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Newsletter Date  
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# Saginaw, Aleda E. Lutz VAMC

## Inpatient Rehabilitation Unit

Community Living Center Building 22

WELCOME TO REHAB



**Our team is honored to serve you!**



### Inside this issue

|   |     |
|---|-----|
| Welcome to Rehab.....                                       | 1   |
| What is Physical Therapy .....                              | 2   |
| Conditions & treatment outcomes of<br>Physical Therapy..... | 3   |
| PT & Covid-19 Recovery .....                                | 4-5 |
| Inpatient/Outpatient Physical Therapy<br>Team.....          | 6-7 |
| New Home care Staff.....                                    | 8-9 |
| Questions.....  | 9   |

## What is Physical Therapy ?

Physical Therapist (PT) diagnose and manage movement dysfunction, restore, maintain and promote optimal health. PT's use evidence based treatment to reduce pain, decrease disability, improve balance, mobility and independence to restore Veterans quality of life.



## **Conditions that can benefit from Physical Therapy ?**

- Neurological condition such as Parkinson's, Multiple Sclerosis and Stroke.
- Orthopedic Conditions such as Knee replacement hip replacement and amputation.
- Lymphedema
- Vertigo dizziness and imbalance
- Post Covid

## **Treatment Outcomes**

- Decrease Pain
- Increase muscle strength /range of motion
- Increase balance and endurance
- Decrease swelling
- Improve mobility
- Prosthetics Training
- Decrease fall risk

## **Did you know Physical Therapy can assist you with Post-Covid recovery?**

Patient's that have been diagnosed with Covid may have had no idea that they had it, some have mild symptoms and some have severe symptoms. Some individuals recover completely with no additional care and some can take months to recovery. The lingering symptoms of Covid can cause difficulties with daily living. Physical Therapy here at the VA can assist with recovering from Covid.

### **Symptoms may include**

- Post-Covid Syndrome
- Cardiopulmonary compromise such as shortness of breath
- Generalized weakness
- Decrease in endurance and activity tolerance
- Chronic symptoms worsened by the disease
- Balance deficits

## **Outpatient Physical Therapy (PT) would be honored to assist with COVID recovery.**

- Patient's must have been diagnosed with COVID -and are no longer contagious generally 1 month after negative COVID test.
- Patient have to be able to tolerate outpatient PT 1-3 times a week.
- Please contact your provided to inquire about setting up your treatment options.





