



# THE FALL 2020 REHAB REPORT



## REHABILITATIVE SERVICES

AT COLUMBUS COMMUNITY HOSPITAL

Do you want to learn more about the variety of services offered through Columbus Community Hospital's Rehabilitative Services at the Columbus Wellness Center? Our biannual *The Rehab Report: CCH Rehabilitative Services Newsletter* will give you the latest news about our staff and services, and how they can help you live your best life.

## CONTACT US

REHABILITATIVE SERVICES  
AT THE COLUMBUS WELLNESS CENTER  
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COLUMBUS, NE 68601  
402-562-3333  
HOURS: MON – FRI, 7:30 A.M. TO 5:30 P.M.

## DONATIONS FUND THE PURCHASE OF NEW WELLNESS CENTER REHAB EQUIPMENT

Columbus Community Hospital's Rehabilitative Services was recently able to purchase two new pieces of equipment thanks to donations to the Columbus Community Hospital Foundation.

In early 2020, donations toward Parkinson's rehabilitation funded the purchase of a Theracycle™ which is a special therapeutic stationary bike specifically designed for patients with neurologic disorders like Parkinson's Disease.

The cycle is easily adaptable and can be modified to fit the user's needs and abilities. It also has a motor that assists the user with pedaling. This allows users to achieve rotations per minute (RPMs) of 60-90 or higher and bike for a longer duration, enhancing results.



New Theracycle™ for neurologic disorders

High-RPM cycling that is achievable with the Theracycle™ has been shown to lead to a reduction of symptoms and improved endurance for people with Parkinson's disease and multiple sclerosis. Individuals with Parkinson's disease have also seen increases in mobility with decreases in shuffling gait and falls after using the Theracycle™.

The Theracycle™ has also been shown to improve gait, balance, flexibility, posture, memory, decision-making, attention, concentration and quality of sleep. It also decreases anxiety and depression, while improving users' quality of life.

CONTINUED ON PAGE 2

## DONATIONS FUND THE PURCHASE OF **NEW WELLNESS CENTER EQUIPMENT**

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In addition to the Theracycle™, Rehabilitative Services also purchased a NeuroGym® Tech Bungee Mobility Trainer using donations for spinal cord injury rehabilitation, along with donated funds for general rehabilitation patients at the Columbus Wellness Center.

The trainer makes it safer for patients to do sit-to-stand training exercises because its bungees protect the patient from falls. This allows the therapist to improve the patient's performance with their hands on or away from the patient – knowing that the patient still has body weight support from the device.

With support of the NeuroGym®, therapists can facilitate more challenging activities while patients are standing, weight-shifting and walking. This challenges and improves patients' balance and improves their mobility – allowing them to more easily achieve activities of daily living and increase their independence.

Rehabilitative Services is grateful to the donors who funded the purchase of this equipment. They are valuable additions to the therapy options at Rehabilitative Services at the Columbus Wellness Center.

For more information on donating to the CCH Foundation, visit the "Foundation" page on CCH's website or call 402-562-3377.



*New NeuroGym®Tech  
Bungee Mobility Trainer*

### THRIVE CANCER REHABILITATION CARE<sup>SM</sup> HELPS

## **CANCER SURVIVORS LIVE THEIR BEST LIVES**

A cancer diagnosis can be traumatic, and so can its lifesaving treatments. Chemotherapy, radiation therapy and surgery can all cause harm and lead to medical problems that affect cancer survivors' daily lives and well-being.

That's where Columbus Community Hospital's Thrive Cancer Rehabilitation Care<sup>SM</sup> can help.

The program was created in 2012 to help cancer survivors physically and emotionally heal from the side effects of their treatment so they can recover more quickly and more completely.

Participants in Thrive receive guided care from a multidisciplinary team of experts who can help them achieve their optimal recovery. Thrive Cancer Rehabilitation Care<sup>SM</sup> co-coordinators Jill Jakob, MOTR/L, CLT and Michell Ruskamp, MS, CCC-SLP, work collaboratively with Columbus area providers of medical oncology, surgery, radiation oncology, oncology nursing navigation and social services to address the various needs of cancer survivors.

