

ANNUAL REPORT

2021-22

Rehab Services at the Wellness Center

May 1, 2021-April 30, 2022



Columbus Community Hospital's Rehab Services at the Wellness Center focuses on making a difference. Specialized techniques, innovation, and creativity provide treatments to patients of all ages. Our multidisciplinary approach allows us to treat a multitude of diagnoses and promote the best possible outcomes for our patients.

Our rehab staff works closely with patients' physicians to tailor a plan of care for patients' rehabilitation goals. The team uses a one-on-one approach to help patients reach their optimal potential and return to their most enjoyable activities. At each visit, patients are treated by caring professionals who take the time to address any questions or concerns they have about their recoveries.

The broader Rehabilitative Services department encompasses therapy services provided in multiple CCH facilities throughout Columbus, including inpatient therapy at the hospital; outpatient physical therapy, occupational therapy and speech therapy at Rehab Services at the Wellness Center; Wiggles & Giggles Therapy for Kids™; Premier Physical Therapy; and CCH Athletic Training Services.

 **REHAB SERVICES**
at the Wellness Center
Physical, Occupational & Speech Therapy

 columbushosp.org

Rehab statistics (FY 2022)

Description	PT	OT	ST	Total	Percent increase from FY 2021
Outpatient therapy visits	11,341	5,550	1,672	18,563*	26.3%
New outpatient therapy referrals	870	529	219	1,618	22.9%
Avg. number of visits per new referral	13.0	10.5	7.6	-	-
Inpatient visits, rehab (PT+OT+ST)***	5,378	3,129	129	8,636	41.2%
CCH swing bed visits	279	178	22	479	371.3%

Description	Total Premier PT FY 2022	Percent increase from FY 2021	Total Wiggles & Giggles FY 2022	Percent increase from FY 2021
Outpatient therapy visits	9,685	27.3%	14,320**	17.4%
New outpatient therapy referrals	893	24.0%	567	11.2%

Rehab Services at the Wellness Center and Premier Physical Therapy see patients from the entire age spectrum, excluding youth under the age of junior high/adolescence. Wiggles & Giggles sees outpatients for medical pediatric therapy or clinically-based habilitation or rehabilitation, ages infant to adolescent. For children receiving therapy in school or through local ESUs, our therapists work in conjunction to complement the education-based therapy plans provided in area schools.

*Aquatic therapy visits (PT+OT) contributed to 877 visits of this total, a 36.9% increase above FY 2021 (does not include pediatric aquatic visits).

**There were 126 pediatric aquatic therapy visits provided by Wiggles & Giggles therapists in FY 2022.

***Inpatient therapists also contribute to the success of the SURGE program for total joint replacement patients, and all the outpatient orthopedic surgeries and observation/outpatients who visit the outpatient surgery department.

Columbus Community Hospital's fiscal year is May 1-June 30.

New statistics in FY 2022:

Description	TOTAL
Dry needling outpatient visits	308 (includes Rehab and Premier)
Hand therapy OT visits	1,495 (Fluidotherapy included)
Women's Health PT visits (includes UI – urinary incontinence)	105 (New patient evaluations: 22)

Rehab Services at the Wellness Center and hospital:

Occupational Therapy

Julie Bennett, OTR/L, CLT402-562-3336
 Allison Frisch, MOT, OTR/L402-562-3391
 Tanya Grube, COTA/L402-562-3332
 Jessica Hayes, MOT, OTR/L.....402-562-4678
 Jill Jakub, MOTR/L, CLT,
 CEAS, CHT.....402-562-4630
 Jenna Kapels, MS, OTR/L402-562-3330
 Amber Podliska, COTA/L402-562-3346
 RaeChael R. Wilcox, OTD,
 OTR/L, CLT402-562-4675

