

The page is decorated with several light blue, intricate snowflake-like patterns scattered across the top and sides. The main title "Prairie Rehabilitation Post" is centered in a black, serif font, with "Prairie Rehabilitation" on the top line and "Post" on the line below it.

Prairie Rehabilitation Post

Topic: Total Knee

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Special points of interest:

- Patient Story and Treatment of a Total Knee Replacement
- The Grand Opening of Prairie Rehab & Fitness pictured on Page 4

Patient Spotlight—Teresa

Teresa is a dietary supervisor at the Maple Lawn Nursing Home in Fulda, MN. Teresa says that she has suffered from bad knees for the past 15 years. "At age 40, I was told that I would need a knee replacement, but no surgeon would perform the surgery because I was so young for this type of surgery", states Teresa. "In the time before I received surgery I also had several knee scopes", continues Teresa. Finally, after 13 more years of suffering at age 53 Teresa received a total knee in August 2009.

Following her surgery she received a referral for physical therapy from her physician Dr. Aamlid. "I chose to receive my therapy at Prairie Rehabilitation, since it was conveniently located within

Maple Lawn Nursing Home and I was familiar with the therapy staff", says Teresa.

During her time in therapy Teresa was taught several exercises she needed to help recover from her knee surgery, as well as learning core strengthening exercises for her back and hip to improve her overall strength. In all Teresa received two months of therapy at Prairie Rehabilitation after her surgery and was able to return to a full workload in mid-October 2009. "I tell everyone about the great staff at Prairie Rehab", states Teresa.

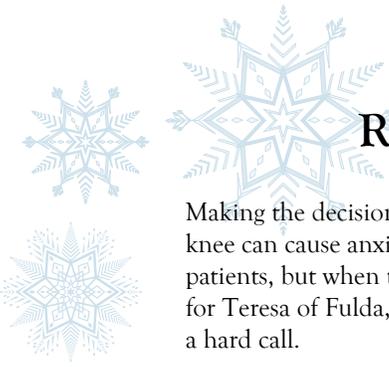
Teresa has experienced no pain since surgery with the help of physical therapy. She states that "the staff at Prairie Rehabilitation have

all been very helpful throughout my recovery and I would definitely recommend them to anyone who is suffering from knee pain or other conditions that therapy can help with". Teresa also notes that, "Dr. Aamlid was very pleased that I chose Prairie Rehabilitation for physical therapy and he was also satisfied with my progress since the surgery in August".

Since completing therapy in October, Teresa has not needed to receive any additional therapy and has been able to continue working a full work load at Maple Lawn.

"The staff at Prairie Rehabilitation have all been very helpful throughout out my recovery"

~Teresa patient in Fulda MN



Rehabilitation of a Total Knee

By: Paula Hill, PT
and Jason Rostomily, PTA

“The three main concerns of treatment of a total knee are post surgical edema, range of motion, and functional mobility.”

Making the decision to have a total knee can cause anxiety in some patients, but when the time came for Teresa of Fulda, MN it was not a hard call.

Prairie Rehabilitation provides therapy in a number of settings including: home health, outpatient facilities and inpatient rehabilitation centers in skilled nursing homes. No matter what setting, the approach to treatment on a post total knee replacement is similar. When a patient comes in with a referral after a total knee, a personal plan of treatment will be created by the physical therapist for the patient and the therapy team to carry out.

There are three main concerns of treatment including: post surgical edema control, knee range of motion and strength, and functional mobility independence and safety. We will briefly discuss each of these treatment concerns.

It is common to have swelling in the leg that underwent surgery. The patient along with the therapy team, must also watch for increased warmth, redness or discharge around the incision area as this might be a sign of infection. The physical therapist may complete a technique called manual lymph

drainage (MLD) to the leg to help decrease edema. The therapist may also implement taping, wrapping or use a compression stocking to assist in the management of swelling. The therapist will begin patient education on scar management, limb positioning and icing, pain management and monitoring for signs of potential infection that would require medical intervention. The quicker the swelling is eliminated the better the outcomes are.

Knee ranges of motion and strength gains after a total knee replacement are important and are predictors of patient satisfaction. Exercises are initiated that will be monitored closely by the therapy team to assure accuracy and improvement. Exercises that focus on strengthening the back and core musculature may also be prescribed to help improve overall body posture and walking patterns. This will help decrease the chances of future hip, back, and knee pain that can be caused from weakness in these areas.

Functional mobility independence and safety are the last area of treatment we will discuss. It is vitally important to the patient and often dictates where the patient is seen after a total knee surgery. The therapist will assess gait with an assistive device on a variety of surfaces to include carpet, incline/decline, steps,

curbs, and uneven sidewalks. The therapist will also work to advance the patient to using the least restrictive assistive device. A great deal of education and training will go into proper walking, working for a heel to toe gait with adequate weight shifting onto the surgical side. Normal gait mechanics are important to decrease wear and tear of other joints over time. Functional skills such as standing from a low chair, transferring in and out of the car, transferring in and out of bed, getting up off the floor, and use of home exercise equipment are also addressed.