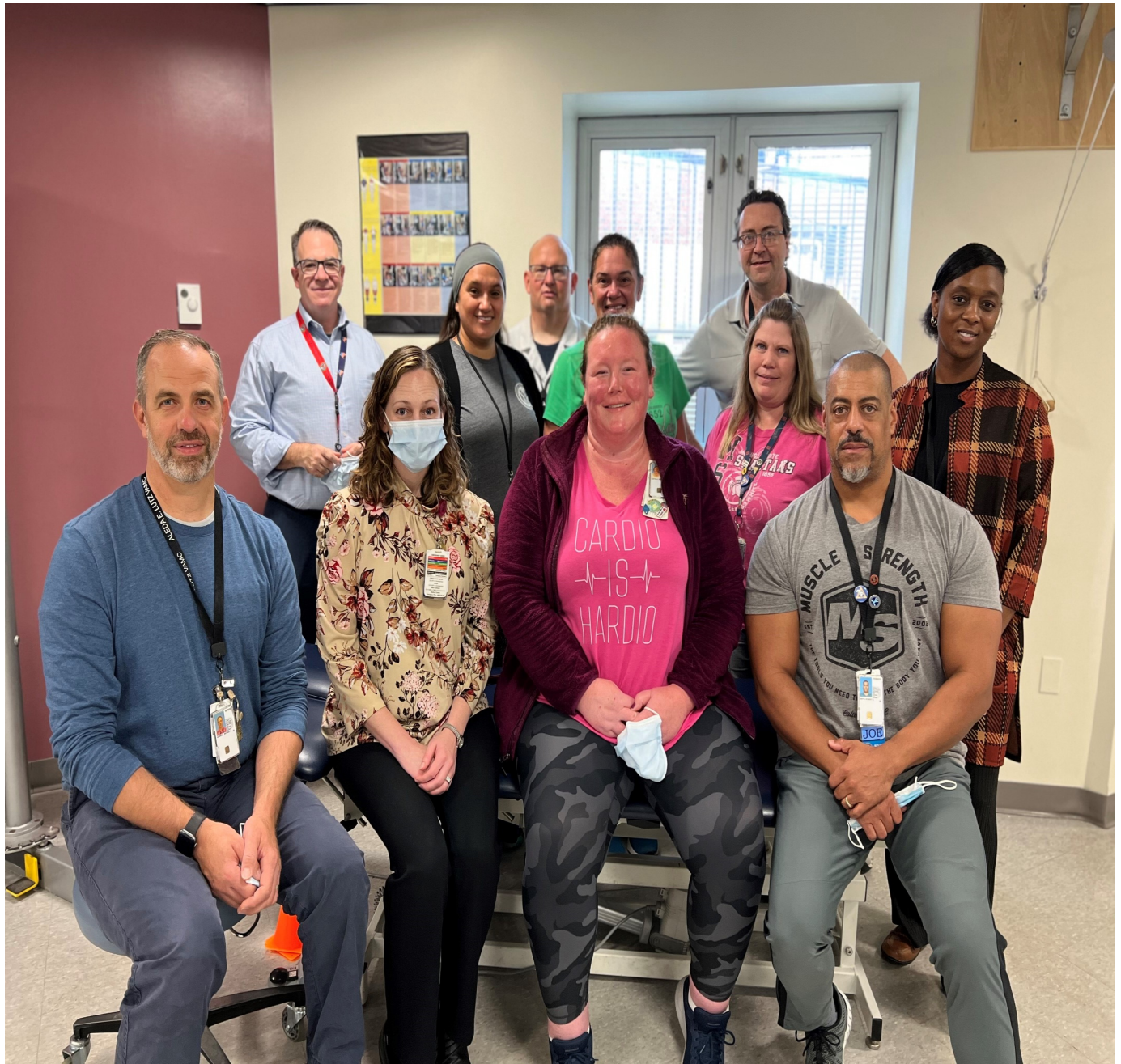
# Inpatient Physical Therapy Team



Names of staff left to right: Depeek Sardey (PT), D'aundra Stokes (PTA), Joni Wohlscheid (PT)



# Outpatient Physical Therapy Team



Names of staff left bottom to right: Mike Kennedy (PT), Ashtin Swain (PT), Ingrid Bartels (LPTA), Joe Smith (LPTA), Sam Gill (Assistant Chief/PT), Jessica Devers (PT), Jim Bates (PT), Kathy Davis (LPTA), Greg Singer (LPTA), Becky Vescio (LPTA), Constance Louis, (CARF Coordinator/LPTA)



# Congratulations to Bob Cook on taking on the new role of Homecare Physical Therapy



Left to Right: BOB COOK (PT), Vickie Burton (PMRS Assistant Supervisor/OTRL), Yuching Groya (OTRL)



Bob is a Physical Therapist (PT) that recently took the Physical Therapy Homecare position here at the VA. Bob has been a physical therapist for 32 years and has been with the VA for the past 8 Years as an Outpatient PT. Bob has worked in many setting including running a residency program in orthopedics manual therapy for 8 years, college instructor in orthopedics for 10 years and Director of Rehab Services for 10 years. Over the years Bob as also worked in acute care, outpatient and homecare. Bob is honored to work with our Veterans and getting them back to doing what they love.

For more information or any questions on the Inpatient CARF Rehab Program you may contact Constance Louis, CARF Coordinator/LPTA at (989) 497-2500 Ext 11060