

Aurora Rehabilitation Services Mid Market

Rehab, Restore, Rediscover

Focus on orthopedics and sports medicine

Performance Pitching & Throwing Program



To be an “ace” on the mound, you have to throw *accurately*, consistently and *efficiently*. To perfect these abilities in overhead-throwing athletes, Aurora Sports Medicine Institute developed the Performance Pitching & Throwing Program.

The program was designed to return injured and post-operative athletes to pain-free throwing, as well as a tool for players to increase performance while protecting and maintaining their sport health.

Using a four-platform system centering on wellness and performance, the comprehensive program consists of:

1. Biomechanics

Athletes are only as efficient as their worst movement.

Beginning with a full-body assessment using high-speed camera analysis, participants are evaluated against guidelines established by the National Pitching Association for each phase of delivery.

Athlete education includes:

- Proper pitch set-up and grip;
- Drills and skills to promote efficient body mechanics; and
- Pitch counts and recovery time.

2. Functional Strength and Conditioning

Athletes are only as strong as their weakest link. To support biomechanical efficiency and throwing workloads, players must have a foundation of functional strength and endurance.

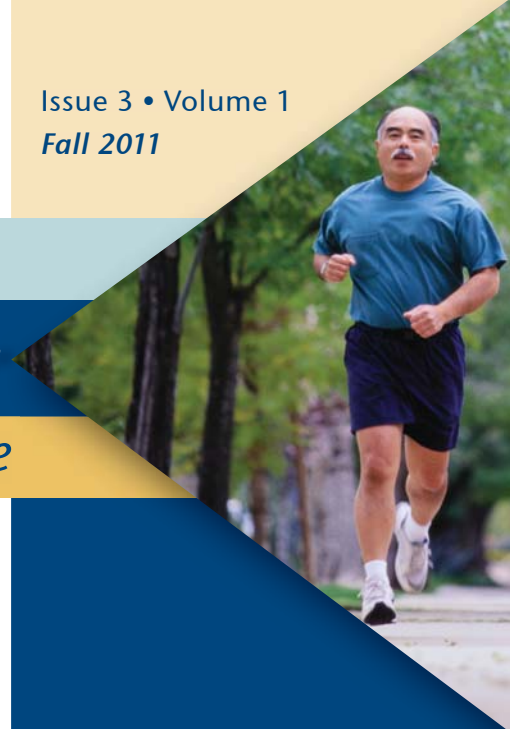
A full-body assessment for strength and mobility is used to develop:

- Individualized exercises to correct/improve weak or tight muscles;

continued on page 2

In this issue ...

- Performance Pitching & Throwing Program
- Hand therapy for arthritis
- Shoe basics
- Joint Academy patient education program
- FREE Injury Evaluation
- Performance Running Program
- Custom foot orthotics
- Guided imagery
- Additional services
- Back pain can be controlled
- Free Sprain and Strain Screenings
- Physical Medicine and Rehabilitation services – outpatient therapy locations



The Aurora Sports Medicine Institute has 13 southeastern Wisconsin locations:

- Downtown Milwaukee (Aurora Sinai Medical Center)
- Brookfield
- Burlington
- Grafton
- Hartford
- Kenosha
- Mequon
- Sheboygan
- Slinger
- Summit
- Wauwatosa
- West Bend
- Whitefish Bay

Aurora Sports Medicine Hotline™
414-219-7776 or
800-219-7776

Aurora.org/SportsMedicine

Facebook.com/AuroraSportsMedicine

Rehab, Restore, Rediscover

Hand therapy specialists help you function better with less pain

Do you or anyone you know complain about pain in the base of your thumb? You could have one of the most common types of osteoarthritis – *basilar joint arthritis*.

Arthritis means “inflammation of a joint.” Arthritis is a chronic condition affecting many people and is the leading cause of disability in this country. It can be caused by injuries, repetitive use, obesity, family history and joint malformation. Arthritis is progressive and, unfortunately, there is no cure at this time. However, there are many treatments that can help to reduce pain and increase function.

Basilar joint arthritis is a specific type of degenerative joint disease or osteoarthritis, which affects the joint at the base of your thumb. You may notice that many of your daily tasks such as writing, opening containers or

pinching and turning a key can cause pain. This pain can be managed through splinting, utilization of joint protection techniques, along with heat/cold treatments.

Joint protection includes a variety of techniques designed to minimize the stress placed on a joint during a given activity. Joint protection helps to reduce pain, preserve joint structures and conserve the energy needed to complete daily tasks. These techniques may include adaptive equipment, splints or changing the way you perform a specific activity.

