

THE

SPRING 2024

REHAB REPORT



REHAB SERVICES

at the Wellness Center

Physical, Occupational & Speech Therapy

Do you want to learn more about the services our therapists offer at Rehab Services at the Columbus Wellness Center? Our biannual *The Rehab Report: CCH Rehab Services Newsletter* will give you the latest news about our staff and services, and how we can help you live your best life.

CONTACT US

HOURS: MONDAY-FRIDAY

7:30 A.M.-5:30 P.M.

402-562-3333

3912 38TH ST., SUITE A
 COLUMBUS, NE 68601

BENEFITS OF AQUATIC THERAPY

When people think of going to the pool, they might imagine a warm summer day or even a water exercise class. But we picture aquatic therapy.

Our team of physical therapists has been providing aquatic therapy for more than 15 years. This method allows our team to apply the principles of water, such as buoyancy and drag, to help patients reach their goals by reducing the stress placed on joints and providing a reduced weight-bearing environment.

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MESSAGE FROM THE DIRECTOR

GROWING BETTER HEALTH IN COLUMBUS



Spring is in full swing, with up-and-down temperatures and a healthy dose of wind that is always in the forecast. Green things are beginning to grow. Soon, we'll switch to air conditioning, gardening, mowing and weeding again. We hope that we've been effective in helping you return to doing the things you want and need to do at home (or work). And we hope you had the chance to find some activity and exercise at the Columbus Fieldhouse this past winter.

Our therapists and staff at Rehab Services at the Wellness Center are happy to work alongside each other here, now that they are fully using our new spaces in this great facility. They truly enhance what we can provide to you, our patients. Since our last newsletter, we have completed all construction and remodeling at the Wellness Center and the brand-new fieldhouse, located on the north side of the building.

If you've had, or are having, physical, occupational and/or speech therapy at Rehab Services, we'd like to thank you. We've had enough growth and utilization of our specialized care to renovate and add to our original floor plan at the Wellness Center, which opened in 2015. The new spaces for therapy patient care include:

- Larger exercise space for physical therapy patients undergoing gait and balance training and strength equipment.
- A total of six private treatment rooms (including two much larger rooms and one for visual rehab).
- Double the square footage for occupational therapy and hand therapy, and additional fluidotherapy units in separate rooms.
- An occupational therapy activities of daily living (ADL) kitchenette.
- Larger office spaces for physical and occupational therapy staff, and one speech therapy office.

If you did not get a chance to attend our Rehab Open House last fall, or completed your therapy before it opened, please stop in to see the latest updates to our space and equipment.

The successful matching of Rehab Services within the larger wellness center nine years ago also led to our newest initiative. The Columbus Community Hospital board of

directors decided to build onto the facility and move our other team of therapists, strength coaches and athletic trainers at Premier Physical Therapy into the front corner of the new Columbus Fieldhouse.

The staff of both our existing locations, here and in the new part of the facility, are on the same therapy team, but each has its own specialized services, parking and entrance. I've included a note below to help reduce confusion about entrances to all of our therapy spaces in the large facility:

- Rehab Services (physical, occupational and speech therapy) — main south Wellness Center entrance and parking (original Columbus Wellness Center/YMCA entrance): south lot A.
- Wiggles & Giggles Therapy for Kids™ (pediatric physical, occupational and speech therapy) — separate east entrance and parking: east lot B.
- Premier Physical Therapy, athletic training and Columbus Sports Performance Center — east entrance of the new Columbus Fieldhouse and parking: northeast lot C.

Our Rehab Services, Premier Physical Therapy and sports medicine teams have also added group and 1:1 personal training for sports performance and strength training. This program is available for all ages, and features three certified strength and conditioning specialists through the Columbus Sports Performance Center, now open and growing in popularity at the fieldhouse.

You can read more updates about Rehab Services in this edition of Rehab Report. Please do not hesitate to call me at the Wellness Center at 402-562-3339 with any questions.

Doug Janssen

Doug Janssen, PT, DPT
Director of Rehab Services
Columbus Community Hospital
Columbus Wellness Center

BENEFITS OF AQUATIC THERAPY *(continued)*

Physical therapist Janelle Janssen, PT, DPT, uses aquatic therapy with her patients. Since developing our aquatic therapy program here, first at Premier Physical Therapy and then at Rehab Services at the Wellness Center in 2015, she has treated patients with orthopedic or neurologic conditions, including those who have experienced:

- Trauma and fractures.
- Back pain or surgery.
- Arthritis.
- Sports-related injuries and surgery.
- Total joint replacement.
- Parkinson's disease.
- Stroke.
- Cerebral palsy.

She can also utilize this method to treat patients with:

- Acute or chronic pain conditions.
- Balance disorders.
- Conditions requiring restricted weight-bearing.

"In the water, we can provide all levels of weight-bearing exercises," Janssen said. "This includes reducing forces completely so higher-level exercises can be initiated earlier in the rehabilitation process."

Our facility at the Wellness Center includes a warm water therapy pool that is adjacent to the other pools at the YMCA. Our therapy pool has a built-in motorized treadmill and water jets that produce variable currents to challenge higher-level exercises. We also use many other pieces of equipment, including an underwater trampoline and a bicycle. The pool includes a shallow and deeper end, and we can adjust the water level according to patient needs.

