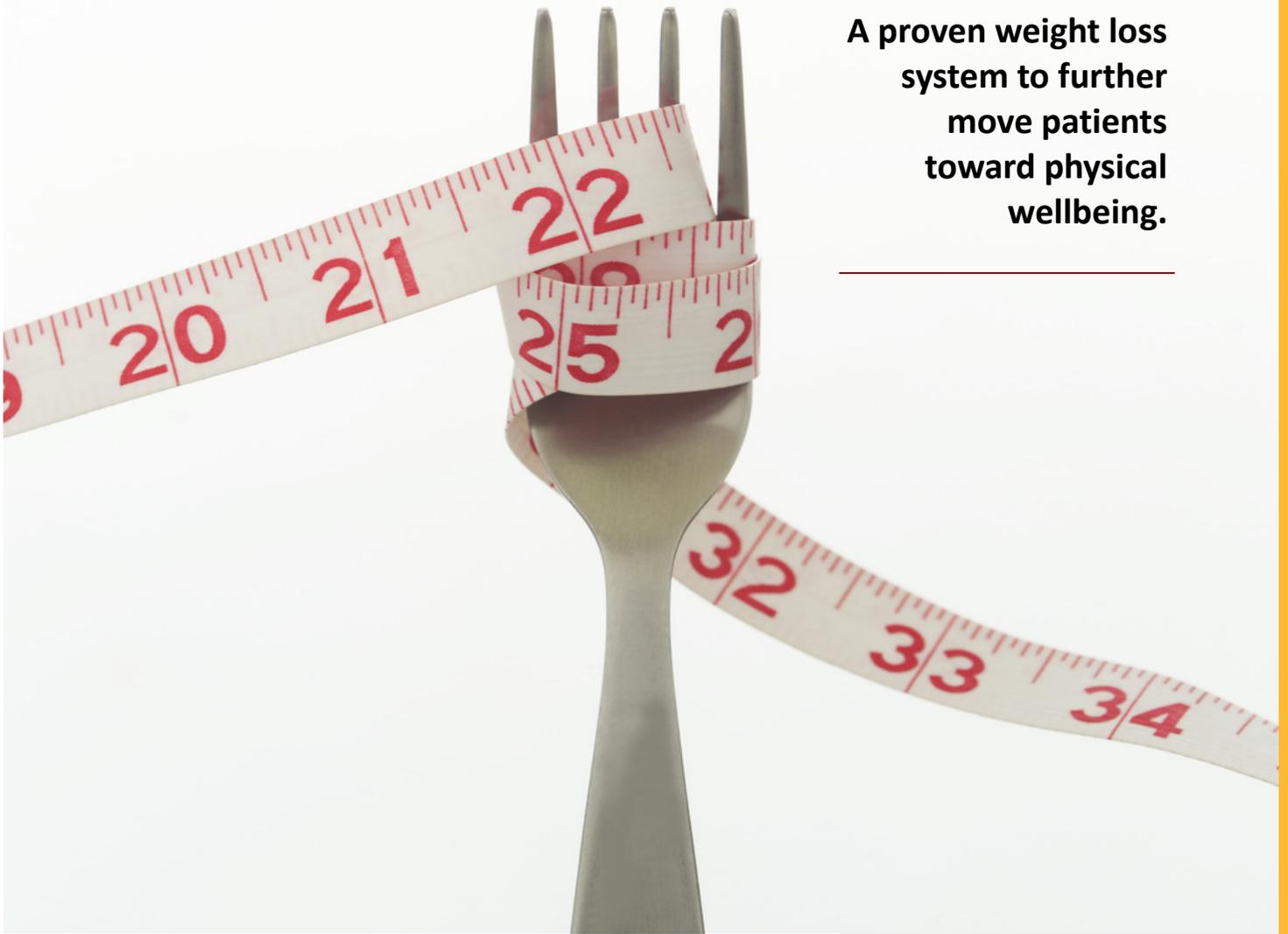


PRAIRIE REHAB POST

Introducing...

A proven weight loss system to further move patients toward physical wellbeing.