The occupational therapists at Aurora Rehabilitation Center are specialists in treating patients with diagnoses affecting the upper extremity, including arthritis. They are skilled at



identifying the proper splints needed to protect your joints and educating patients on the best way to modify daily activities in order to decrease pain and enhance quality of life.

If you feel like your hand pain is becoming unmanageable or affecting your ability to fully use your hand during every day activities, consult with your Primary Care Physician who may prescribe Occupational Therapy to evaluate and treat your thumb pain.

For more information, please visit Aurora.org/Rehab.

Aurora.org/Rehab

Performance Pitching & Throwing Program from page 1

- Personalized warm-up routine; *and*
- Strength-training program for pre-season and during-season workouts.

For the final two components of the program, the lack of recovery – *both nutritional and emotional* – can create deficits while adversely affecting physical and mental preparation; ultimately, these shortcomings will influence competitive play.

3. Nutrition

Athletes are educated in proper nutrition for muscle recovery and avoiding injury.



4. Mental and Emotional Management

To handle the stress of game situations, participants are schooled on “focus imagery” and pitch-selection strategies.

If you’re an overhead-throwing athlete suffering from a sore/injured shoulder or elbow, or a player trying to get the “edge” on the competition, the Performance Pitching & Throwing Program can help to set you apart from the rest of the field.

For more information or to register, call Aurora Sports Medicine Institute at 414-219-7776.

Aurora.org/Pitching

Shoe basics

If the shoe fits ...

For a runner or walker, wearing the correct shoes can actually help to prevent many overuse or impact-related injuries. When determining which shoe is right for you, the specific sport or activity, history of injury, and foot type are all important factors that need to be considered.

Individuals with low arches/flat feet or arches that drop too much when walking are called **pronators**. Those with arches that are high and do not drop enough are **supinators**. **Pronators** should look for shoes with good heel control – specifically, a rigid heel counter; **supinators** should look for a shoe with good shock absorption.

In some cases, pronation or supination occurs to such a degree that orthotics or custom-made shoe inserts may be required to control faulty foot mechanics.

Understanding the characteristics of shoes ...

Midsole

Designed to provide shock absorption during activity, the midsole layer is located between the inner last and bottom treads of a shoe.

Last (shape)

Best seen by viewing the shoe from its bottom, the last refers to the shape of the shoe. The three types of last are semi-curved, curved and straight.

Inner last (construction)

Directly under the insole on the inside of the shoe is the inner last. The

inner last is available in three options: board, combination or slip last.

Board last is a flat cardboard-like material under the insole. **Slip** last is characterized by seams of fabric under the insole. **Combination** construction consists of board last in the heel area and slip last under the ball of the foot.

Heel counter

The stiff material surrounding the heel portion of the shoe is the heel counter. Important in both walking and running shoes, the heel counter prevents excessive heel motion, especially in pronators. To test a heel counter's stability, squish it with your hand – it should be firm enough to resist your pressure. The heel counter should fit snugly, wrapping around your heel like a glove.

Pronators

Shop for motion control – primary concern is stability

- Straight last
- Board last or combination last
- Firm midsole
- Solid, sturdy heel counter

Supinators

Shop for shock absorption – primary concern is cushioning

- Curved or semi-curved last
- Slip last
- Soft midsole
- Solid, sturdy heel counter

If you participate in sports at least three times per week, you need a shoe



specific to that sport (i.e., runners need a running shoe, basketball players need a basketball-type shoe, walkers can either use a walking or running shoe).

Did you know? Shoes will break down with or without use – *even while quietly sitting on a shelf*. As they break down, they no longer provide proper support for your feet. To prevent injury, use the following guidelines to determine when to retire your shoes:

- **Running shoes:** Retire after 300 to 500 miles or every six months.
- **Walking shoes:** Retire after 500 to 700 miles or every six months.
- **Sport-specific shoes:** If worn five or more times per week, retire every two to three months. If worn two times per week, retire every six months.

Remember, by choosing and wearing the correct shoe, you can prevent many overuse or common stress-related injuries.

For questions on shoe selection or custom foot orthotics, call the Aurora Sports Medicine Hotline™ at 414-219-7776 or visit Aurora.org/Rehab.

