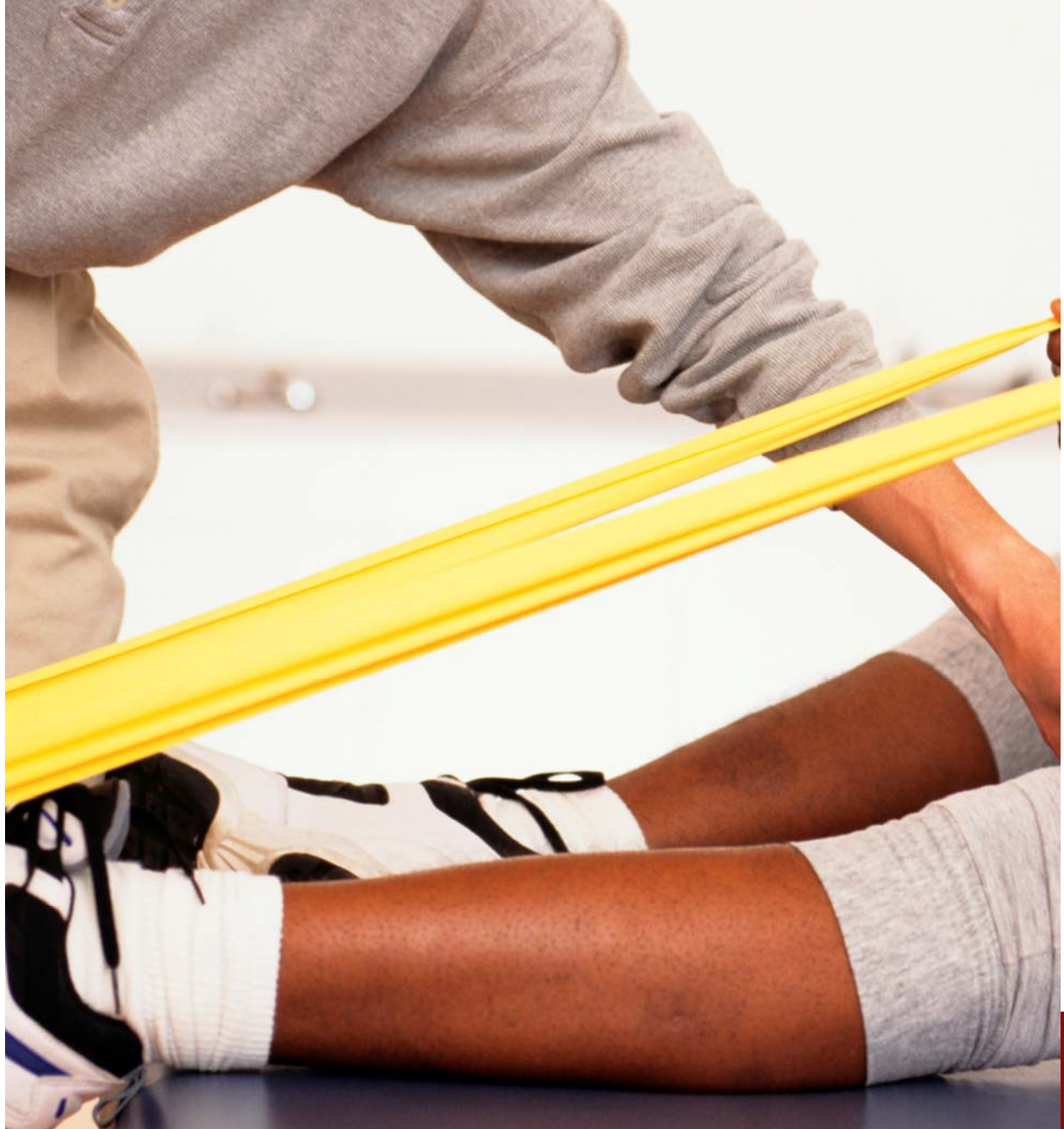


PRAIRIE REHAB POST

December 2010



Prairie
- REHABILITATION

PATIENT SUCCESS

Celia Hogan shares her story of living pain free after 'Total Hip' surgery and physical therapy with Prairie Rehab.

Approximately 3 years ago, Celia Hogan began feeling pain and pulling in her groin. With hip problems in her family history, she knew hip surgery was in her future. Wanting to avoid the inevitable, she continued to live with intense pain that bothered day and night until a good friend recommended she visit with Dr. Rothrock at Orthopedic Institute. "I lived in total pain for 3 years," recalls Celia shaking her head. She was impressed with Dr. Rothrock from the beginning and felt confident in him as her surgeon. "Dr. Rothrock is an excellent Orthopedist," shared Celia. It was determined they would do a 'Total Hip' surgery on her right hip in May of 2010 and follow with a 2nd 'Total Hip' surgery on her left hip later in the year. Following the surgery on her right hip, she received a cortisone shot in her left hip and began talking to a friend about physical therapy options to help relieve the constant pain. That's when Celia contacted Dr. Rothrock to get a referral for physical therapy with Allen Holm at Prairie Rehab. A friend in the medical field who had also done therapy with Allen over the years told Celia that Allen was "more helpful than any other therapist" she had worked with. Celia was determined not to let the surgeries interfere with her overall health and wellness. Always known for being a workout fanatic and energetic in her career as a local realtor with Remax Professionals Inc. of Sioux Falls, Celia was

"Learning to walk the right way after 19 years has taken away all of that pain,"

driven to maintain her physical wellness. Physical therapy combined with new surgery techniques offered Celia the tools she needed for a quick recovery with full mobility.