Inside this issue:

- Meet Troy Van Orman, Physical Therapist and TSFL Health Coach
- Technology for a Better Patient Experience
- A Patient's Success Story
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- New Prairie Rehab Location



Achieving Planned Growth



*Lee Glasoe, OTR/L, CHT
Administrator & CEO*

As healthcare continues to experience change, providing effective and efficient care to our patients is essential. The next few years will be abounding with change due to governmental fiscal pressures and implementation of the Accountable Care Act. Prairie Rehabilitation continues to strive for excellent patient care and outcomes. Ensuring highly effective yet efficient care will be essential to our success.

At Prairie Rehabilitation, our mission is to be a leader in rehabilitation and wellness. We value constant improvement through education, mentoring, and use of technology to achieve our mission. In this newsletter we are sharing some of the changes we have implemented to better serve our patients, referring physicians, and facility partners.

Enhancing Technology with a New EMR

Implementation of electronic medical records (EMR) will enhance our ability to achieve quality assurance, efficient patient care, and prompt communication of patients' status.

Introducing Take Shape for Life

We are pleased to introduce a proven weight loss and lifestyle enhancement program that will help patients get the most of their therapy treatment program by reducing added weight on their joints and help move them toward optimal health and wellbeing.

Meet Troy Van Orman, PT

Troy graduated from the University of South Dakota in 1995 with a Master's degree in physical therapy. Troy's first job was at Children's Care Hospital and School in Sioux Falls. In 1997 Troy began working part-time during the evenings seeing outpatients at Prairie Rehab working closely with Jeff Steinberger, PT. After a couple of years, Troy began working one day a week in Worthington, Minnesota providing physical therapy at two Prairie Rehabilitation contract skilled nursing facilities, and Prairie Rehabilitation's Worthington outpatient clinic. In 2001, Troy was offered full-time employment with Prairie Rehab, and moved to Worthington, MN. Over the next 5 years, while working closely with Charlie Bigelow, PT gaining valuable experience and mentoring, Troy began to take on a larger leadership and management roles. In 2006 Troy was given the opportunity to become a fellow owner of Prairie Rehab. Currently, Troy serves as Managing Partner for the Prairie Rehab and Fitness Center in Worthington. In addition to serving patients as a Physical Therapist, Troy is also a health coach for Take Shape For Life and has assisted many people to make healthy lifestyle changes leading to weight loss and optimal function and health. Troy continues to make his home in Worthington with his wife Beth and their nine-year-old son Nathan. Beth works as a full-time instructor and director of human services program at Minnesota West Community College in Worthington. In his free time, Troy enjoys learning Taekwondo with his wife and son, who, after a year and a half have attained the blue belt status. The family is approximately 4 belts away from achieving their goal of first degree black belt ! In looking back over the last 15 years with Prairie Rehab, Troy has gained much perspective about work, leadership, and life. Troy can honestly say that having the opportunity to grow with the company has been an amazing opportunity and gift he will always be thankful for. Troy considers himself blessed in many ways; married to a wonderful woman, having a wonderful, caring son, being surrounded by a caring ownership group, and having an amazing staff that works their hardest towards the company mission, are just a few. Prairie Rehab's mission statement states we will have a positive impact in the lives of those we serve and Troy is most thankful that his co-workers and friends at Prairie Rehab do their best to apply that to one another every day.



*Troy with wife, Beth,
and son, Nathan*

Technology for a Better Patient Experience

The therapy staff at Prairie Rehabilitation can now be seen carrying handheld devices rather than paper charts during their treatment sessions. It's all part of the new electronic medical record system (EMR) that Prairie Rehab has adopted in their outpatient clinics.

The new software is helping reduce the amount of time therapists spend on paperwork and increasing the time they spend treating and rehabilitating their patients. Additionally, it allows for greater accuracy in sending progress updates to physicians and with charting patient treatments.

Specifically designed for rehabilitation clinics, the new software allows therapists to document patient care at the point of patient contact with hand-held tablet computer devices. The Medadept software offers a full documentation component in addition to scheduling and billing so the entire staff has instant updates to patient information. Additionally, therapists can quickly and easily complete customized notes, view reports, and build home exercise programs as well as see built in alerts which notify the therapist if a patient has an allergy, such as latex, or if they have a previous medical condition, such as cardiac problems, which would cause contraindications.