Aurora.org/SportsMedicine

Rehab, Restore, Rediscover

Joint Academy education program prepares patients for major joint replacement

Aurora Health Care's Joint Academy is a patient education program designed to assist people who are having a total hip or total knee replacement successfully move down the road to full recovery. At Aurora Rehabilitation Center, we believe that the better physically and emotionally prepared people are for surgery, the better the potential for a swift and full recovery. The goal of the program is to provide patients and their care partners (family members or friends) with an exceptional experience – from preparation, through the hospital stay and on to rehabilitation – and to optimize the recovery from their joint replacement surgery.

This free educational program is taught by nurses, therapists and social workers, and is designed to better prepare a patient and their care partner as to what to expect before, during and after surgery. The 90-minute program answers questions, describes the process of joint replacement surgery, and explains what to expect as one progresses through recovery. Discharge options and equipment needs are discussed. Information is given regarding exercises to be completed before and after surgery, walking after surgery, as well as precautions and tips necessary to assist in recovery. An exercise DVD is provided to assist with the home exercise program and participants receive a special antibacterial soap that will be used for pre-surgery skin preparation at home.

Once a patient has been scheduled for surgery, the hospital will call the patient and schedule their Joint Academy education session. A letter will be sent to the patient confirming the class time and giving appropriate directions to the classroom. Arrangements for required preoperative testing may be made in conjunction with the class when appropriate.

If a patient cannot attend one of the scheduled programs, a copy of the patient education folder is sent to the patient so that it can be reviewed before the surgery. The patient is given a contact number for the site Joint Academy coordinator and encouraged to call with any questions.

The Joint Academy coordinators at each site visit the patients while they

are in the hospital and also call them at home after discharge to ensure a smooth transition.

For more information about this exciting program, please do not hesitate to call us at 414-385-2905. We would love to hear from you and look forward to assisting you in preparing for total joint surgery.



FREE Injury Evaluation

Don't Give Up the Sport ... Give Up the Pain!

If you're not sure what's causing the pain in your shoulder, elbow, hip, knee, foot, ankle or lower back, call Aurora Sports Medicine Institute to schedule a **FREE Injury Evaluation***. Performed by a licensed athletic trainer or physical therapist, this FREE screening includes a pain assessment and recommendations for treatment or physician referral, if needed.

FREE Injury Evaluations are offered at all 13 Aurora Sports Medicine Institute locations throughout southeastern Wisconsin. To schedule an appointment, call 414-219-7776.

*Per federal law, Medicare, Medicaid and TRICARE patients are not eligible for this service.

Aurora.org/SportsMedicine

Focus on orthopedics and sports medicine

Performance Running Program

A specialized service, the Performance Running Program is offered at nine Aurora Sports Medicine Institute locations throughout southeastern Wisconsin. Program participants work one-on-one with a physical therapist or licensed athletic trainer who specializes in the analysis of running mechanics. Using two cameras and advanced motion-capture software, a runner's gait can be reviewed in real-time, slow motion or frame-by-frame speed.

In addition to motion analysis, participants receive a customized exercise program and recommendations for improving performance and injury prevention.

Performance Running Program pricing:

- 45-minute session: video analysis to include running mechanics, gait evaluation and performance recommendations – \$75
- 30-minute musculoskeletal evaluation – \$50
- VO2 Max/Anaerobic Threshold Testing – \$175

For less than the price of a pair of good running shoes, you can meet with a running specialist who will guide you on ways to improve your stride! To schedule a personalized Performance Running session, call Aurora Sports Medicine Institute at 414-219-7776.

Aurora.org/Running



Custom foot orthotics

If you experience discomfort when standing, walking or running, poor foot mechanics could be responsible for the soreness in your heel, leg, knee or back. Custom foot orthotics (shoe inserts) could help to correct this problem while reducing, *or even eliminating*, your pain.

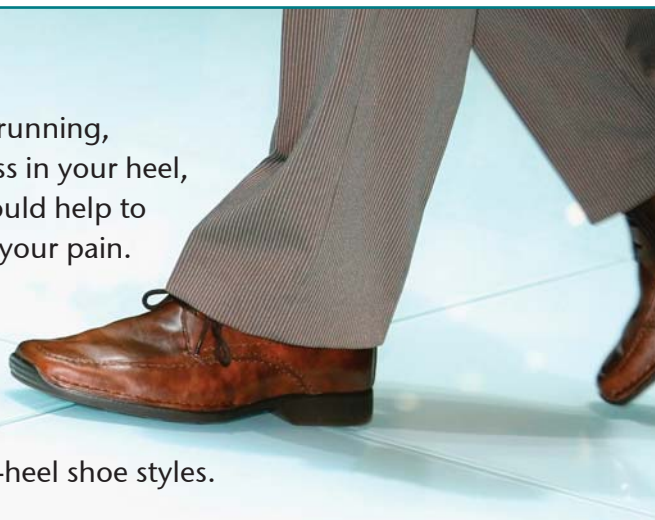
For your convenience, orthotics can be fitted at all 13 Aurora Sports Medicine Institute locations throughout southeastern Wisconsin, as well as select Aurora Rehabilitation Center sites. In addition, most clinics also carry a line of ready-made inserts for work, sport or high-heel shoe styles.