Through this collaborative approach, Thrive can address the following treatable symptoms in patients with cancer or cancer survivors:

- **Bowel/bladder problems**
- **Change in appetite/significant weight change**
- **Changes in vision**
- **Difficulty completing work or household duties**
- **Difficulty dressing/bathing/reaching for things**
- **Difficulty swallowing**
- **Difficulty thinking clearly**
- **Difficulty walking**
- **Impaired balance/dizziness**
- **Joint pain/stiffness**
- **Muscle weakness/paralysis**
- **Nausea/vomiting**
- **Numbness and tingling in hands and feet**
- **Pain**
- **Persistent swelling**
- **Problems with memory or speech**
- **Regulating blood sugars**
- **Shortness of breath**
- **Weakness or fatigue that doesn't respond to rest**

All of the patient-reported symptoms above can be helped with treatment through Thrive Cancer Rehabilitation Care<sup>SM</sup>



CONTINUED ON PAGE 3

THRIVE CANCER REHABILITATION CARE<sup>SM</sup> HELPS

## CANCER SURVIVORS LIVE THEIR BEST LIVES

CONTINUED FROM PAGE 2

through CCH's Rehabilitative Services – and participants have seen these results for themselves. After participating in Thrive, cancer survivors have reported clinically significant reductions in fatigue, pain and emotional distress.

CCH offers free one-on-one Thrive consultations to cancer survivors to help them create a comprehensive cancer care plan.

To set up an appointment or for more information, please call Rehab Services at 402-562-3333. An information request form about Thrive is also available on the CCH website, [www.columbushosp.org](http://www.columbushosp.org).

Support for Thrive Cancer Rehabilitation Care<sup>SM</sup> services and extensive clinician training in cancer rehab has come from the Columbus Community Hospital Foundation.

THRIVE TESTIMONIAL:

### “I WANT TO THRIVE”

BY KRISTIN MOODY, TONGUE CANCER SURVIVOR

On October 23, 2019, Dr. Mat Weekly at CCH's Columbus Otolaryngology Clinic told me that I had a mass on my tongue. I went to see him because I had a stress sore on my tongue that just did not seem to be going away or getting better. I blamed it on stress and seasonal allergies. I had been on multiple antibiotics from health care providers who initially thought it was a sinus infection or a possible abscess.

My heart sunk to the floor when Dr. Weekly told me the news, because I knew that the word “mass” meant cancer. I was a 37-year-old nonsmoker with no preexisting medical conditions when the ugly word “cancer” showed up in my life. I was referred to Dr. William Lydiatt, head and neck surgical oncologist at Methodist Hospital and after CT scans, MRIs, and multiple biopsies, I was diagnosed with squamous cell carcinoma of the tongue.

The treatment for my tongue cancer was surgery, radiation and chemotherapy. My first surgery ever lasted over 10 hours. I had a total glossectomy performed, where doctors removed my entire tongue and used a muscle from my left thigh to create a “flap” or new tongue. Unfortunately, my new tongue did not take. Doctors believed that the new tongue clotted off so I had to undergo removal of my new tongue. I have no tongue. That news was extremely difficult for me to process, but I had to go on with my treatment and not delay radiation and chemotherapy. I had to remind myself that I was alive, that God is in control and has a bigger plan for all of this.

I underwent seven total surgeries, 23 total days of hospitalization, six weeks of radiation and six sessions of chemotherapy. Along with my cancer, I also dealt with aspiration pneumonia, a feeding tube, IV pumps, multiple wound issues, radiation

burns, low electrolytes, lymphedema, speech issues, and more.