Electronic therapy software is nothing new for the therapy team at Prairie Rehab. Carepoint software is currently being used by therapists at Prairie Rehab's contracted Skilled Nursing Facilities. The current software offers specialized management tracking of payment rates under the Prospective Payment Systems (PPS) including monitoring of the therapy RUG categories for each patient. Carepoint has improved its therapy documentation and scheduling components enhancing Prairie Rehab's ability to document effectively and efficiently. Prairie Rehab has begun implementation of the full menu of EMR therapy documentation and plans to have all contract facilities' complete implementation by the end of the year.

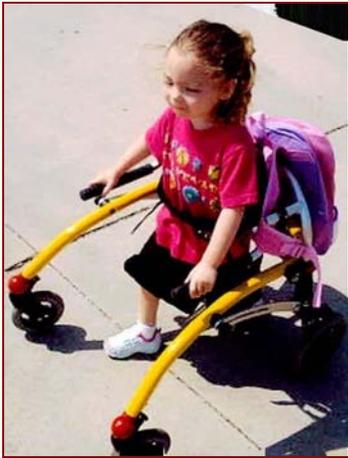
The move to Electronic Medical records has enhanced our ability to accurately document patient care and progress, and promotes regulatory compliance.

Pictures from:
<http://www.laptoppartstogo.com/servlet/StoreFront>
<http://androidmixer.com/purchase-the-first-7-inch-honeycomb-tablet-acer-a100-released/>

Patient Success: *Maddison Veen*

Physical Therapy changes your life, for the better. Maddison Veen is a proof of that. With belief in herself, and strong support from her family, she has been able to overcome many obstacles in her life.

Maddison arrived prematurely at twenty-nine weeks and one day. She was diagnosed with Developmental Delay and Spastic Dysplasia, which is a chronic condition that affects body movement and muscle coordination.



Maddison cruising along

As a baby, Maddison could not roll over or be on her hands and knees to even support herself. She started going to Prairie Rehabilitation at nine months old to work with therapy staff. With a lot of hard work and determination, Maddison's motor skills improved by leaps and bounds. Eventually, she was sitting, rolling, pulling herself up while holding on

to furniture, and was able to take a few steps with her retro walker.

As Maddison's movement improved, she gained confidence in overcoming any obstacle she was faced with. Her treatment at Prairie Rehabilitation continues today but has curtailed over the years due to her following her home exercise program, overall success in gaining and improving her motor skills. She went from being dependent in using her retro walker, to walking independently and all within six months.

Maddison's dad recently noted that working with the Prairie Rehabilitation staff over the years, and incorporating home therapy has made all the difference in the world with her journey with this condition. The therapy staff at Prairie Rehabilitation, continue to guide Maddison's parents in learning new and different ways they can help her outside of the clinic.

Maddison's home therapy program includes many help-



Maddison smiles bright



Therapy is fun!

ful activities. One activity is for Maddison to sit on an exercise ball while watching television. The exercise ball helps strengthen her core and improves her balance. Maddison will also use the exercise ball as a pretend horse as she loves to gallop along as she watches cartoons. 'My First Trampoline' is another activity which helps improve her jumping techniques. Also, playing with the Kinect System for X Box is another fun and interactive way for her to work on her balance and dance moves. Maddison's favorite activity at home is to draw, paint and color. You can find Maddison drawing anything from Sponge Bob to rainbows.

Whatever the subject is of her artwork, you will surely see the beauty on paper. Maddison's least favorite home activity that continues to be tricky at times is walking up and down steps. But, Maddison's family continues to help her with the steps. Her loving parents encourage her to practice, practice and practice.

Maddison's future is very bright indeed. She is getting ready to start preschool in September and she is looking forward to starting dance classes. Her parents see her continue to grow stronger and stronger, and can see her playing on a team sport one day, Maddison can see herself growing up to be a veterinarian and we at Prairie Rehabilitation see her as our Patient Success Story and so much more!



Maddison with one of her therapists Tasha



Maddison with her family

What is Spastic Diplegia?

