



Wayne HealthSports

Volume 10, Issue 2 – October 2024



**Outpatient
Rehabilitation
Center**

25th Anniversary CELEBRATION

On August 27, Wayne HealthCare celebrated the 25th anniversary of its Outpatient Rehabilitation Center, located at 1111 Sweitzer St., Greenville.

Although the Outpatient Rehabilitation Center has been around for a quarter of a century, the hospital actually began offering physical therapy services 18 years earlier in 1981 with a staff of two employees. Since its inception, the Outpatient Rehab department has continued to grow and now includes a variety of services, including physical, occupational therapy, and speech therapy, sports medicine, and physiatry services. The department now boasts over 30 therapists, aides, trainers and associates.

In regards to the department's success, Jim Beyke, Director of Rehabilitation Services, said, "It always starts with the staff. I think you have to have people that are like-minded in their philosophy of how to take care of patients. They want to come to work. They want to help people. We are fortunate to have a very good staff."



Jim Beyke, PT, MPT
Director of Rehabilitation
Services at Wayne HealthCare

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Upcoming *events*

FIRST AID FOR COACHES

Monday, October 14, 2024

Monday, February 3, 2025

6:00 to 8:30 pm

Location:

Wayne HealthCare

835 Sweitzer Street

Greenville, OH 45331

Use Harrison Entrance to
Community Rooms

To register, contact:

Jim Beyke, Director of

Rehabilitation Services

937.569.6941

james.beyke@waynehealthcare.org

2025 WAYNE SPORTS PERFORMANCE PROGRAM

May 27 - June 26, 2025

Tuesdays & Thursdays

3:30 pm to 4:30 pm



Wayne HealthSports

Outpatient Rehabilitation Center 25th Anniversary (Cont.)

Throughout his career, Beyke has seen a lot of patients come through their doors more than once, and he believes those return visits are because of the excellent work the staff is doing. He explains, "We focus on making sure we are meeting their goals. We follow a basic philosophy—you're here to get moving again, to get your life back, to be able to work, to be able to play, to be able to return to a sport."

Wayne HealthCare's sports medicine team has the same philosophy as other areas in the rehabilitation department—to help get athletes back onto the field. Beyke gave an example of a student in their senior year who has an injury. This may be their last chance to get back on the field or court. His staff is committed to working with them to make sure they end their athletic career on a high note. They will do what they can to make it happen.

The Rehabilitation Department has come a long way from where they started. They began working at the hospital in a space that was under 1,000 sq. ft. Now, they operate in the Outpatient Rehabilitation Center, a 10,000 sq. ft. facility.

Wayne HealthCare's Outpatient Rehabilitation Services takes care of a wide array of patients. They handle everything from developmental delays with pediatric patients, to orthopedic injuries with young adults and athletes, to joint replacements for middle age and older patients, to individuals with Parkinson's disease.

We are committed to getting you back to your life, quickly, efficiently and effectively. Our therapists work closely with your healthcare providers to help you achieve maximum recovery with a comprehensive rehabilitation program tailored to your specific needs. Our goal is to help you recover faster and get back to your life.

For more information, please call 937.547.5714 or visit [WayneHealthCare.org](https://www.WayneHealthCare.org)

Berry, Ryan (2024, August, 28). WHC's Outpatient Rehab celebrates 25 years. *Daily Advocate*. <https://www.dailyadvocate.com/2024/08/28/whcs-outpatient-rehab-celebrates-25-years/>

WAYNE HEALTHCARE REHABILITATION TEAM:

10

Physical
Therapists

10

Physical Therapist
Assistants

2

Occupational
Therapists

1

Occupational
Therapist Assistant

5

Athletic
Trainers

October is National Physical Therapy Month

Every October we celebrate National Physical Therapy Month to raise awareness about the benefits of physical therapy and recognize what our physical therapists and physical therapist assistants do to transform lives. The theme for this year is Fall Prevention.

Our rehabilitation team offers treatment and programs to assist patients with fall prevention by focusing on balance, movement and strengthening. We also offer specialized programs including:

- **Stepping On - Fall Prevention Program**
- **LSVT BIG for Life - Group Exercise Classes for Parkinson's Disease**

You can find information about each program on the following pages. Talk to your physician about the benefits of physical therapy to improve your strength and balance and reduce your risk of falling.

Stepping On



Building Confidence. Reducing Falls.



