

Therapy MATTERS

January - March 2011

NOH Physical Therapy Golf Program

Golf is a wonderful sport which has experienced an increase in popularity over the last 10 to 15 years. The average golfer plays 37 rounds per year and spends many more days practicing, so it is not surprising that the rate of injuries is on the rise. Golf injuries are commonly attributed to overuse, poor core stability, muscle tightness, decreased strength or endurance, and an inefficient swing.

Nebraska Orthopaedic Hospital has teamed with Titleist Performance Institute (TPI) to form a golf specific therapy program. Whether you play one round of golf each year or one round every day, our team of professionals will provide expert assessment and treatment of your golf swing and address any painful areas.

Golfing Statistics:

- Almost two-thirds of all golfers demonstrate poor posture while swinging a golf club, which causes an inefficient swing and can lead to pain
- Over 60 percent of golfers experience pain or injury each year while golfing
- 45 percent of amateur golfers consider their golf injury to be chronic
- A golf specific exercise program can increase club head speed up to 24 percent, which can lead to longer drives and lower scores

Early warning signs of an injury:

- Joint pain
- Tenderness
- Swelling
- Decreased strength
- Numbness and tingling

Nebraska Orthopaedic Hospital's golf program involves a TPI certified physical therapist observing your swing in the clinic

and providing in-depth analysis of how to improve your flexibility and strength, decrease pain and avoid future injuries. We will work individually with each client to address his or her goals, biomechanical issues, swing pattern, and painful areas.

As part of the Nebraska Orthopaedic Hospital golf program, a licensed TPI certified physical therapist will provide:

- Flexibility Screening
- Core Stability Testing
- Strength Assessment
- Postural Correction
- Video Swing Analysis
- Individualized Home Exercise Program
- Follow up treatment and analysis sessions

About the Titleist Performance Institute:

The Titleist Performance Institute Certification involves hands-on and classroom training, including a certification test and continuing education requirements for golf, physical therapy and sports medicine. Nebraska Orthopaedic Hospital is proud to have teamed with Titleist Performance Institute to develop a golf specific therapy program in Omaha that is the only one of its kind in the area.

For more information on reaching your peak golf game performance and enjoyment, please contact NOH Physical Therapy Department at 402-637-0750.



Angie Petersen, PT

Ashley Conlin, PT

Chris Charles, PT

Christy Nielsen, PT

Doug Page, PT, OCS

Elisa Bowcott, PT, OCS

Erika Beckley, OTR/L

Janice Merritt, PT

Jeree Menning, PT, OCS

Joanie Young, MA, OTR/L, CHT

John Woodward, PT, ATC, CSCS

Mark Longacre, PT

Ryan Ertz, PT, DPT, FAAOMPT, OCS

Ross Holsing, PT, OCS

Sabrina Ward, OTR/L

Tara Otis, OTR/L, CHT

Michelle Reilly, PT, OCS

Tim Sucha, PT

Tom Niemann, PT, OCS, CSCS

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Athletes Receive Honors

Nebraska Orthopaedic Hospital Physical Therapy continues to specialize in the treatment of softball players, helping return athletes to their highest level of play after injury and surgery.

This past year, Jeree Menning PT, OCS was involved in the care of several outstanding softball players in the community. NOH Physical Therapy would like to congratulate these athletes who returned to their high school teams and achieved several awards this past season. These awards include competing at the Nebraska State Softball Tournament and being named to the Nebraska All-State and All-Conference Teams. We thank them for choosing Nebraska Orthopaedic Physical Therapy for their rehabilitation and feel our expertise in this area was a great match for these players.



Congratulations to the following players: Back Row, left to right, Kendall Hendrix (Gretna), Jennifer Ulrich (Ralston), Jennifer Daro (Skutt), Brandy Hummel (Blair), Jordan King (Millard South). Front Row left to right, Christina Harris (Millard South), Karissa Hovinga (Papillion La-Vista), Ellie Dougherty (Omaha Westside), Aubrey Vobril (Wahoo).