Celia treated for a month and a half between the hip surgeries with Allen Holm, an owner and physical therapist, along with Tracy Pieschke, a physical therapy assistant at Prairie Rehabilitation. She was taught a series of 45 minute exercises that she did 7 days a week at home. "She was very driven", recalls Tracy. They focused on her gait/walking pattern, and

developing core strength, including balance exercises to regain control of both the small and large muscles of the pelvis and hips "Al and Tracy are great compliments to each other," stated Celia. By the time Celia

completed her therapy with Prairie Rehabilitation, she was free of pain. Even some mild pain she experienced from time to time due to an old tailbone injury more than 19 years ago disappeared. "Learning to walk the right way after 19 years has taken away all of that pain," said Celia, "It's the icing on the cake!"

Only 9 days after the surgery on her left hip, Celia is already walking without a cane and continues her exercises. "People can't believe how fast my recovery is going," said Celia.

HIP PAIN RECOVERY & RELIEF

Joint replacement and chronic hip pain are common in this day and age. Proper rehabilitation treatment is essential to the treatment of hip pain and can assist in pain management. Correcting poor body mechanics and decreasing inflammation through stretching can ultimately increase fluidity in the joint.

To help rehabilitate joint replacement or alleviate chronic hip pain, it is important to start each patient on a daily routine of low impact hip exercises and stretches. A series of proprioception exercises along with balance, strengthening and stretching are combined for best rehabilitation results. Proprioception exercises target building good body mechanics by focusing on the position and movement of your joints. Exercises such as one-leg balance, toe walking, heel walking, forward leg swings, sideways leg swings, one-leg heel raises and one leg squats are all categorized as proprioception exercises and will help improve strength, muscular balance, and coordination as well as reduce risk of injury. Additionally, therapists focus on the gait and speed of the walk to

ensure that the patient is maintaining quality of movement in a straight plane.

Stretching is equally important in helping to decrease hip pain. By stretching the hip muscles and joints, the patient increases the blood flow to that area and decreases inflammation which loosens up mobility of the joint.

At least 10-15 minutes per day should be spent focusing on hip exercises and stretching and they should be done first thing in the morning. Once the pain is under control, more strenuous hip exercises can be added such as squats, lunges and even speed walking. Running is discouraged as it tends to put more stress and increased impact against the hip joints.

Patients going through joint replacement or rehabilitation for chronic pain can expect to start with slow and focused movements as the body rebuilds the muscles starting with the smallest muscles first. Recovery pace will increase as good body mechanics are established.

FEATURED THERAPIST



**Allen Holm,
Physical Therapist**

Al is part owner of Prairie Rehabilitation and manages our Sioux Falls Cliff Avenue outpatient clinic as well as the therapy services provided for Good Samaritan Home Health in southeast South Dakota. He began working for Prairie Rehabilitation Services in March 1998 and became a part owner of Prairie Rehabilitation in September 2001. Al primarily sees patients in our Sioux Falls Cliff Avenue clinic and has a special interest in orthopedics including shoulder, spine and hand therapy. He also has specialized training in functional capacity evaluations, ASTYM, ergonomics and stabilization programs.

Al graduated from the University of North Dakota in 1982. He received his masters in Human Factors Psychology from the University of South Dakota in 1999. Al is a member of the South Dakota Physical Therapy Association and the American Physical Therapy Association. He was recognized as the South Dakota Physical Therapist of the Year for 2004 by the South Dakota Physical Therapy Association.



1720 S. Cliff Ave.
Sioux Falls, SD 57105

*Serving the following
communities:*

Sioux Falls SD
Brandon SD
Harrisburg SD
Hartford SD
Tea SD
Fulda MN
Jackson MN
Lakefield MN
Worthington MN

EXPANDING IN SIOUX FALLS



In September of 2010, Prairie Rehab celebrated the GRAND OPENING of their second Sioux Falls clinic location! The new office, located on the corner of 26th & Marion Road, offers comprehensive outpatient therapy services including physical, occupational and speech therapy. It will allow us to better serve the Sioux Falls community with the added convenience of easily accessible services for residents on the west side of Sioux Falls.

To celebrate the GRAND OPENING, an open house and social was held to give employees, neighbors and community members an opportunity to tour the facility and celebrate our new convenient location.

*We invite you to stop by to meet the therapy team
and see the new clinic!*