Physical Therapy

Kathy Bloermker, PT, MSPT.....402-562-3333
 Jamie Henke, PTA, BS402-562-3249
 Lisa Hellbusch, PT, DPT 402-562-3324
 Doug Janssen, PT, DPT,
 Rehab Director402-562-3339
 Janelle Janssen, PT, DPT402-562-4697
 Meghan Jantzi, PTA402-562-3331
 Mark Jarecki, PT, DPT.....402-562-4696
 Stacie Johnson, PT, MPT402-562-3325
 Hailee Luckey, PT, DPT 402-562-4734

Doug Peters, PT, DPT, MTC,
 Lead Therapist402-562-3328
 Deirdre Schoenfelder, PT, DPT ..402-562-3327
 Stacy Seda, PTA402-562-3300
 Kara Seier, PTA402-562-3333
 Jose Velasco, PTA402-562-4627
 Brittany Zoucha, PT, DPT402-562-4414

Speech Therapy

Joe Madden, M.S., CCC-SLP.....402-562-3349
 Michell Ruskamp, M.S., CCC-SLP,
 Assist. Dir.402-562-4488

For more information on CCH Rehabilitative Services or for appointments or referrals, contact us at:

Premier Physical Therapy

3100 23rd St., Suite 15, Columbus, NE 68601
 402-562-7346, FAX 402-562-8331

Rehab Services at the Wellness Center

3912 38th St., Suite A, Columbus, NE 68601
 402-562-3333 , FAX 402-562-3334

Wiggles & Giggles Therapy for Kids™

Columbus Wellness Center, 3912 38th St.,
 Suite B, Columbus, NE 68601-5100
 402-562-3341, FAX 402-562-4441

Home Health

Rehab Services’ therapists and assistants also contributed to covering several home health visits in physical therapy (PT), occupational therapy (OT) and speech therapy (ST)

for our CCH Home Health department in fiscal year 2022. This occurred when Home Health therapists had high volumes or needed coverage for absences.

Number of therapists and support staff working in each location (regularly scheduled staff – not all full time; does not include less frequent PRN staff):

Location	NEW	PT	PTA	OT	COTA	SLP	ATC	SUPPORT STAFF	TOTAL
Rehab Services at the Wellness Center (outpatient)	1	9	3	5	1	2	-	6	26
Rehab Services at the hospital (inpatient)	1	1	2	1	1	-	-	-	5
Wiggles & Giggles Therapy for Kids™	2	3	2	6	1	7	-	3	22
Premier Physical Therapy	2	5	2	-	-	-	(2)^	3	10
Athletic Training Services	0	-	-	-	-	-	8	-	8
Home Health (*therapists with home department of HH)	2	2	1	2	1	-	-	-	6

^Two PTs at Premier are dual credentialed as ATCs.

Staffing updates

Jessica Hayes, MOT, OTR/L is a new occupational therapist with CCH’s Rehab Services at the Wellness Center. She received her Bachelor of Science degree from Midland University in Fremont, Nebraska, in 2017. In 2020, she attended the College of Saint Mary in Omaha, Nebraska, to receive her Bachelor of Science in Rehabilitation Science degree and, later, her Master of Occupational Therapy degree in 2021.

Hayes joined the Rehab Services team in August 2021 and is certified in physical agent modalities, including superficial thermal, deep thermal and electrotherapeutic. She serves patients for the rehab team in all patient care areas, including outpatient, inpatient and home health. She now also sees adults with sensory processing disorders.

Stacy Seda, PTA is a physical therapy assistant with CCH’s inpatient rehab team. She first joined CCH in June 2020 as a physical therapy assistant with the Home Health and hospice team. In fall 2020, she cross-trained to provide therapy in our inpatient rehab setting at the hospital. She became a regular part of the inpatient rehab team in October 2021.

Seda received her Bachelor of Science degree in nutrition, exercise and health science from the University of Nebraska-Lincoln in 2007. She later attended Northeast Community College in Norfolk, Nebraska, to receive her associate’s degree, and graduated as a physical therapist assistant in 2011.