Janssen noted that incorporating aquatic therapy into a rehab program can be particularly beneficial for athletes.

"The drag forces of the water provide an excellent avenue to increase training intensity with decreased stress," she said. "We use this drag to provide high-level challenges and reach intense levels of exercise that can condition the cardiovascular system. In fact, the muscles involved with breathing work more efficiently following aquatic training."

The therapy pool is located next to the YMCA warm water pool in the Columbus Wellness Center. If you think you could benefit from aquatic therapy or want to learn more about it, please call our office at 402-562-3333.



The drag forces of the water provide an excellent avenue to increase training intensity with decreased stress.

~ Janelle Janssen, PT, DPT



REHAB SERVICES

TRANSITION PROGRAM

After the conclusion of your therapy program, you might be left wondering what to do next. Don't worry — we have you covered. Through a partnership with the Columbus Family YMCA at the Wellness Center, we are proud to offer new membership without the YMCA initiation fee.

Our therapists will introduce — or transition — you to the YMCA staff members who will individualize your exercise plan. Together, you will meet with one of the YMCA's certified personal trainers to discuss the exercises that would benefit you most, and any other special considerations.

Our transition program allows you to take the next step toward making a lifestyle change. At the same time, the therapists you worked with in rehab are still accessible in the Wellness Center, where you can check in at any time.

When you've activated your new YMCA membership, the Y's personal trainers will also help you become familiar with the weight and cardio equipment. Following your orientation, you will have full access to the YMCA's offerings, including its health and exercise classes, warm water and lap pool, steam rooms, sauna, on-site child care, the Columbus Fieldhouse and more.

SPECIALIZED PROGRAMS

AND CERTIFICATIONS

The staff at CCH's Rehab Services has specialized training and certifications in a variety of areas, including:

- AlterG® Anti-Gravity Treadmill training
- Aquatic therapy, including ai chi
- Augmentative and alternative communication (AAC)
- Certified hand therapy — post-operative; arthritis care; and custom finger, hand or wrist splinting
- Complete decongestive therapy
- Comprehensive Women's Health PT
- Concussion management
- Core trunk strengthening (Pilates-based)
- Driver rehabilitation
- Senaptec Sensory Station™ and Strobe™ glasses
- Enhance® Fitness exercise group
- Ergonomics
- Functional Dry Needling®
- Interactive Metronome® therapy (IM)
- Kinesiotaping
- Livestrong at the Y® cancer survivor exercise group
- Low back or neck pain, SI joint or TMJ dysfunction, orthopedics
- Loud Crowd voice exercise group
- LSVT-BIG®
- LSVT-LOUD®
- Modified barium swallow (MBS) studies
- Myofascial decompression cupping (MFDc)
- Pelvic floor dysfunction
- PWR!® Moves (Parkinson's wellness recovery)
- Rock Steady Boxing®
- SPEAK OUT!®
- Thrive Cancer Rehabilitation CareSM
- Vestibular rehab — BPPV, dizziness
- Visual rehab — low vision
- Vital-stim for dysphagia
- Wheelchair/power mobility device (PMD) assessments



MFD CUPPING

NOW AVAILABLE!

Rehab Services at the Wellness Center has added myofascial decompression (MFD), also known as cup therapy, to its growing list of therapeutic services. The suction created by the cups helps to stimulate and increase blood flow and release restricted tissue.

Cupping has gained popularity in recent decades and is the only method of manual medicine that decompresses tissue, instead of compressing, under suction. Common uses for cupping include:

- Back, neck, hip, knee, elbow and shoulder pain.
- Headaches and migraines.
- Achilles tendon and heel pain.
- Releasing scar tissue and trigger points anywhere on the body.
- Lengthening tight muscle and tendon tissues.

For nearly 22 years, Lowell Otto has struggled with the pain from the residual scar tissue of a spine procedure he had many years ago. He has tried various options for pain relief, but nothing provided the long-term assistance he was looking for — especially during the harsh winter months.

In June 2023, Otto was recommended for MFD by his physical therapist, Brittany Zoucha, PT, DPT, and Jamie Henke, PTA, BS.

"I am overjoyed and elated with the progress and benefits I've experienced since starting cupping," he said. "It's given me more good days than bad, and is something I look forward to each week as part of my pain relief maintenance."

During an MFD cup therapy session, the therapist uses a glass, plastic or silicone cup to apply controlled negative pressure on the skin and tissue beneath it. The suction the cups create helps increase blood flow and release the restricted tissue in the treated area. While the cups are in place, the therapist works directly with the patient to complete a series of stretches and exercises that release the restricted muscle tissue.

Patients can expect to experience noticeable red marks and mild bruising, discomfort or tenderness after a treatment session. Relief is typically experienced within a short time after the cups are removed.

Columbus Community Hospital Rehab Services has four certified MFD cupping therapists in physical and occupational therapy. These therapists utilize this technique as part of a patient's plan of care to help achieve their goals with the best results.