Spastic diplegia, one of nine different types of cerebral palsy, affects the movement of either a person's upper or lower half of their body. Spastic diplegia was one of the first types of cerebral palsy to be recorded by doctors. Dr. William Little first wrote about a disease, known as Little's disease, affecting small children in the 1860s which made it difficult for the children to move their limbs because of increased stiffness.

Spastic diplegia can be caused by multiple factors including:

- Damage of the white matter of the brain during fetal development
- Abnormal development of the brain during fetal development
- Intracranial hemorrhage most commonly caused by a fetal stroke usually suffered while still in the mother's womb
- Brain damage caused by lack of oxygen in the brain.
- Brain injury sustained during difficult deliveries
- Hematoma or bruising of the brain
- Preventable or treatable maternal or infant infections that were not addressed
-

Spastic diplegia is most often diagnosed before a child reaches the age of three but in some cases can be detected at birth due to an infant having low APGAR scores. Cerebral palsy is most often diagnosed by the use of an MRI or CT scan. The severity of the disease depends mainly on extent of brain damaged endured and the signs of cerebral palsy will vary from child to child because of this.

The main sign of cerebral palsy is developmental delays in crawling, walking, sitting, etc. Additional signs of spastic diplegia are increased muscle tone; contractures or 'frozen joints' that will not allow a child to stretch or move a limb; dystonia which causes uncontrollable muscle tightening and contraction which will cause limbs to twist and move into unusual positions; difficulty walking and stiffness with gait; muscle spasms known as 'scissoring' that cause involuntary crossing of the arm or legs; and hip dysplasia.

Treatment for spastic diplegia will mainly focus on controlling the excess muscle tone and spasticity. Most common treatments are physical therapy, medication, or surgery. Physical therapy is the most common form of treatment for spastic diplegia. Physical therapy will provide exercises and activities to help prevent spastic muscles from contracting and will help to use and strengthen muscles that would normally become weak from not being used. Medications will also be used to help relax muscles. Surgery can also be used to help treat spastic diplegia by helping to release certain muscles that are contracting too much to allow for more normal gait. In some severe cases, spinal cord and deep brain stimulation are also used as treatment to help block nerve signals causing muscle contractions. Depending on severity, some children may only require limited treatments of physical therapy and medication while others may face a lifetime of surgeries, therapy, and medication.

Spastic diplegia causes life-long challenges for each individual it affects but with the use of physical therapy, medication, and with continuing medical advances it can be managed to allow children to enjoy the fullest life possible.

References:

<http://burke-eisner.com/practice-areas/medical-malpractice/SpasticDiplegia.html>

<http://www.brainandspinalcord.org/cerebral-palsy/types/spastic-diplegia.html>

<http://www.cpfamilynetwork.org/medical-research/cerebral-palsy-news-spastic-cerebral-palsy>

Introducing Take Shape for Life!

In the spirit of our mission to be a leader in wellness, we are pleased to offer the proven weight loss system, Take Shape for Life. The program was first launched at our Worthington clinic, and has been available in all of our outpatient locations since October 2011.

We see many patients that benefit from our diverse therapy treatment programs but often run into limitations in their progress because of added body weight on their joints.

Therefore, we are excited to offer this proven weight loss system as a means to further aid in helping our patients move toward optimal physical wellbeing.

We have seen dramatic changes in our staff as well as patients and fitness members that have participated in the program. The program, known as 'Complete Health for Life' in our Worthington MN location, is a combination of Take Shape for Life paired together with a fitness program that utilizes our Prairie Rehab & Fitness facility in Worthington. See details on the dramatic changes happening in Worthington later in this publication.

Why Take Shape for Life?

We believe the three unique components of the Take Shape For Life program—the Health Coach, the Medifast 5 & 1 Plan, and the Habits of Health— give individuals the direction and support they need to successfully create and sustain a healthy lifestyle.

The Program

The Take Shape For Life program offers a free personal Health Coach who will guide you as you lose weight on the Medifast 5 & 1 Plan®, by using the clinically proven, doctor-recommended, portion-controlled nutrition of Medifast Meals. Along the way, your Health Coach will share with you the Habits of Health that can help you to make the choices that will allow you take charge of your health for *the long term*.