Join us for a FREE 7-Week Fall Prevention Program



Stepping On Program Held on Wednesdays 10 am to 12 pm Call for Class Dates

Wayne HealthCare, Harrison Entrance
Community Room #1

1 in 4
people age 65
and older has a
fall each year

Stepping On
has been proven
to reduce falls by
30%

Stepping On is an interactive fall prevention program for older adults who have fallen or who have a fear of falling. It is designed to help you recognize your risk of falling; build the balance, strength and practical skills you need to avoid a fall; and maintain an active and fulfilling life.

Utilizing a group workshop setting, the program incorporates special exercises and physical therapy techniques to help with safe walking and mobility practices.

You will also learn:

- To identify and remove or avoid fall hazards in your home and environment
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

Who should attend? Stepping On is for older adults who walk independently (may use a cane or walker), are cognitively intact, and live in their own home or other independent living facility.

For more information or to register for the next available session, please contact:
Robyn Feitshans, Wellness Coordinator – 937.569.6504 or robyn.feitshans@waynehealthcare.org
Kate Young, Physical Therapist – kate.young@waynehealthcare.org



835 Sweitzer Street | Greenville, OH 45331 | WayneHealthCare.org

LIVE BIG



with BIG for LIFE®!

BIG for LIFE® Group Exercise Classes for Parkinson's Disease

BIG for LIFE® is a group exercise class for people who have already completed the LSVT BIG® treatment program—an innovative physical/occupational therapy program that helps increase strength, motor learning, and changes in brain function in individuals with Parkinson's Disease and other neurological conditions.

BIG for LIFE® classes are taught by LSVT BIG® Certified Clinicians Kate Young, PT, DPT, Ashley Giere, PT, DPT, and Renee Overman, PTA. The classes are designed to be fun, challenging, engaging and provide participants with opportunities for social interaction and encouragement. Participants may be required to provide a medical release to exercise from their physician.

BIG for LIFE® exercise classes help:

- Maintain the improvements you achieved in therapy
- Keep you motivated to practice your BIG exercises daily
- Raise awareness when your movements become smaller or slower than you think
- Increase confidence and help you become more comfortable and empowered

For more information or to register for the next available session, please contact Kate Young at [937.569.6867](tel:937.569.6867) or kate.young@waynehealthcare.org.

For more information about LSVT BIG®, visit LSVTGlobal.com.



LSVT BIG®

Note: BIG for LIFE® exercise classes are not therapy and are not reimbursable by healthcare insurance as such.

Call for Class Dates
Held on Tuesdays
11:00 am–12:00 pm
\$70 for 10 sessions

Wayne HealthCare Wellness Center
835 Sweitzer St., Greenville
Harrison Entrance



Reduce Your Risk of Falling

A fall can result in unwanted outcomes, including injury, loss of independence, and a decreased ability to do the things that are most important to you or a loved one.



Each year, 3 million older adults are treated in emergency departments for fall injuries. Even falls that do not lead to injury can provoke a fear of falling that causes you to avoid the activities that keep you healthy, strong, and ultimately less likely to fall. While falls are dangerous, the good news is that experts say they are largely preventable.

The American Physical Therapy Association offers the following tips to help you reduce your risk of falling:

1. Get Moving

For older adults, physical activity reduces the risk of falling and fall-related injuries. Stay active to maintain the strength, flexibility, coordination, and balance needed to prevent falls. From swimming to yoga to walking, take part in a variety of physical activities that you enjoy. Talk to your physical therapist to determine which activities are safe for you.

2. Know Your Risks

A physical therapist can help you assess your risk factors and develop a plan to address them so you can remain independent. Tell your doctor or physical therapist if you have any dizziness, loss of balance, or trouble seeing. Be sure to tell them whether you fell in the last year.

3. Check Your Medications

Many drugs can cause dizziness, loss of balance, blurry vision, and more. If you have any of these symptoms, review your medications with your pharmacist or doctor.

4. Assess Your Home's Safety

Assess your home to fix or remove anything that could cause trips or slips, such as throw rugs, clutter, poor lighting, and wobbly furniture or handrails. It is also a good idea to install a secure grab bar in the shower and next to the toilet for sturdy support on slippery floors. If you cannot make these safety improvements yourself, ask a friend or family member to help. Check with your doctor, physical therapist, or area agency on aging for local programs that offer home safety assessments.

