

SPOTon

Speech Physical Occupational Therapy newsletter | February 2014



WE'RE **NATIONALLY KNOWN**, BUT **LOCALLY FOCUSED**

RehabCare is the leading provider of rehabilitation services, including physical, occupational and speech-language therapies, to over 2,000 hospitals and long-term care facilities in 46 states. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who form the future Rehab Therapist community.

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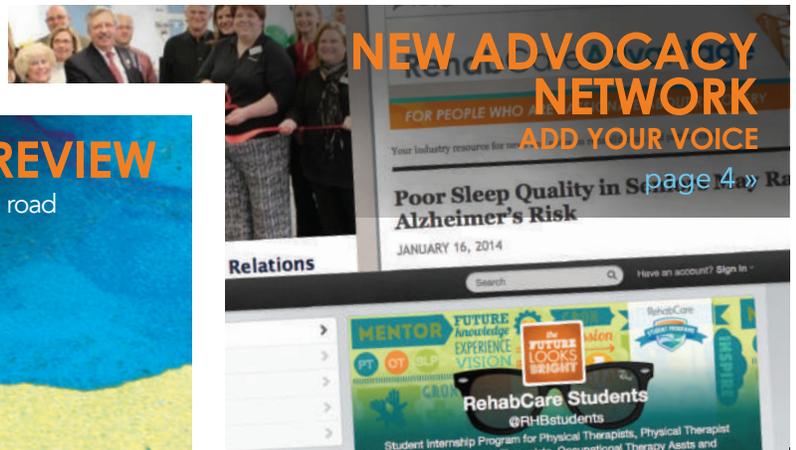
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EXERCISE PRESCRIPTION FOR THE OLDER ADULT



Battling aging through boxing, tai chi and more

RehabCare Student Programs and Marquette University have teamed up again to provide an educational opportunity for our rehab therapists in the Milwaukee area. The in-service, titled **“Exercise Prescription for the Older Adult,”** was developed by a select group of doctors of physical therapy students along with their instructor, Danielle Parker and presented onsite at Kindred Transitional Care and Rehabilitation – Milwaukee to more than 40 RehabCare team members.

Course objectives included applying physical stress theory to exercise prescription, aerobic exercise and balance, understanding the application to older adult exercise in strength training, and the FITT principle.

Understanding the most effective treatment exercises for common diagnoses such as Alzheimer’s disease, Parkinson’s, pulmonary disease, osteoarthritis and rheumatoid arthritis as

well as CVA and MS was also addressed. At this point, students demonstrated how to incorporate Tai Chi, boxing, lunges and pre-pilates into the prescription.

Some of the key take-aways revealed that group-based exercise decreased fall frequency, increased balance, and improved quality of life and patient satisfaction and adherence [Martin, 2013]. It was also conveyed that patients should be adequately challenged in exercise frequency, intensity, time, and type [FITT] for strength, aerobic and balance exercises.

Student Programs continues to give students the experience and knowledge that will be beneficial when they enter fieldwork. Check us out on [facebook.com/RehabCareCR](https://www.facebook.com/RehabCareCR) to follow the semester’s progress and learn more about the students’ experiences!



SPOTon ^A NEW GRAD

CHRISTY THIEBEN, CLASS OF 2013



*“Christy has been a
wonderful asset
since day one.”*

We first met Christy Thieben one year ago while she was completing her fieldwork with RehabCare at Bethesda Dilworth in St. Louis, MO. At that time, Christy was preparing to graduate with her Master’s of Occupational Therapy from St. Louis University. According to Christy, the exceptional experience that she had while on her fieldwork at Bethesda Dilworth led her to accept employment with RehabCare outside of Chicago at Lexington of Schaumburg, last August.

We checked in with Christy’s Program Director, Susan Rusco, PT, to see how things were going. “Christy has been a wonderful asset since day one! Her knowledge of RehabCare procedures and protocols has allowed her to jump in running which is extremely helpful to her team at this very busy site.”

Susan went on to note that, “Her knowledge of our computerized documentation and billing system was particularly helpful in making a smooth transition. It is clear that her internship provided her with skills to interact confidently with her

co-workers, patients and families. She is a delight to work with and is demonstrating competency in all the basic skills needed as an occupational therapist in the SNF setting.”