Occupational therapy will address how to use reachers and other adaptive equipment, modifications to bathrooms for safe toilet and shower transfers. The occupational therapy team can address safety with cooking and meal preparation and may do a home evaluation for recommended changes

The patient will be given a home exercise program to go along with the exercises completed in the clinic and to assist with the patient’s improvement. These home exercises should be completed on a daily basis or as prescribed by the therapy team. The combination of exercise in the clinic and at home will lead to a successful total knee recovery.

Prairie Rehabilitation Value #2: We recognize that the quality, motivation, and performance of our staff are the key factors to achieving our success.

“One’s attitude and quality of work can determine the outcome of our daily clinic routine, as well as a patient’s success. If one has a poor attitude while working with a patient, that shows and the patient might not have the best plan set up for them or may not receive the best care and benefits from their therapy.

It can also show in the office setting. If an employee has a poor attitude and doesn’t have the motivation to put their

best foot forward and give the highest quality of work that they can give, things get missed, work doesn’t always get completed, and many others are affected by the attitude and stress from work not getting done.

Prairie Rehabilitation shows this value by implementing all of our daily values into work every day. We treat others as we would like to be treated, and no matter what, we should always give the highest quality of care to our patients. Whether we have a

good day or bad, we need to remember that the patient always comes first. If an employee has a good attitude about work and they have the highest concern for their patient and their care, then the patient will benefit much more. They will be able to meet their set goals and be discharged from therapy at the level of function they were at before therapy if not better.”

**Hilary Klenken, Worthington
Outpatient Clinic Receptionist**

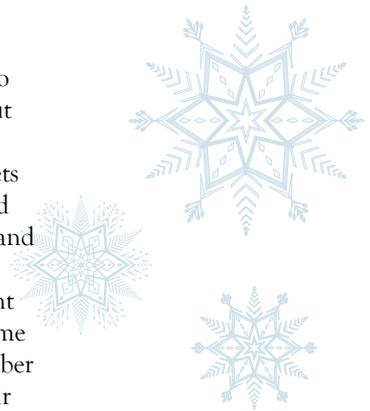
Dickhaut Family Fundraiser

Austin Dickhaut, Andrew Dickhaut's son, was diagnosed with kidney failure in July 2009. (Andrew is a Speech-Language Pathologist with Prairie Rehabilitation). Austin had been experiencing migraines and went to the eye doctor on June 30, 2009 to have his eyes checked. During his exam the eye doctor found that Austin had retinal bleeding. He then took his blood pressure and found it to be extremely high. He recommended Austin go to the hospital. At the hospital he was immediately admitted and the tests began. The end result was that Austin was suffering from two different blood disorders; Thrombotic Thrombocytopenic Purpura (TTP) and IgA Nephropathy both of which cause kidney failure. After various tests it was determined that Austin's kidneys were only functioning at 10-15% and that he would need a transplant. At this time it is believed that both the TTP and IgA blood disorders are gone, but there is the possibility of a recurrence with the IgA disorder. Austin is currently on dialysis

awaiting a kidney transplant. Family and friends are in the process of being tested.

With the assistance of Great Plains Ministry, Prairie Rehabilitation was able to hold a raffle fundraiser for the family to help defray expenses for the Dickhaut family during this difficult time. Many of the facilities made donations or provided a raffle prize including: Canisota Good Samaritan Center, Crossroads Care Center, Edgebrook Care Center, Maple Lawn Nursing Home, Mary Jane Brown Good Samaritan Center, Mountain Lake Good Samaritan Village, Palisade Manor, Pipestone Good Samaritan Center, Pleasant View Good Samaritan Center, Riverview Rehabilitation and Health Care Center, South Shore Care Center, and Westbrook Good Samaritan Center. Also, Tradewinds Press, Inc. was able to donate the raffle tickets. The grand prize for the raffle was a 42" flat screen television or one round trip airline ticket anywhere in continental US, donated by Prairie Rehabilitation.

All together we were able to raise \$9,486.82 for the Dickhaut family. This total included the money from the 945 raffle tickets sold (out of 1000), money raised from companywide jeans days, and all free will donations. The announcement of the total amount to the family was done at the time of the raffle drawing on November 4th, 2009 and the smiles on their faces were worth all the effort. The winner of the grand prize was Mary Jo Diercks, who works at the Maple Lawn Nursing Home. Thank you to everyone who helped made this fundraiser a success! It was a great experience and it is good to know that we work with so many caring people!



"The smiles on their faces were worth all the effort."

Pictured from left at the drawing: Andy Dickhaut, Chara Dickhaut, Mike Gilbride from Great Plains Ministry, Austin Dickhaut, and Al Holm and Becky Fields both from Prairie Rehab.

