



Welcome To Our New Staff

PRAIRIE REHAB POST

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Sioux Falls SD 57105
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Natalie Zirpel joined Prairie Rehab in January as a recent graduate of the Occupational Therapy program at the University of South Dakota. Before becoming an employee with Prairie Rehab, Natalie completed a 12 week fieldwork assignment with us. Natalie likes to focus her interest in pediatrics and geriatrics. Her goal is to provide her patients with the best possible care. Natalie and her husband were raised in Parkston, SD and currently live in Harrisburg, SD. She serves the areas of Flandreau, SD and Marion, SD.

Blair VanOverbeke joined Prairie Rehab in March. She recently graduated from The Arizona School of Health Science: A.T. Still University for Occupational Therapy. Blair is eager to keep “adding tools to her toolbox” and has enjoyed her time in skilled nursing facilities. Blair is originally from Sioux Falls, SD but is spending her time getting to know the area by working in Flandreau, SD and Fulda, MN.



Katie Adams joined Prairie Rehab in April as our new occupational therapist for the central Sioux Falls clinic and also the outreach clinic in Brandon, SD. Kate moved back to South Dakota after spending the last eight years in Illinois. Kate grew up in Burke, SD and her husband Luke grew up in Beresford, SD. Together they have two kids, Maya Kate who is five and Finley who is six. She obtained her Master’s in Occupational Therapy from Creighton University. Kate spent six years working in outpatient orthopedics and has a special interest in splinting and hand therapy.

Kelli Kubal graduated in May with a Master’s of Science degree in Speech-Language Pathology from Fort Hays State University in Hays, Kansas. Kelli works full-time for Prairie Rehab as a speech language pathologist in Flandreau, SD and Marion, SD. Kelli is looking forward to being able to provide therapy to the area and continuing to learn and grow in her skills as a speech language pathologist. In her free time, Kelli enjoys helping out on the family farm in Scotland, SD, being outdoors, and spending time with friends and family.



Introducing two specialized treatment programs from Prairie Rehab’s trained therapists

- TMD
- Lymphedema Management



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A Message From Our CEO, Lee Glasoe



Lee Glasoe, OTR/L, CHT
Administrator & CEO

As an independent rehabilitation provider, Prairie Rehabilitation has an ongoing commitment to our patients to provide patient-centered care utilizing highly effective and proven treatment techniques and programming to assist each patient in achieving their utmost functional improvement. Prairie Rehabilitation's focus on continuing education for each therapist is a crucial element towards providing patient care that meets not only our expectations but also our patients' and referring physicians' expectations and goals.



Dementia Capable Care Training

In January, we hosted a workshop of Lower Extremity Biomechanics, which 19 members of our therapy staff attended. In February, to further develop our Women's Health program, we hosted a two day educational seminar on Women's Health to enhance our ability to serve those individuals dealing with issues related to pregnancy and problems that are unique to women. Most recently, our therapy staff serving skilled nursing facilities received additional training and education

on management and care for patient suffering from dementia.

Most of our physical and occupational therapy staff members have attended educational sessions on instrument-assisted soft tissue mobilization techniques. In addition to these workshops and educational sessions, Prairie Rehabilitation has established a relationship with Dynamic Learning Online which provides our therapy staff with interactive learning, discussions, and ongoing educational opportunities.



Instrument-assisted soft tissue mobilization

Prairie Rehabilitation is growing and we are proud to announce the opening of two new facilities in Minnesota. In March, we opened a new facility on the Temperance Ridge campus in Sherburn, Minnesota. There was a great turn out for our open house held in combination with Temperance Ridge, with over 300 people showing up. We have a long relationship working with Temperance Ridge and it has proved to be a great partnership. Appointments can be scheduled 5 days a week, Monday through Friday.

On June 3rd, Prairie Rehabilitation opened a second clinic in Worthington, MN. Prairie Rehab's new clinic is located within the newly completed Avera Medical Group facility on Ryan's Road in Worthington. We are excited to have the opportunity to provide therapy care at another location in Worthington and believe this relationship will enhance our therapy offerings related to working with local industry through our Occupational Health program.