In fact, Christy’s story and experience is a prime example of the mission of the RehabCare Student Programs Department. According to Jennifer Manuel, RehabCare Area Director of Operations, “We love students and new grads at our sites. Not only does it help rekindle that new therapist feeling with our experienced staff, it allows us to refocus as clinicians, too. Our Program Directors like it as well because it helps keep the teams on their toes with the new knowledge that the students infuse into the entire department. What’s more, we have found that students transitioning into employment after an internship provides for a smooth transition -- since most of the orientation has been completed. It allows the student to feel a little more secure and confident in their new role as the therapist.”



NEW ADVOCACY NETWORK



Giving RehabCare a Powerful Voice

In late 2013, we created the RehabCare Advocacy Network in order to help educate lawmakers about the value of rehabilitative therapies and to advocate on behalf of our patients and our profession. Interested RehabCare employees were asked to complete a brief survey, share their personal experiences and declare an interest in joining together to support this initiative.

We are pleased to say that the response and results were incredible. Our first "call to action" to Congress contributed to a short-term extension of the Part B Therapy Cap exceptions process, as well as inclusion of draft language to improve the MMR process with the larger "doc fix" legislation actively being deliberated by policymakers at this time.

Building on these short-term activities, we are now in the process of developing a longer-term advocacy plan and building a platform for engaged and well-educated therapists to help influence legislation and regulation impacting rehabilitative therapies.

We encourage you to subscribe to the RehabCare Advantage blog (<http://blog.rehabcare.com>) to receive legislative and regulatory news as well as follow us on Facebook www.facebook.com/RehabCareCR or Twitter [@RHBstudents](https://twitter.com/RHBstudents) for advocacy alerts.

#YourVoiceMatters



PROFESSIONAL ASSOCIATION EVENTS



One of our own – and the world's #1 visually impaired tri-athlete – delivers keynote address

RehabCare went all out for the APTA National Student Conclave held in Louisville, KY last October. RehabCare's own Aaron Scheidies, a DPT from Seattle, WA, gave the keynote address and was introduced by Kindred CEO Paul Diaz.

Considered to be the #1 visually impaired pro tri-athlete and marathon runner in the world, Aaron was born with a hereditary condition and diagnosed as a child with Juvenile Macular Degeneration, leaving him with less than 20% vision of a sighted person. Having traveled around the globe competing in over 250 triathlons, this multi-dimensional athlete was inducted into the Athletes with Disability Hall of Fame in 2008.

Earning his Doctorate in Physical Therapy from the University of Washington and having worked for RehabCare since completing an internship, Aaron has proven that he simply has "different capabilities."

Aaron's accomplishments include:

- 2011 ESPY Award finalist
- Michigan State University Distinguished Alumni recipient
- Eight-time World and seven-time National Triathlon Champion
- Three-time National Marathon Champion
- Ran the 2013 Boston Marathon in 2:44, just narrowly missing the course record for a visually impaired athlete
- Represented Team USA at the 2013 ITU ParaWorld Championships in London, taking home Silver Medal

Currently, Aaron's sights are set on the 2016 US Paralympics in Rio de Janeiro and bringing home the GOLD. You can learn more about Aaron and follow his journey at: <http://cdifferentwithaaron.com/>

RehabCare team members also attended the AOTA – National Student Conclave in Jacksonville, FL and the ASHA Annual Conference in Chicago, IL last November.



WHAT'S HAPPENING IN 2014?

UPCOMING EVENTS

RehabCare is excited to announce a slate of events at these schools and institutions.

EVENT LISTINGS

2/3-6	APTA – Combined Sections Meeting	Las Vegas, NV
2/10	CE Workshop	Redmond, WA
2/12	Career Fair	University of Florida
2/12	CE Workshop	Salinas, CA
2/18	Career Fair	UNC-Chapel Hill
2/19	Career Fair	Franklin Pierce University
2/21	Career Fair	University of Kentucky
2/21	Florida PT Student Conclave	University of Central Florida
2/25-26	CE Workshop	McMinnville, OR
2/26	Career Fair	Rockhurst University
3/12	Career Fair	University of Toledo
3/14	Career Fair	Harcum College
3/19	Mock Interview Day	Houston Community College
3/29	PT Olympics	U of Texas HSC – San Antonio
3/29-30	California PT Student Conclave	University of St. Augustine, San Marcos, CA
3/31	Guest Lecture	St. Louis University
4/3-6	AOTA Annual Conference	Baltimore, MD
4/10	OT Intercollegiate Night	Philadelphia, PA
4/11	Career Fair	University of Indianapolis



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