She has also cross-trained with Rehab Services at the Wellness Center and can provide additional outpatient support as needed.

Karla Eickmeier is a rehab technician with CCH’s Rehab Services at the Wellness Center. She received her certified nursing assistant (CNA) certification, which offered her the opportunity to get her foot in the door. She first joined the hospital as a CNA with the hospital’s skilled nursing unit in 2009. After the unit’s consolidation, Eickmeier worked as a COVID-19 screener at the Healthpark Medical Office Building.

In January 2022, she applied for and accepted the rehab technician position with Rehab Services at the Wellness Center. In this position, she works with our therapists and front office staff to prepare and maintain the treatment area during therapy sessions and assist our patients.

This fall, **Cathy Kurtenbach** assumed the role of office manager for Columbus Community Hospital’s Rehab Services at the Wellness Center. She has been a part of the Rehab Services team since November 2017, when she started as our receptionist.

In her new position, she oversees the clinic’s daily operation in the front office. She also helps welcome new patients to the facility, serving as a friendly and familiar face to those who visit, answering phones and scheduling patients and new referrals for physical, occupational, and speech therapy.

Columbus Community Hospital is proud to welcome **Sheri Gilotte** as the newest receptionist with CCH’s Rehab Services at the Wellness Center.

Before joining Rehab Services, Gilotte worked as an emergency dispatcher and clerk in the county assessor’s office. She also served as a volunteer firefighter and emergency medical technician (EMT) for 10 years.

Gilotte started her new position in April 2022. In her role, she assists patients with new therapy referrals by answering the phone and scheduling their appointments. She is excited to be part of a caring team and is looking forward to meeting each patient.

Hand therapy:

Our occupational therapists provide individualized, hands-on therapy and work closely with physicians to ensure each patient receives the best possible outcome. They design treatment plans to maximize functional recovery and quicken the patient's return to a productive life.

Hand therapy can benefit patients of all ages with numerous finger, tendon, hand, wrist and elbow injuries, including the following:

- Arthritis and joint pain.
- Carpal tunnel syndrome.
- Finger replantations and crush injuries.
- Ligament transfers and repairs.
- Nerve injuries.
- Tendonitis.
- Repetitive stress injuries.
- Trigger fingers.
- Customized orthosis (splint) needs.



Rehab Services at the Wellness Center is the only outpatient therapy clinic in the Columbus area with a certified hand therapist (CHT) on staff. Since she became certified in 2018, Jill Jakub, MOTR/L, CLT, CEAS, CHT, has utilized this level of specialty in patient care. She also has a clinical certification in oncology rehab and is a certified lymphedema therapist (CLT) and certified ergonomic assessment specialist (CEAS).

“The human hand is one of the most precise and wonderful mechanical devices in creation and vastly more impressive than any mechanical device that man has made.”

~ Stuart Burgess, professor of mechanical engineering

The certified hand therapist (CHT) credential is a highly respected designation of advanced knowledge related to the upper extremities and the treatment of medical conditions of the hand, wrist, elbow and shoulder. Clinicians who achieve the CHT have completed more than 4,000 clinical hours of treatments for the hand and upper extremity. They have also passed an extensive international examination that verifies competency and excellence in the latest clinical, scientific knowledge in this highly specialized area of practice.

Since the addition of Dr. Kerri Kulovitz, doctor of osteopathy and specialized hand surgeon, to the services offered at Columbus Orthopedic and Sports Medicine in 2020, our hand therapy utilization in Rehab Services has continued to grow significantly. At least 140 new outpatients were referred for hand and upper extremity therapy, and one frequently



utilized intervention in hand therapy, fluidotherapy, was a part of at least 1,495 outpatient OT visits in fiscal year 2022.

Our OTs providing hand therapy and their patients will enjoy a near doubling of their clinical space and offices at Rehab Services at the Wellness Center after renovations are completed in the spring of 2023.