- Start by losing up to 2 to 5 lbs per week, quickly and safely with high-quality, portion-controlled nutrition from Medifast Meals
- Benefit from free one-on-one support from a Health Coach
- Learn the Habits of Health that can create health for a lifetime
- Become a part of a thriving Bio-Network of Clients and Health Coaches who are taking back America's health and wellness.

Take Shape For Life is a comprehensive program designed by Dr. Wayne S. Andersen, a Board-certified critical care physician and a leader in nutritional intervention.

For more information or to refer a patient for this program, contact us at 605-334-5630. or email at prs@prairierehab.com

Results will vary. Typical results on the 5 & 1 Plan® are up to 2-5 lbs per week.



Take Shape for Life Success Story

It has been said, that life is what you make of it. Cheryl Butzer is a Physical Therapist Assistant at Prairie Rehabilitation and she made an important decision earlier this year. Cheryl decided to take part in the Prairie Rehabilitation sponsored Take Shape for Life Program (TSFL).

Many of us go through life working, eating, taking care of our families, and if we are lucky, finding some time to exercise during the course of a day. However, along the way in life, many things come up that cause us to veer off track without even knowing it.

If you've had the privilege to come in contact and or to work with Cheryl, you know she is a very confident and positive person. So let's pause and reflect back for a moment to see what important decisions Cheryl made that have shaped her life.

Cheryl was working at our Brandon Clinic. She had a couple of female patients who each had suffered a stroke. These patients were around the same age as Cheryl and while she assisted these patients with their ongoing recovery, she would sometimes think to herself, "Am I doing all I can in my life to take care of myself and be heart healthy?" With higher than desired cholesterol and being overweight, Cheryl felt there was room for improvement in what she considered being healthy. She took a nutrition class at Hy-Vee and saw a dietician. Cheryl learned how to navigate through a grocery store reading labels, making smarter food choices, and learning new ways to healthy cooking.

Learning new and better ways to shop and cook was the jump start in Cheryl's journey. She lost fifteen pounds and was happy about this success. However, time marched on and she felt there was more exploration she needed to do in her journey to better health.

Earlier this year, Cheryl did the homework, the research and heard and saw the success stories with TSFL of her peers at Prairie Rehabilitation and decided to try the program. Although a bit skeptical at first, Cheryl committed herself to the TSFL Program and ordered the Medifast 5 & 1 Plan. The kit arrived and she didn't touch it for two weeks! So with the thought what did she have to lose but the weight, she began the program and followed it to the "T".

At first, she lost a pound per day for the first week, and then she averaged two to four pounds per week through the first month. After the first month, she lost approximately thirteen pounds. By the end of this summer, she lost thirty pounds on the TSFL program, and has lost a total of forty-five pounds all together.

Not only did Cheryl meet and exceed her weight loss expectations, she also dropped her cholesterol from 205 to 155! Cheryl's owes much gratitude for her success to her very helpful co-workers as well as her outstanding Prairie Rehabilitation health coach, Andrea Ransom. As Cheryl thinks back to those two patients, who each had suffered a stroke, she now can answer the question she asked of herself earlier, "Yes, I am doing all I can in living a healthy life". And best of all, Cheryl's journey is one she is very proud of as she IS making the most of her life!



Cheryl Butzer



New Prairie Rehab Location

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



Groundbreaking Ceremony!

Prairie Rehabilitation will soon be opening a new outpatient facility in Sherburn, MN. The new facility will be part of an expansion of the Temperance Lake Ridge assisted living. Prairie Rehabilitation's therapy staff in Jackson, MN has already been providing home health services to this location for the past couple of years.

The new expansion will open on March 1, 2013 and will add an expansion to the kitchen and will add nine rooms to the memory care unit, along with the Prairie Rehabilitation outpatient clinic.

The Prairie Rehabilitation clinic will offer physical, occupational, and speech therapies. The outpatient clinic will offer services for the general public as well as the residents of Temperance Ridge. The clinic will offer a wide range of care including orthopedic injuries, postsurgical rehabilitation, neurological related issues, and other injury related diagnoses.



The New Expansion!