Optimum Stride in the Running Community

Optimum Stride is Nebraska Orthopaedic Hospital's program dedicated to the specialized care of running athletes. Throughout the year, information and evaluations are provided to area runners through seminars and events. NOH has teamed up with local sporting good and shoe stores to help runners evaluate biomechanical problems and to find the correct pair of running shoes for the athletes' foot type.

On February 8th, three NOH physical therapists, Elisa Bowcott, Christy Nielsen and Angie Petersen, provided a quarterly injury clinic for new members of the Leukemia and Lymphoma Society's Team in Training at Scheels Sporting Goods. In conjunction with the Scheels associates, our therapists discussed common running injuries, injury prevention, early treatment, and orthotics/footwear. A question and answer portion was also provided.

NOH's Optimum Stride is also planning to be involved in the 2nd Annual



Leprechaun Chase 10K on Saturday March 12. The Leprechaun Chase 10K is a St. Patrick's Day themed run with a twist, where women get a head start and the men chase them. The race, limited to 1000 runners, will take place at the Strategic Air and Space Museum at Mahoney State Park. NOH is a main sponsor of the event and Optimum Stride will provide a lecture presentation prior to the race.

We are proud to be strongly involved in the running community. If you have any questions regarding services provided, please contact an Optimum Stride Physical Therapist at 402-637-0750.

Therapists in the Community

Erika Beckley, OT R/L is a member of the Nebraska Orthopaedic Hospital TASQ Force helping to update and develop departmental policies to provide better and more efficient care to our patients at NOH. Erika recently attended a course titled "Home Modifications for Patients with Physical and Neurological Disabilities". She has used this information to improve education to patients and their families on how to make their home environments safe and functional.



*Erika Beckley,
OTR/L*

teaching undergraduate students in the Exercise Science department at Creighton University. She served as the instructor for EXS 331, a four credit hour lecture/laboratory Human Anatomy course with 25 students.

Ashley Conlin, PT, DPT has been working with Skutt Catholic High School's wrestling team this past winter. She has been attending wrestling practice once a week and provides injury screening, rehabilitation exercises and when necessary, provides appropriate physician referrals for the athletes. She has also spent time educating and working with Skutt's strength and conditioning coach in the rehabilitation of injured athletes. Ashley also dedicates her time coaching a U16 Girls soccer team for the Omaha Football Club.



*Ashley Conlin, PT,
DPT*



*Ryan Ertz, PT,
DPT, OCS,
FAAOMPT*

Ryan Ertz, PT, DPT, OCS, FAAOMPT, is involved with NOH's Perfect Pitch program which is dedicated to meeting the rehabilitation needs of area throwing athletes. Ryan, along with several other NOH therapists, provided evaluation and consultation at Frozen Ropes baseball/softball facility this past fall. Ryan recently attended the 2011 PBATS Baseball Medicine Conference in Fort Worth, TX. The conference is designed for healthcare practitioners



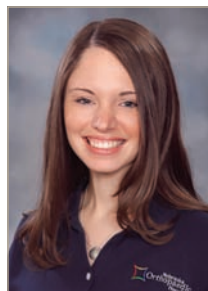
*Jeree Menning, PT,
OCS*

who treat patients with baseball and softball injuries. The conference is endorsed by the Professional Baseball Athletic Trainers Society, Major League Baseball Team Physicians Association and National Athletic Trainers' Association, and is supported by Major League Baseball.

As of March 1st, Jeree Menning PT, OCS will be shifting from a part-time schedule to a full-time schedule at Nebraska Orthopaedic Physical Therapy. Jeree has chosen to expand her interest in the treatment of the softball athlete and is assisting in the development of the new "Perfect Pitch" program for baseball and softball throwing athletes at NOH. She continues to provide video analysis for softball pitchers as well as specialize in rehabilitation of softball players in

all positions. In addition, Jeree and other staff members will be providing bi-monthly evening screening and injury assessment at Omaha's Frozen Ropes Baseball/Softball Facility.