Dry needling:

Physical therapists at Rehab Services at the Wellness Center and Premier Physical Therapy offer targeted treatment for pain relief through dry needling. Our certified PTs now include Jon Brezenski at Premier, and Hailee Luckey and Brittany Zoucha at the Wellness Center. In fiscal year 2021, they performed 308 dry needling visits with the patients we serve.

Dry needling is a technique in which trained physical therapists use a thin needle to penetrate the skin and stimulate underlying trigger points to relieve pain. They can perform this practice with or without electrical stimulation and combine it with other therapy and exercise techniques.

Once the physical therapist completes the treatment, they work with the patient to complete manual stretching and reinforcement exercises to help strengthen the muscles in their new lengthened form. In total, the treatment process takes approximately 30 minutes to complete.

Trained professionals can perform dry needling treatments on various areas to treat multiple diagnoses, including carpal tunnel syndrome, back/neck pain, TMJ dysfunction and muscle tears/strains.

Dry needling patients often benefit from reduced muscle tension and pain, improved movement and a decreased recovery. They can begin to see positive improvements after a couple of sessions.

Those interested in receiving dry needling treatments must be under our therapists' physical therapy plan of care or receive a physician's referral. Some patients benefitting from dry needling during their comprehensive therapy plan are eligible to continue dry needling maintenance visits on an as-needed basis to keep the relief and progress they've made.



Aquatic therapy:

Rehab Services at the Wellness Center offers on-site aquatic therapy using the latest in-ground pool technology and techniques. Our aquatic therapy program originated with an above-ground pool at Premier Physical Therapy, but transitioned to its current form in 2015 at the Wellness Center when the new center, along with Rehab Services, opened.^a

Since that time, our aquatic therapists have been integral to the growth of our specialized outpatient therapies provided to help the many different patients we serve. With only a slow-down at the end of FY 2020^b that continued during part of FY 2021^c due to the COVID-19 pandemic, our therapy pool visits have had strong growth annually with potential for future growth.

CCH's therapy pool has different stations, including plyometric trampolines, open and closed kinetic exercise benches and

steps, and numerous aquatic tools designed to enhance strength, core stabilization and balance. An integrated treadmill and underwater cameras to view gait patterns allow patients and athletes to perform walking and running training in a manner they are not capable of on land.

The goal with each patient is to return to activities on land without pain and greater strength and function. It is also to promote continuing their aquatic and other exercises with a transition to YMCA membership or another community pool option when appropriate.

FISCAL YEAR	AQUATIC VISITS <i>(excludes pediatric patients)</i>
2016	374 ^a (Rehab Services at the Wellness Center opened in November 2015)
2017	891
2018	1,003
2019	1,069
2020	776 ^b
2021	636 ^c
2022	877 (+126 pediatric visits)

Optimal outcomes for patients with almost any condition, including the following, can be achieved in Aquatic Therapy:

- o Total joint replacement.
- o ACL rehab.
- o Sports-related injuries.
- o Parkinson's disease.
- o Stroke.
- o Cerebral palsy.
- o Acute or chronic pain.
- o Arthritis.
- o Back pain.
- o Shin splints.
- o Strains and sprains.
- o Multiple traumas.
- o Fibromyalgia.
- o Balance disorders.
- o Conditions requiring restricted weight-bearing.

PWR!Moves® certification

Columbus Community Hospital Rehab Services staff members are now certified in PWR!Moves® for patients with Parkinson's disease, thanks to funds from CCH Foundation donors who designated their contributions for Parkinson's rehab.

PWR!Moves® is a Parkinson-specific training program that helps patients maintain or restore skills that have deteriorated and interfere with everyday movements. In late spring 2021, 19 of our therapists and assistants completed a live, 16-hour virtual training and certification together.

The primary instructor was Dr. Becky Farley, creator of PWR!Moves®. She has trained more than 6,000 physical and occupational therapists and exercise professionals to create specific programs that share functional goals and neuroplasticity-principled aspects of training.