5. Work With a Physical Therapist

Physical therapy (with exercise) focused on balance, stability, and the ability to perform common tasks is recommended and can prevent falls, according to the U.S. Preventive Services Task Force. Physical therapists are able to help you avoid a fall in the first place, as they are movement experts who can work with you to assess your fall risk factors and develop a plan to address them. They will advise you on making your home safer, educate you about medical risk factors linked to falls, and design a safe-balance training program specific to you.

With the right resources and support, you can reduce your risk of a fall and maintain your quality of life.

To learn more about how physical therapy can help, call Wayne HealthCare's Outpatient Rehabilitation Services at 937.547.5714 or visit WayneHealthCare.org.

Healthy Meals

Marinated Chicken Breasts – Freezer Friendly

Recipe courtesy of: Food Network.com

Total Time: 15 min

Yield: 4 servings

Ingredients

- 1 to 2 tablespoons vinegar—like cider, balsamic or red wine
- 2 to 3 teaspoons dried herbs—like thyme, oregano, rosemary, or crumbled bay leaf
- 1 to 2 tablespoons mustard, whole grain or Dijon
- 1 to 2 teaspoons garlic or onion powder, optional
- ¼ cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 4 boneless, skinless chicken breast, each about 6 ounces

Directions

- Put the vinegar, herbs, mustard, powders (if using) and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag; drop the chicken breast in the bag. Close and shake the bag to coat evenly. Freeze up to 2 weeks.
- Thaw in the refrigerator overnight, under cold, running water, or in the microwave at 30 percent power for one minute at a time.
- Heat a grill or grill pan. When the grill is hot, place the chicken on the grill and cook for about 4 minutes per side, or until cooked through. You can also bake the thawed chicken in a 375°F oven for 15 minutes, or until cooked through.

Nutrition Facts

4 Servings

Amount per serving

Calories 327

Total Fat 16g

Saturated Fat 2.5g

Cholesterol 99mg

Sodium 291mg

Total Carbohydrates 3g

Protein 40g

Sugar 0g

RECIPE COURTESY OF FOODNETWORK.COM



The Benefits of Stretching

Whether you are an athlete or not, there are many physical and mental benefits for incorporating stretching into your regular routine. Find out how stretching can lead to significant improvements in your overall health and well-being.

There is a common misconception that stretching is more important for those that live an active lifestyle, like high school or collegiate athletes. As important as it is for those individuals to be involved in a good stretching routine, stretching can, and should, play a role in the lives of said athletes, as well as those who are not as active as they once were. Incorporating stretching into a regular routine can lead to significant improvements in overall health and well-being.

Stretching Benefits for Athletes

For athletes, a major benefit to following a stretching routine is that it will improve their flexibility and range of motion, which is directly connected with injury prevention. Regular stretching can help maintain the elasticity of muscles and tendons, which reduces the risk of sprains and strains. For most athletes, this means a better performance in their specific sport. For example, a sprinter with greater flexibility in their hamstrings can achieve a more powerful stride. Unfortunately, some injuries cannot be avoided, so when appropriate, adding a stretching regimen into the recovery process can aid in recuperating from those injuries.

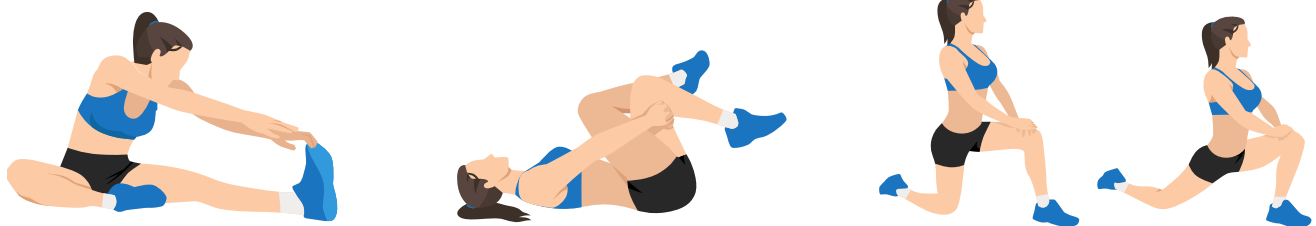
Stretching Benefits for Non-Athletes

A lot of our population were once athletes, but as we age, we are not as agile as we once were, so remaining active can prove to be a challenge. Whether you are still a very active

person, or now live a more sedentary lifestyle, introducing stretching into a daily practice will open the door to plenty of physical, and mental, benefits. Reducing muscle tension is one of those benefits, which in-turn, typically results in decreased pain. For example, taking time to stretch and lengthen our hamstrings and gluteal muscles can help to minimize low back pain. Stretching is associated with decreasing pain, but it can also decrease stress and anxiety. It is a very mindful practice that promotes relaxation. Oftentimes during stretching, deep breathing patterns can be utilized to calm down our nervous system, which usually generates a peaceful mental state.