Patient Spotlight: Bonnie Pekron

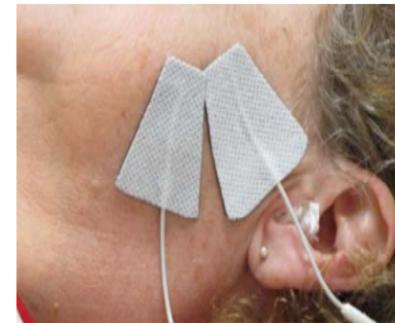


Bonnie Pekron has been living with Temporomandibular Joint Disorder (TMD) for the past twenty years. It wasn't until recently she was able to find some relief from the constant pain. It started out as what her doctors said were ear infections. She tried every form of treatment available to her at the time including CT scans, multiple rounds of antibiotics, and chiropractic care. These treatments would relieve the pain only to have it return almost instantly.

In September of 2012, Bonnie's jaw locked up and she was unable to open her mouth. At this time, she decided that she needed to do something different as the treatments for the so-called ear infections were not working. At this time her chiropractor and dentist recommended she go see Dr. Louis George of Siouxland Oral and Maxillofacial Surgery Associates. Upon her assessment, Dr. George recommended that Bonnie try cortisone injections, coupled with TMD-focused physical therapy.



Before her first injection, Dr. George wanted Bonnie to complete a month of therapy. In early October she started therapy with Al Holm, PT here at Prairie Rehab. She was given therapy exercises for her jaw to help increase jaw motion. Treatment also consisted of ultrasound in conjunction with electrical stimulation to the jaw muscles and temporal joint. Al Holm also performed a specialized massage of the upper neck and jaw muscles; including massage performed to the muscles from inside of the mouth. Bonnie also followed guidelines for how much she was to use her jaw for everyday activities to be sure she did not overuse her jaw muscles.



Bonnie has had two injections done, one in November and the other in March, and continued physical therapy consistently between these times. She comments that the pain in her jaw has dulled quite a bit since she started the process. Instead of sharp pain, she is only experiencing an occasional dull pain and at times with movement will have a sound that somewhat resembles sand paper rubbing together. One thing that Bonnie wishes would have happened earlier is that the one of the doctors she had been seeing had suggested other avenues earlier so she could have begun the healing process sooner.



Lori Johnson, Physical Therapist

Lori received her undergraduate degree from Augustana College here in Sioux Falls. Upon completion of her undergraduate, Lori attended the University of South Dakota where she obtained her Master's degree in Physical Therapy.

Lori accepted her first job out of graduate school here at Prairie Rehabilitation in 2001. She was familiar with the company as she had completed her master's internship with Prairie Rehab. "It feels like a family. A small company with Christian values." Currently Lori works as an outpatient Physical Therapist in our Sioux Falls Cliff Avenue clinic and is the current lead therapist in our Harrisburg clinic.

Over the years Lori has become certified in many different areas related to her physical therapy career. She is a LANA (Lymphology Association of North America) certified lymphedema therapist, a certified kinesiotaping therapist, a women's health specialist with a focus on cancer-related therapy, and has a great deal of knowledge in general orthopedics. Over the years Lori has treated patients with a wide variety of problems including work-related injuries, balance and fall prevention, pain with pregnancy, and orthopedic rehabilitation.



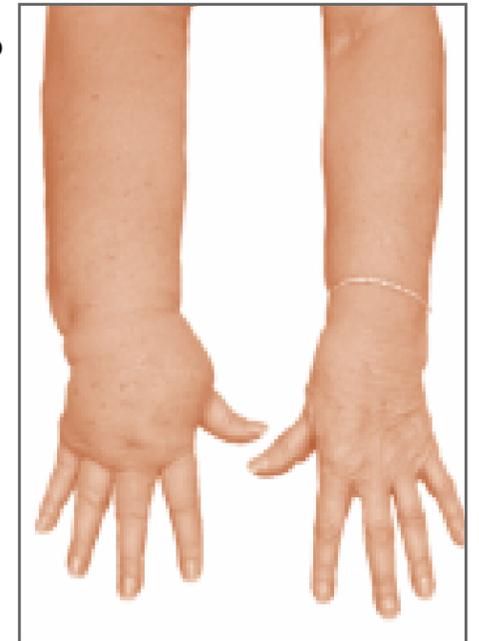
Lori says that her favorite part of the job is working with patients. Getting to know them and helping them get back to the normal activities that they enjoy day-to-day. "Working at Prairie Rehab has taught me the importance of team work. The staff at Prairie Rehab truly care about one another and their patients. We work together to solve problems," explained Lori.