Thankfully, I was able to turn to CCH for help. I did a consultation with CCH's Thrive Cancer Rehabilitation Care<sup>SM</sup> and they helped connect me to resources that could help me heal, not just from my cancer, but also from my cancer treatments. I attended CCH's Wound, Ostomy, and Continence Health Center for my wound issues and their care was truly exceptional. I went to CCH's infusion center for my lab work because of my issues with low electrolyte levels, and all of the nurses were professional and friendly. The infusion center would also send my results to my doctors in Omaha, saving me the trip. CCH's Rehabilitative Services at the Columbus Wellness Center staff were able to help me with my speech issues and lymphedema.

To help me with my speech, I attended speech therapy at CCH's Rehabilitative Services at the Wellness Center.

My speech therapists, Michell Ruskamp, MS, CCC-SLP, and Morgan Kapels, MS, CCC-SLP, were wonderful and gave me the tools I needed to help me speak better.

Before I had cancer, I had taken my tongue for granted and hadn't realized that you have to use your tongue to create many sounds that we say every day. Michell and Morgan showed me different pronunciation methods to create

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MY CONFIDENCE ABOUT MY SPEECH AND PHYSICAL APPEARANCE HAS IMPROVED... I LOOK IN THE MIRROR, I SEE SCARS, I NOW CALL THOSE SCARS MY BATTLE SCARS.

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## TELEHEALTH OPTION

The COVID-19 pandemic has caused many changes in the way we do things in order to keep patient care as safe as possible. For patients coming into our facilities, we have shown that by using masks, additional cleaning measures, hand hygiene, and the screening of staff and patients for COVID-19 symptoms, outpatient therapy visits can continue to occur with a very low risk for virus transmission.

Another change includes insurance companies temporarily – and some permanently covering therapy visits via telehealth, or real-time visits online by video conference, just like they pay for in-person therapy visits. This insurance benefit may be available to you in your therapy plan of care if you and your therapist determine you would benefit by conducting some of your therapy visits in this way.

You must be a current patient, evaluated and under a plan of care with one of our therapists and have an email account and computer or tablet at home with a camera and microphone. For more information about telehealth capabilities for therapy with Rehab Services’ therapists, call 402-562-3333.

### THRIVE TESTIMONIAL:

## “I WANT TO THRIVE”

CONTINUED FROM PAGE 3

these sounds, helped me find the correct phone applications to help me communicate better, worked with me on my phone etiquette, and gave me exercises to help improve my speech for home and work. They helped me find my “new” voice.

CCH’s Rehabilitative Services at the Wellness Center also helped me with my lymphedema which is a common issue in cancer survivors. I had 50 lymph nodes removed from the right side of my neck and developed a neck abscess from aspiration pneumonia. I had lots of accumulation of fluid known as lymphedema fluid on my right neck area.

Thankfully, I was able to work with Jill Jakub, MOTR/L, CLT, CHT, occupational therapist, who gave me the proper tools to help me reduce my lymphedema. She helped me figure out a new pathway to redirect my problematic lymphatic fluid and fitted me for head compression edema wear with a customized chip pad that focuses on my troubled edema areas. I wear my edema wear and chip pad every night. Jill also taught me self-manual lymphatic drainage (MLDs) exercises to perform daily and worked with my insurance and got me fitted for a pneumatic compression edema machine that I use twice daily to reduce my lymphedema.

Thanks to the care I received from CCH, I am back to a new “normal.” My confidence about my speech and physical appearance has improved and though when I look in the mirror, I see scars, I now call those scars my battle scars. They tell a story of my journey and show my strength.

With my neck abscess healed and the reduction in my lymphedema, I am finally able to see my old self again. My father is a man of little words and emotion, but one day when I went to visit him, my father had tears in his eyes and could not believe how much better I could speak and the improvement of my lymphedema. Doctors, nurses, and other health care workers are amazed at the reduction of my lymphedema and my ability to speak.

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I AM THANKFUL FOR THE WONDERFUL CARE THAT I RECEIVED FROM PASTORAL SERVICES, PHYSICIANS, NURSES, DIETICIANS, SOCIAL WORKERS, THE HOPE LODGE AND THE THERAPIES THAT I RECEIVED THROUGH THE THRIVE CANCER REHABILITATION CARE<sup>SM</sup> PROGRAM.

