. Be familiar with your medications and possible side effects.
6. Make sure there is adequate lighting in the room or easy access to lights.
7. Always have easy access to a phone in case of an emergency.
8. Place items that you need within reach.
9. Know your body: If you don't feel good, take it easy and phone a family member, friend or neighbor to help.
10. Consistently use a device such as a cane or walker if prescribed by your physician or physical therapist.

If you have any questions or need other ideas on how to prevent falls in your home or at work, visit our physical therapy department (Rehabilitation Services) located on the second floor of the Potawatomi Health and Wellness Center, or give us a call at 715-478-4344.

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Click on the "Health" Tab



Did YOU Know?

You Have the Right to Choose



The most important advice to give when choosing a physical therapy provider is that you are the head of your personal health care team, and are entitled to choose the most appropriate health care professionals to meet your personal health goals. We strive to assure that your well-being, progress, and recovery are given top priority. Here at the Forest County Potawatomi Health and Wellness Center, we value patient satisfaction above all. Our goal is for you to receive the highest quality of care possible. Remember, you have the right to choose your own physical therapist. Let your physician know your choice.

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Early Intervention

When we think about speech therapy for children, most people think that speech therapy is a service that a child will receive in the school if they can't say the "r" sound. Luckily, education, treatment and attitudes have changed for the better in the last 10-15 years. Now, the term "early intervention" is the norm. Most physicians and therapists realize that early intervention is the key to later success in school age years. Development in the first three years of life is critical to increase communication skills, cognitive, social, emotional and motor skills. If you've ever heard the term "the sooner the better", this relates to early intervention.

How Do I Know if My Child Needs Early Intervention?

This is a good question with sometimes a complicated answer. Unless a parent is familiar with developmental norms it may be difficult to detect if there are concerns with your child. That is why regularly scheduled health care appointments are so critical. Your physician is familiar with developmental norms and will refer you to the appropriate provider or local Birth to Three agencies if there are any concerns.

What Can I Do at Home to Help My Child Develop Speech and Language Skills Between the Ages of 0-3?

There are many excellent books on this topic, but here are five critical points to consider when developing speech and language skills of a child:

1. Limit Distractions

- Turn off the television.
- If there are other children in the room, involve them in play.

2. Model Good Social Skills

- Make consistent eye contact with the child.
- Take turns (this can easily be done playing Peek-a-Boo).

3. Allow the Child to Lead

- Put out several toys, and see what the child wants to do instead of demanding that they play by your rules. When you let a child choose what to play with, this often increases their attention, stimulates language, imagination and other social skills.

4. Add Language

- Model the correct production of sounds, name objects/pictures and introduce new words.
- If your child says one word ("milk"), then add language ("more milk", "my milk", or "milk, please") to make phrases longer.

5. Give Your Child the Experience

- Books, music, and play are great, but when a child has the experience of "going to the zoo" to learn about animals or "eating an apple" instead of looking at one in a book, language develops much faster.

For more information or a free speech and language screening on your age 0-3 child, please call 715-478-4340.

Low Impact Winter Aerobic Workouts

Are you looking for a good way to get rid of those winter blahs and stay fit at the same time? Even if you are not an outdoor winter enthusiast, you'll love the benefits you get from either snowshoeing or cross-country skiing. Both of these activities are low risk and low impact aerobic workouts. They are comprehensive cardiovascular exercises that will build strength, endurance, and burn calories. Let's not forget about the chemicals that the brain releases during a good workout. These chemicals help relieve stress and enhance our sense of well-being.

Little equipment is needed for snowshoeing while cross-country skiing involves a bit more. Equipment does not need to be top

of the line to be adequate, and you can often find good used equipment that will suit your needs.

It is important to stay safe during cold weather exercise. Here are just a few tips to keep in mind: dress in layers; protect your hands, feet and ears; and for protection from solar glare, use sunscreen and lip balm and take water along. Also, remember to tell someone where you are going and what time you expect to return. As with any routine that may be new or different, please check with your doctor before beginning the activity.

Have fun, stay safe, and be healthy!