Paula Hill, Physical Therapist & Jason Rostomily, Physical Therapist Assistant



Paula provides home health services in Sioux Falls. Paula started with Prairie Rehabilitation on December

11, 2003. She has worked in a variety of settings in South Dakota including acute care, outpatient, long-term care and post secondary education. Now Paula primarily works do-

ing home health in the Sioux Falls area. Paula graduated from the University of Iowa with a Master's in Physical Therapy in 1988 and was previously an instructor for the USD physical therapy school for several years.

Paula shows great dedication to her patients and assists the Prairie Rehabilitation's home health team by facilitating communication and bringing quality care into patients' homes.



Jason provides services primarily at the Tea outpatient clinic. Jason started with Prairie

Rehabilitation on May 23, 2004 and has worked in a variety of settings including our Worthington outpatient clinic, nursing homes in MN and SD, and home health. He

graduated from Lake Area Technical Institute with an Associate's Degree in Physical Therapist Assistant in May of 2004.

Jason has been a important piece of every team he has worked on during his time with Prairie Rehabilitation and has been well liked by his patients.



PRAIRIE
REHABILITATION

1720 South Cliff Avenue
Sioux Falls, SD 57105
605-334-5630

Brandon, SD 605-582-3103

Harrisburg, SD 605-767-3008

Hartford, SD 605-528-1900

Tea, SD 605-368-9897

315 Oxford Street
Worthington, MN 56187
507-372-2232

Fulda, MN 507-425-2571
(In Maple Lawn Nursing Home)

Jackson, MN 507-847-4333

Lakefield, MN 507-662-6646
(In Colonial Manor Nursing Home)

Editor of Prairie Rehabilitation
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Now Open: Prairie Rehab & Fitness in Worthington, MN

The mission of Prairie Rehab and Fitness is to be a leader in rehabilitation and wellness. Through a steadfast quest for excellence, we will have a positive impact on the lives of those we serve.

Prairie Rehabilitation has continued to grow adding long-term care contracts and opening additional outpatient facilities providing physical, occupational, speech and hand therapy services in southwest Minnesota, southeast South Dakota, and

northwest Iowa communities. Since the original Worthington clinic the company has grown to 9 outpatient facilities, 20 nursing home contracts, and 5 home health contracts. Prairie Rehabilitation has recently added wellness and fitness to its list of services with fitness centers in Worthington and Jackson, MN and changed its name in the area to Prairie Rehab and Fitness in these areas.

On Monday January 4th, 2010 Prairie Rehab and Fitness opened the doors of its new building in Worthington, which will allow us to provide a continuum of care from the beginning rehab components to patients transitioning into a long-term wellness program. Along with physical, occupational, speech and hand therapy services, Prairie Rehab and Fitness has now added personal training and massage therapy to meet the needs of the community. Additionally, a portion of the old location at 1530 Rowe Avenue will remain a 24-hour fitness facility with key card access.

On Friday, January 15th, 2010 there was an open house and grand opening celebration for our new facility in Worthington. The event included tours, a ribbon cutting, a meal and wine tasting. The event was well received by the community and over 300 people attended.

Since opening the new facility Prairie Rehab and Fitness has worked on starting new programs such as: Healthy Weight Loss, Balance and Fall Prevention, etc. These programs are designed to work with individuals and their physicians to accomplish a healthy lifestyle which includes proper nutrition and exercise. Our program will provide guidance from our health care professionals.

Fitness memberships are now available at both the Oxford Street location and 24-hour facility on Rowe Avenue. Individuals can sign up to have access to both facilities if desired. Single, family, senior, student and short term memberships are available. Call 507-372-2232 for details.



Prairie Rehabilitation Value #2, cont.

“In order to be a leader in providing therapy services a company must have a staff that is motivated to perform at their best every day. Prairie Rehabilitation invests time and resources in assisting employees achieve and maintain a high level of success. I feel my skills as an occupational therapist are enhanced by working for Prairie Rehabilitation because the company strives to help employees succeed at their job.”

**Becky Peppel, Occupational Therapist,
Flandreau and Garretson, SD**

“For me, I strive to strengthen my therapeutic skills and offer encouragement and emotional support to my patients. Prairie Rehabilitation demonstrates these same qualities with a constant professionalism throughout its entire organization, which ensures all patients will achieve success in reaching personal wellness.”

**Lori Dvorak, Physical Therapist
Assistant, Maple Lawn Nursing
Home**



Our staff at the new fitness center located within Prairie Rehab & Fitness in Worthington. Back Row: (from left to right) Travis Bretzman, Personal Trainer, Kristin Fox, PT, Lee Glasoe, OTR/L, CHT, Administrator, Eric Dvorak, Fitness Staff, Troy Van Orman, PT, Clinic Manager, Andrew Berg, Fitness Staff, and Darren Hokanson, PTA.

Front row: Shannon Schmitz, Massage Therapist, Danyel Schweigert, Therapy Aide, Ginger McNab, Receptionist, Charlie Bigelow, PT, VP of Business Development, Amber McNickle, PTA, Janelle Saufley, OTR/L, Lori Dvorak, PTA, Hilary Klenken, Receptionist, Kevin Sobolik, PT, and Tasha Knothe, PTA.