As a result of her hard work, commitment to learning, and her dedication, Lori was a recipient of the Gensis Award from the South Dakota Physical Therapy Association in 2006.

Lori resides in Harrisburg with her husband, Jarrod, and their two boys, Tor who is five and Trig who is two. Lori and Jarrod have been married for 11 years. Jarrod currently owns and operates Johnson Services, a heating and cooling company in the area. In her spare time Lori likes to spend time with her family hiking and traveling.

Lymphedema is a condition where the body's lymphatic system is unable to transport lymph fluid from tissue spaces in the body back to the blood stream which leads to swelling in areas of the body. Lymphedema can occur in any part of the body with the most common areas being the extremities and genitalia. The lymph fluid that causes lymphedema is what makes this swelling unlike normal swelling. The lymph fluid is a protein rich fluid that can only be drained by the lymphatic vessels of the body.

Lymphedema can be caused by numerous factors but the most common are due to surgery, radiation, infection, or congenital irregularity. One of the more common reasons Prairie Rehabilitation sees lymphedema patients is its development after lymph node removal surgery in cancer patients. The main symptoms of lymphedema is swelling localized normally to one specific area of the body. Among others, some of the more common symptoms include tightness of the skin, decreased flexibility in affected area, and difficulty fitting into clothing and/or jewelry in the affected area.



Lymphedema usually develops in three stages that range from mild to severe. Stage 1 is when the body's tissue is still in the "pitting" stage. Pitting is when the skin tissue is pressed by the fingertips, the area touched will create and hold an indentation from the fingertips. The swelling is minimal in this stage and the affected area usually is still close to its normal size. Stage 2 is evident when the skin tissue is no longer "pitting" and when pressed it will bounce back without creating an indentation. During Stage 2 the tissue also begins to harden and increase in size. Stage 3 is the most severe stage and the stage when swelling becomes irreversible and the skin tissue is hard and unresponsive to treatment. Most patients who reach Stage 3 will opt for reconstructive surgery called 'debulking' to help.



Lymphedema is a life-long condition and currently has no cure but it can be successfully managed with the help of physical therapists and a strict home program. Physical therapists that treat lymphedema patients receive specialized training in controlling and managing lymphedema. When a patient first comes in with lymphedema, the therapist and patient will work very closely together to develop a treatment plan that will help to address the swelling and work with the patient's needs. Treatment, at the beginning, will focus on manual lymphatic drainage, a massaging technique that helps to decrease swelling, and compression bandaging. The therapist and patient will monitor the size of the affected area and when it is down to reasonable size, the patient will move on to the maintenance phase of treatment that will put the patient in charge of their own care. They will be set up with exercises, home manual

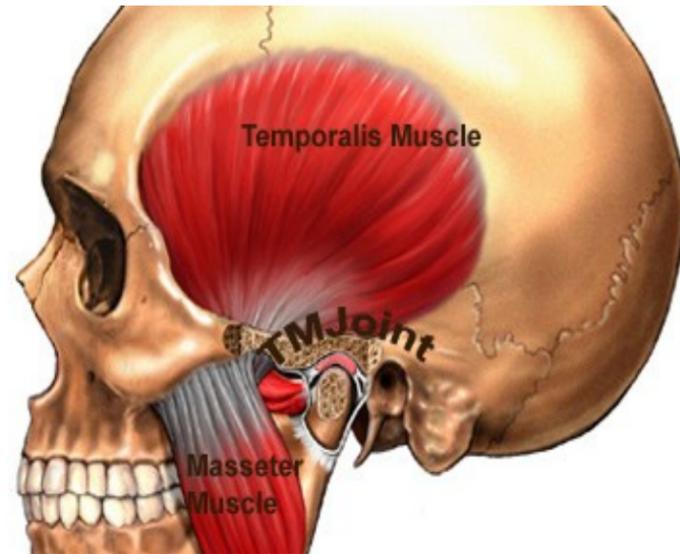
lymphatic drainage techniques, and instructions for compression bandaging/garments to help keep their swelling at a maintainable level.