CCH therapists and assistants who received PWR!Moves® certification included Julie Bennett, Allison Frisch, Tanya Grube,

Jenna Kapels, Amber Podliska, RaeChael Wilcox, Jamie Henke, Doug Janssen, Meghan Jantzi, Hailee Luckey, Doug Peters, Deirdre Schoenfelder, Kara Seier, Kayla Vancura, Jose Velasco, Donette Vis, Riley Wemhoff and Brittany Zoucha.

PWR!Moves® certified therapists are Parkinson's disease-specialized physical or occupational therapists. They integrate PWR!Moves® into research-based exercise approaches and task-specific training routines such as dance, boxing, pole walking and gait, agility and flexibility for varying disease severity, fitness levels and goals.

The new techniques benefit people with Parkinson's during therapy treatments and exercise groups at CCH Rehab Services at the Wellness Center. Our certified CCH therapists are also using PWR!Moves® to help patients in our hospital inpatient, swing bed and home health care areas.

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.
- Concussion management.
- Core trunk strengthening (Pilates-based).
- Driver rehabilitation.
- Senaptec Sensory Station™ and Strobe™ glasses.
- Enhance© Fitness exercise group (new collaboration with the YMCA since September 2021).
- Ergonomics.
- Functional® and Integrative® Dry Needling (FDN/IDN)
- 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.
- Complete Women's Health physical therapy program.
- PWR!® Moves (Parkinson's wellness recovery).
- Rock Steady Boxing®.
- SPEAK OUT!®
- Tai chi.
- Thrive Cancer Rehabilitation CareSM.
- Vestibular rehab — BPPV, dizziness.
- Visual rehab.
- Vital-stim for dysphagia.
- Wheelchair/power mobility device (PMD) assessments.

Other programs, exercise groups and support groups currently facilitated by Rehab Services therapists at the Wellness Center:

- Ai Chi aquatic exercise group.
- SpineFit stretching exercise group.
- LOUD Crowd® voice exercise group for Parkinson's Disease.
- Enhance® Fitness exercise group
- Columbus-area Parkinson's Wellness (formerly Support) group.
- Traumatic brain injury (TBI) and stroke support group.



L I V E S T R O N G

COMING SOON: LIVESTRONG® CANCER SURVIVORSHIP EXERCISE GROUP

Rehab Services at the Wellness Center and the Columbus Family YMCA are teaming up to offer an exercise group for cancer survivors.

"After treating patients with cancer, there was a disconnect regarding what they should do next to continue their exercise program and ways they could stay active and keep motivated," said Deirdre Schoenfelder, physical therapist with Rehab Services. "Our patients have also expressed interest in wanting this program and support system. With the population of cancer survivors increasing, it has the potential to benefit a lot of people."

The Livestrong® cancer survivorship program meets twice a week for 12 weeks. Each class will last approximately 75-90 minutes and include exercises for strength, cardiovascular conditioning, balance and flexibility.

Look for more details on the new program in the coming months, closer to its launch later this year.

Community events:

- **Parkinson Wellness Symposium.**
 - April 26, 2021 from 9 a.m-3 p.m.
 - Ramada Inn River's Edge Convention Center.
 - 140 total participants.
- **6th annual rehab open house.**
 - Oct. 7, 2021, from 4:30-6:30 p.m.
 - Columbus Wellness Center.
 - 32 total participants.
- **11th annual We Can Run, Walk & Roll**
 - Sept. 11, 2021 at 9 a.m.
 - Memorial Stadium at Pawnee Park.
 - 200 total participants.
- **Wiggles & Giggles: Baby Olympics.**
 - July 9, 2021, at 6 p.m.
 - Exhibit Hall at Platte County Ag Park.
 - 100 total participants.
- **CCH Kids Academy.**
 - Aug. 4 & 5, 2021.
 - Columbus Wellness Center.
 - 25 total participants.