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I am a miracle! It reminds me of this verse: “For with God nothing shall be impossible.” Luke 1:37. I give the credit for my healing to God and the power of prayers. I am blessed to have prayer warriors all over and the support of family, friends, and my work family. I am thankful for the wonderful care that I received from pastoral services, physicians, nurses, dieticians, social workers, the Hope Lodge, and the therapies that I received through the Thrive Cancer Rehabilitation Care<sup>SM</sup> program.

I do not wish my cancer experience on anyone so I want to encourage everyone to have routine oral cancer screenings done. Ask your dentist to schedule an oral cancer screening at your next visit or cleaning, even if you are not a smoker and take advantage of the cancer screenings offered by Columbus Otolaryngology Clinic. If you are a cancer survivor or are currently fighting cancer, I highly recommend Thrive Cancer Rehabilitation Care<sup>SM</sup>. Thanks to their care and the support of my loved ones, I now have a new energy level. I am ready to live life passionately, enjoy all of life’s moments, and thrive!

## THRIVE TESTIMONIAL:

### SANDRA BRUTTY

When Sandra Brutty came to Columbus Community Hospital's Thrive Cancer Rehabilitation Care<sup>SM</sup> she had two goals.

She wanted to be able to walk to the end of her driveway and back again without needing to take a break, and she wanted to play tennis by the end of the year.

Brutty is an avid tennis player, but she had to give up her favorite sport in February because of breast cancer. In March, she started her cancer treatments and she had her consultation with CCH's Thrive Cancer Rehabilitation Care<sup>SM</sup> in July after her last chemotherapy treatment.

"I had some pretty nasty chemotherapy and I had gotten to a point where I could barely walk to the end of my driveway and back," she said. "I wasn't sick. I was just so incredibly fatigued. It's a little bit overwhelming to try to think of building yourself back up. You don't even know where to start."

Thankfully, CCH's Thrive experts helped Brutty create an individualized plan to get her strength and energy back. They also helped her prevent possible side effects of her cancer treatment like lymphedema – which is swelling in the arm or leg caused by a blockage in the lymphatic system.

Following her initial Thrive consult, Brutty worked with Deirdre Schoenfelder, PT, DPT, for physical therapy and RaeChael Wilcox, OTD, OTR/L, CLT for occupational therapy. Both Schoenfelder and Wilcox work with CCH's Rehabilitative Services at the Wellness Center.

Brutty's physical therapy was focused on helping her rebuild her strength and endurance, by walking on a treadmill and lifting weights.

Wilcox's work with Brutty focused on teaching her about lymphedema and how to prevent it. Since Brutty had a few lymph nodes taken out, as well as radiation done on her lymph nodes, she was a high-risk candidate for lymphedema in her right arm. Wilcox gave Brutty a compression sleeve, taught her prevention techniques and had Brutty use a piece of equipment in the clinic that mimics hitting a forehand in tennis.

Though Brutty wouldn't have thought to work with an occupational therapist, she is glad she did and she said both Wilcox and Schoenfelder were great to work with.

"They push you, but they don't push you too hard to the point where you get frustrated. They could see when I needed to be pushed a little bit harder and challenged me just enough," Brutty said. "And they were good on a personal level too. I felt like I made two friends. Rae and Deidre were amazing."

While Brutty's Thrive experience was focused more on the physical side effects of cancer and its treatments, Thrive experts can also help patients deal with the emotional and mental aspects of the disease and its treatment.

"The benefit of the Thrive program is really to sit down with them and say 'Here's my issues.' For me it was just the physical side of it, but it can also be the mental side of it too. They will hook you up with whoever or whatever you need," Brutty said.

This personalized approach to treatment is one of the things Brutty liked best about her Thrive experience.

"I really liked that everything was tailored to me. I just really felt like it wasn't just a generic plan that every breast cancer patient goes through. It was more than that," she said. "I like that they ask you what your goals are and where do you want to end up."