What is TMD?

Temporomandibular Joint Disorder (TMD) is a disorder that involves the temporal joint, a hinge joint that connects the lower jaw to the temporal bone. This joint allows your jaw to move up and down or side to side. It is used most commonly when you chew, yawn, or speak.

The most common symptom of TMD is pain or tenderness in the face, jaw joint area, neck, and shoulders. Another common symptom is limitation in how far you are able to open your mouth. Other symptoms will include the jaw becoming locked and/or make a clicking or popping sound upon trying to open your mouth, and swelling in the facial area.

TMD can be caused by excessive clenching or grinding of the teeth, the presence of osteoarthritis or rheumatoid arthritis in the joint, and stress, which can cause a person to over-tighten facial and jaw muscles and clench their teeth more than usual causing symptoms of TMD. A malpositioned jaw and improper bite can also attribute to TMD symptoms. In other cases, TMD can be the result of trauma to the jaw bone and/or temporal joint.



Prairie Rehab sells The Face Wrap to TMD patients in order to help apply heat or cold packs to the jaw area. The wrap positions itself below the jaw and wraps up around the head helping to position the packs in the most beneficial places of the jaw to help relieve pain and swelling.

There are many treatments available to help relieve symptoms of TMD. Some of the less invasive options include following a strict diet of soft foods that lessen the amount of work the jaw does while eating, avoiding extreme jaw movements, applying moist heat or cold pack to the area to relieve pain and swelling, medications including anti-inflammatories, muscle relaxers, or anti-anxiety, and corrective dental procedures.

Some of the more invasive treatment options for TMD are used frequently by Prairie Rehab's physical therapists in conjunction with the options listed above. One of these options is Transcutaneous Electrical Nerve Stimulation (TENS) which sends electrical currents to the jaw joint and the surrounding facial muscles in order to loosen up the muscles to help relieve the pain and tightness one may be experiencing. Ultrasound is also frequently used to apply deep heat to the area to help relieve soreness and improve mobility.

If these options provided by a physical therapist fail to help, a patient will be referred back to their dentist for further interventions. Some of these further interventions may include trigger point injections or surgery.

For any questions or concerns about TMD, please contact us at (605)334-5630.

New Worthington, MN Location



The new Avera Medical Group facility on Ryan's Road in Worthington, Minnesota is one of the largest multi-specialty clinics in the Midwest area. The three story building includes an outpatient surgical center, Family Practice, Internal Medicine, Diagnostics, and multiple other specialty medical services including outreach orthopedics and home medical equipment to help assist the needs of the community of Worthington. Prairie Rehabilitation will provide therapy in this new facility and will be located on the third floor.

Ryan Vanden Bosh, Avera Clinic Administrator states, "From the beginning, Avera thought of having therapy as part of their vision. Prairie Rehab has had a solid working relationship with our doctors for many years and this building allows this relationship to grow even further. As beautiful as our new building is, it is still only a building and we know that it is the relationships and trust that our physicians, providers, nurses, and staff have with our patients that brings them through that door."

Ryan shares the same vision as Prairie Rehab does, seeing a building that will serve the community now and well into the future. "It is always an advantage to the patient to have a place for medical services close to home. They benefit from healthcare providers working together and communicating the best course of action for treatment. The facility was designed to be patient-friendly, efficient, and to serve as a resource for the community. It provides an area for same day procedures for local surgeons and access to specialists in the area."

Initially Prairie Rehab's hours will be from 8-5 on Monday, Wednesday, and Friday. We will also be open on Tuesdays and Thursdays by appointment. Hours will be expanded to daily in the future. The Prairie Rehab therapists on site will be Kristin Fox, PT and Tasha Winch, PTA.



Kristin Fox, PT



Tasha Winch, PTA