Michelle Reilly, PT, DPT, OCS recently presented at the 2010 Omaha Sports Medicine Alliance (OSMA) lecture series. She discussed foot and ankle biomechanics and common injuries seen in dancers. The audience consisted of nearly 100 local health care providers including physicians, PTs, PTAs and athletic trainers. Michelle has also been busy this past fall



*Michelle Reilly, PT,
DPT, OCS*

Did You Know?

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Preventing Winter Injuries

Winter can present a number of frozen, slippery threats. Don't let these obstacles sabotage your season. Here are tips for preventing winter injuries.

Stress on your Body

Shoveling can be stressful on your neck, back and shoulders. Shoveling early and often can help to prevent injuries in these areas. Newly fallen snow is typically lighter than heavy packed or partially melted snow. Before shoveling begins, warm-up your muscles with a few minutes of active exercise. Make sure to push snow instead of lifting it. If you must lift the snow, squat with your legs, keep your back straight, and keep with shovel close to your body.

Don't throw snow over your shoulder. This causes a twisting motion at the spine. Pace yourself, as shoveling can be an anaerobic exercise comparable to weight lifting. Take frequent breaks and stay hydrated. Shoveling isn't only stressful on your back, but if you overexert yourself, it can be very stressful on your heart.

Decrease Your Risk of Injury

- Consult your physician before the first snowfall to get a health assessment.
- Don't eat heavy meals before shoveling as it puts extra strain on your heart.
- Take frequent breaks and evaluate how your body feels. Stop if you're breathing heavy or feel a tightness across your chest.
- Use a smaller shovel. Heavy lifting can elevate your blood pressure and this forces you to limit your load.

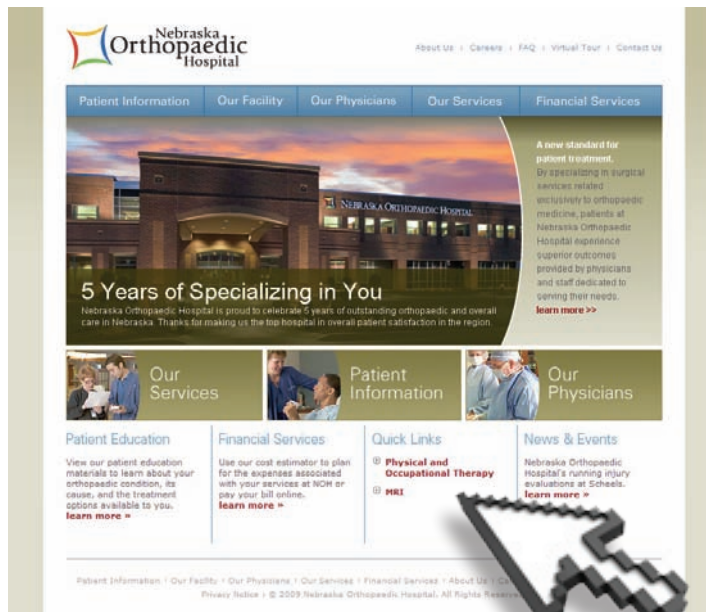
Falling on Ice

If you're going to fall, do it right. A natural impulse when falling is to stick your arms out. This motion can put you at risk for hand, wrist, elbow, and shoulder injuries. When you feel like you may fall, we suggest falling to a roll onto your shoulders, or collapse to your knees and roll onto your side (curling into a ball). If you fall backwards, try not to fall straight back. Your buttock muscles are big muscles that will hurt less than breaking your tailbone or hitting your head on the ice.

If you have any questions for a Physical or Occupational Therapist regarding winter safety, please contact the NOH Therapy Department at 402-637-0750.

Questions for a Therapist?

Contact
Nebraska Orthopaedic
Hospital Physical and
Occupational Therapy
at 402.637.0750 or email
noh.info@NOHmail.com
with your question.



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