Did you know?

Many insurance programs cover most, if not all, of the costs associated with custom foot orthotics. Check with staff to confirm your coverage eligibility.

For more information, please call Aurora Sports Medicine Institute at 414-219-7776, or visit Aurora.org/Rehab.

Aurora.org/SportsMedicine



Rehab, Restore, Rediscover

Guided imagery helps improve the orthopedic patient experience

The patient on the surgery table could hear the “clink” of the surgical instruments and the discussions going on around her. She could hear all of this because she was unable to use general anesthesia for her total knee replacement. But, thanks to anesthesia applied through an epidural and her ability to use guided imagery techniques, she was calm and successful throughout the procedure.

Guided imagery is a process that uses mental images to promote relaxation, ease anxiety and decrease pain. Guided imagery can also be used by patients to help the body recover from surgery through regular envisioning of positive outcomes.

When a person is stressed, it can lead to decreased functioning of the immune system. Studies have shown that patients who are in a relaxed

state, by using techniques such as guided imagery, have increased functioning of the immune system.

Aurora Sinai Medical Center has been offering guided imagery to its orthopedic surgery patients since 2008 and recently made the materials available free to all patients throughout the Aurora Health Care system via patient room TVs.

Aurora Sinai has studied the cases of patients who have utilized guided imagery and found that they use less pain medication, show improved post-operative outcomes, and have shorter hospital stays.

To learn more about how guided imagery might help you during your next surgery, talk to your physician or rehabilitation provider.



Additional services

In addition to the services and programs described in this newsletter, Aurora Rehabilitation Center and Aurora Sports Medicine Institute have expert therapists available to evaluate and treat all of your orthopedic and sports-related issues, including:

- Arthritic conditions of the spine and joints
- Muscular strains and sprains
- Shoulder, hip and knee pain or injuries
- Post-surgical rehabilitation of any muscle or joint
- Comprehensive back pain management and treatment
- Headaches, TMJ
- Pelvic floor disorders
- Pre- and post-pregnancy exercise recommendations
- Ergonomic assessments
- Osteoporosis management
- ... and many more!



Call a location conveniently located near you today for an appointment!

Focus on orthopedics and sports medicine

Back pain can be controlled; here's how ...

Statistics show that nearly 8 out of 10 people will experience a back disorder at some time in their life. Most are caused by a combination of cumulative trauma, poor posture, faulty body mechanics, stressful living and working habits, loss of flexibility and a general decline in physical fitness.

The incidence of back pain can be significantly reduced by addressing and correcting these common causes of back pain and injury. Successful treatment begins with an accurate diagnosis by a physician. Treatment recommendations may include physical therapy.

Some helpful hints for everyday posture that can help limit troubles with back pain:

- When standing still or walking, keep “soft” – by slightly bending the knees
- Avoid locking one or both knees
- Remind yourself frequently, “Chest up, tummy in, knees bent”

- Avoid crossing legs while sitting and no slouching!
- Do not stand with the majority of your weight on one leg
- Avoid standing excessively on either your inner or outer feet
- Avoid standing with an extra wide stance; legs should be directly beneath you

If the modifications you make in your daily routine and posture don't quite do the trick in limiting or eliminating back pain, our Aurora Rehabilitation Center Spine Care Program experts can help fine-tune what you may need to restore your activity level, function and reduce pain. Through individualized evaluation and treatment, we can address spinal mobility, muscular imbalances of spine and extremities, soft tissue dysfunction, posture and body mechanics, and your personal goals to get you on your way to living well!

For more information, please visit our website at Aurora.org/Rehab.

Don't work in pain ...

FREE Sprains and Strains Screenings
every weekday on the Aurora St. Luke's campus

Aurora Rehabilitation Center
First Floor – North Building
(across from the For Your Well Being Store)

There's no need to work in pain or second guess an ache. If you're suffering with a sore back, tender joint or a throbbing that won't go away, stop by for a FREE Sprains and Strains Screening. This quick assessment includes recommendations for treatment or physician referral if needed.