While Brutty appreciated how her Thrive plan was focused on her goals, she is also glad it included prevention and education about things she wouldn't have thought about herself – like lymphedema.

"I would recommend Thrive to anybody," she said. "At least go there and talk to them. They might even be able to see if you need more than you think you need. Like for me, the occupational therapist, I wouldn't have known I needed that."

After her initial consult, Brutty did a full six weeks of physical and occupational therapy and saw good results. Though Brutty took a break to heal a bit after some radiation, she continues to do exercises the Rehab Services staff gave her at home, and she is optimistic she will be able to return to the tennis court this winter.

"I would say that by the time our league gets back to practicing in late November, early December, I should be able to get back out there," she said. "Will I be able to do a full match? I don't know that at this point. It's going to continue to be a kind of a wait and see thing. But if I can continue the walking and the weights, I think there shouldn't be any reason why I can't play tennis."

Based on her experience, Brutty said she'd recommend Thrive Cancer Rehabilitation Care<sup>SM</sup> to everyone with cancer, regardless of what type of cancer they have or where they are in their treatment process.

"I just really hope other people take advantage of this program," she said.

## SPECIALIZED PROGRAMS AND CERTIFICATIONS

The staff at CCH's Rehabilitative Services have 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
- Concussion Management
- Core Trunk Strengthening (Pilates-based)
- Driver Rehabilitation
- Dynavision™ D2 Lightboard System
- Ergonomics
- Functional Dry Needling®
- Interactive Metronome® Therapy (IM)
- Kinesiotaping
- Low Back or Neck Pain, SI Joint or TMJ Dysfunction, Orthopedics
- LSVT-BIG®
- LSVT-LOUD®
- Modified Barium Swallow (MBS) Studies
- Pelvic Floor Dysfunction
- PWR!® Moves (Parkinson's Wellness Recovery)
- Rock Steady Boxing
- SPEAK OUT!®
- Tai Chi
- Thrive Cancer Rehabilitation Care<sup>SM</sup>
- Vestibular Rehab – BPPV, Dizziness
- Visual Rehab – Low Vision
- Vital-Stim for Dysphagia
- Wheelchair/Power Mobility Device (PMD) Assessments

## MESSAGE FROM THE DIRECTOR

### HOW TO COMBAT DECONDITIONING CAUSED BY THE COVID-19 PANDEMIC



The COVID-19 pandemic has changed our lives in so many ways. One common – but not often talked about change – has been the reduction of physical activity in our daily lives it caused. This reduction in activity causes a serious effect on our health – deconditioning, or the loss of physical fitness or strength.

Deconditioning can lead to chronic illnesses like high blood pressure, stroke, heart disease and obesity. It can also lead to reduced diabetic management, chronic pain and poorer mental health. For older adults, deconditioning, especially of the legs, can lead to an increased risk of falls.

To reduce the spread of the virus, we have moved many of our activities online, may have started working from home or moved to grocery pickup rather than going to the stores ourselves, etc. Other similar activities contribute to how much we move in a day. When we take those activities away, we move less, we sit more and we lose some of our physical fitness.

To prevent or reverse deconditioning, we must all intentionally add more movement into our days. Here are some simple ways to do that:

- **Change your workspace to incorporate more standing work.** Just standing for 15 more minutes every hour will reduce your sitting time by up to 25%.
- **Move every half hour.** Set an alarm on your phone or get an app that reminds you to get up and move every half hour.
- **Increase your steps.** Track your steps or the distance you walked each day and set goals to increase it.
- **Add regular exercise to your daily routine.** Ride your bike, go for a walk or return to an exercise routine using household items for resistance 2-3 times per week in your home.

If you find returning to physical activity difficult, speak with one of our therapists who can help you move more again with less pain.

For more information on our physical therapy services or our occupational and speech therapy offerings, please visit the “Rehabilitative Services” page on the CCH website at [www.columbushosp.org](http://www.columbushosp.org) or give us a call at 402-562-3333.

We are here to help you stay healthy and active.

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