Getting Started

The idea of beginning something new can be daunting, but getting into a regular stretching routine should create excitement! Start simple with some basic static stretching (holding the stretch for 20-30 seconds) before activity, and as you become more familiar with your routine, you can then add in some dynamic stretches, such as arm circles or leg swings, to get your body moving. Remember, always listen to your body, as stretching should not be that painful. Stretching is a simple, yet powerful movement that offers a range of benefits, from enhanced athletic performance to everyday comfort and stress relief. By making stretching a regular part of your routine, you can improve your physical and mental well-being, paving the way for a healthier, more flexible life.



References:

- Sandra J. Shultz, Peggy A. Houglum, & David H. Perrin. (2016). *Examination of musculoskeletal injuries*. 4th Edition: Human Kinetics Publisher.
- <https://workoutlabs.com/exercise-guide/>

Patellar Tendinitis or “Jumper’s Knee”

Patellar Tendinitis, better known as “Jumper’s Knee” is a very common injury among winter and spring athletes. Patellar tendinitis is inflammation of the patellar tendon, which is most commonly caused by repetitive jumping and running.

You may be experiencing patellar tendinitis if you have signs and symptoms such as pain, swelling, tenderness, and pain that worsens with exercise but is relieved at rest.

Tips to Help Prevent Patellar Tendinitis

1. Consistent Stretching

It is important to get a good stretch before your workout or practice. By stretching surrounding muscles, it can help relieve stress on the patellar tendon. In this case, it is most important to stretch your quadriceps, hamstrings, and calves. You may ask your athletic trainer to show you some stretches or how to use a foam roller!

2. Proper Warmup

Along with stretching, it is important to have a proper warmup. This can be achieved by starting with static stretches, which do not involve a lot of movement such as sitting on the ground and stretching your legs. You should then complete dynamic stretches that create a movement-based stretch to help prepare the muscles to fire. It is crucial to complete static stretches before dynamic as well as dynamic stretches before practice or exercise.

3. Supportive Shoes

When it comes to sports that involve a lot of running and/or jumping it is crucial to wear supportive shoes. It is best to have specific practice shoes that have a good thick sole along with arch support. Having a shoe with good soles

and arch support helps absorb the shock from running and jumping. Without this kind of support, it is the lower leg absorbing the shock, which can lead to many injuries. This means you should not wear Converse, Crocs, HEYDUDE™, or run barefoot!

4. Talk with Your Athletic Trainer

The best thing to do if you are experiencing pain is to talk to your athletic trainer. Your athletic trainer can help you figure out what is going on along with creating a plan of action. Athletic trainers are specialized in sport specific injuries and are here to help you!



Sports Physicals Wrap-Up

THE 2024 SPORTS PHYSICALS WERE A HUGE SUCCESS!

A total of **82 student athletes** were provided with comprehensive physicals at our **Annual Community Sports Physicals night**. The event was held on June 5th at Family Health. A huge thank you goes out to **Wayne HealthCare, Beltone, Orthopedic Associates, Greenville Rescue, and Family Health** for their specialty care services. This event would not be possible without the collaboration and volunteers from the community.

Wayne HealthCare also offered \$10 discounted physicals throughout the summer through our Walk-In Care services. A total of **170 student athletes** received comprehensive physicals at **Wayne Primary Care and Walk-In Care Services** from June through early September.

We look forward
to seeing everyone
for the 2025
sports physicals
next summer!



Wayne HealthSports

For more information
about Wayne HealthSports
or Wayne HealthCare
Outpatient Rehabilitation,
please contact:

Wayne HealthCare
Outpatient Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

937.547.5714

To learn more about
rehabilitation, orthopedic and
sports medicine services,
please visit:

WayneHealthCare.org

MEET OUR *Athletic Trainers*



ALYSE GRILLIOT
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JULIETTE MUELLER
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