Monday through Friday, 8 a.m. to 4:30 p.m.
Stop in or call 414-649-6011.

Due to federal law, Medicare, Medicaid and TRICARE patients are not eligible for this service.



Rehab, Restore, Rediscover

Physical Medicine and Rehabilitation services Outpatient Therapy services

Cudahy

Aurora St. Luke's South Shore
5900 S. Lake Drive
Cudahy, WI 53110
414-489-4072

Franklin

Aurora Rehabilitation Center
9200 W. Loomis Road, Suite 107
Franklin, WI 53132
414-529-9128

Grafton

**Aurora Rehabilitation Center/
Aurora Sports Medicine Institute
Aurora Medical Center**
975 Port Washington Road
Grafton, WI 53024
262-329-2700

Hartford

**Aurora Rehabilitation Center/
Aurora Sports Medicine Institute
Aurora Advanced Healthcare**
1640 E. Sumner Street
Hartford, WI 53027
262-670-4300

Aurora Medical Center

1032 E. Sumner Street
Hartford, WI 53022
262-670-7233

Kiel

Aurora Sheboygan Clinic
1001 Service Road
Kiel, WI 53042
920-894-2636

Milwaukee

**Aurora Rehabilitation Center
Aurora St. Luke's Medical Center
Neuroscience**
2900 W. Oklahoma Avenue
Milwaukee, WI 53215
414-649-6011

Aurora Rehabilitation Center Aurora St. Luke's Medical Center Health Science I

2901 Kinnickinnic Parkway, Suite 500
Milwaukee, WI 53215
414-649-3250

Aurora Rehabilitation Center

3738 S. 60th Street
Milwaukee, WI 53220
414-546-5460

Aurora Rehabilitation Center
4111 W. Mitchell Street, Suite 300
Milwaukee, WI 53215
414-643-3860

Aurora Rehabilitation Center
1575 N. RiverCenter Drive
Milwaukee, WI 53212
414-224-6424

Aurora Sinai Medical Center
945 N. 12th Street, 4th Floor
Milwaukee, WI 53233
414-219-5241

New Berlin

**Aurora Rehabilitation Center
Aurora St. Luke's Health Center**
14555 W. National Avenue, Suite 195
New Berlin, WI 53151
262-827-2929

Plymouth

Aurora Health Center
2600 Kiley Way
Plymouth, WI 53073
920-449-7120

Sheboygan

**Aurora Rehabilitation Center/
Aurora Sports Medicine Institute
Aurora Sheboygan Memorial
Medical Center**
2629 N. 7th Street
Sheboygan, WI 53083
920-451-5550

Aurora Sheboygan Clinic
2414 Kohler Memorial Drive
Sheboygan, WI 53081
920-457-4461

Slinger

**Aurora Rehabilitation Center/
Aurora Sports Medicine Institute**
1048 E. Commerce Blvd.
Slinger, WI 53086
262-644-6268

St. Francis

Aurora Rehabilitation Center
2000 E. Layton Avenue, Suite 160
St. Francis, WI 53235
414-747-8400

Waukesha

Aurora Rehabilitation Center
W231 N1440 Corporate Court
Waukesha, WI 53186
262-896-6045

Wauwatosa

**Aurora Rehabilitation Center/
Aurora Sports Medicine Institute
Aurora Medical Center**
2999 N. Mayfair Road, 3rd Floor
Wauwatosa, WI 53222
414-479-3737

West Bend

**Aurora Rehabilitation Center/
Aurora Sports Medicine Institute**
1100 Gateway Court
West Bend, WI 53095
262-306-6100

West Allis

**Aurora West Allis Medical Center
Outpatient Neuro Rehab Program**
8901 W. Lincoln Avenue, 3rd Floor
West Allis, WI 53227
414-328-6633

**Aurora West Allis Medical Center
Outpatient Rehab Program**
8901 W. Lincoln Avenue
West Allis, WI 53227
414-328-6640

Aurora Sports Medicine Institute

Brookfield

19601 W. Bluemound Road
Brookfield, WI 53045
262-821-4460

Mequon

1249 W. Liebau Road
Mequon, WI 53092
262-243-4161

Milwaukee

945 N. 12th Street
Milwaukee, WI 53233
414-219-7776

Whitefish Bay

6255 N. Santa Monica Blvd.
Whitefish Bay, WI 53217
414-967-8256