



HEALTH CARES

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Winter 2016

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Amazing things happen when you build a healthcare partnership with your local family physician. At the heart of Memorial Health Care Systems are 10 physicians who are committed to caring for you throughout all of life's stages.

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by Bryan TELEMEDICINE

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Memorial Therapy Services Helps Patients Stay in the Game

Football. Seth Fitzke loves the intensity of the sport and being part of a team. The Concordia Bulldogs' tight end set high goals for his final season. But his game was quickly sidelined during a spring practice prior to his senior year; the Seward native sustained a devastating knee injury and tore his anterior cruciate ligament (ACL). "I had instant pain and knew it was different; but I wasn't prepared for a possible season-ending injury," Seth said.

Surgery to repair Seth's injured knee was his only option and recovery time for the athlete was a lengthy, comprehensive approach. Spring training was now a rehabilitation program to strengthen the muscles around the knee and to regain his range of motion. Seth, his orthopedic surgeon and the Seward Memorial physical therapy team formulated a treatment plan to get him back to the game he loves.

"Rehabilitation is a vital part of an ACL recovery and is essential to getting back to regular physical activity and competition. Our team closely followed the surgeons post-operative protocol and provided patient education throughout to reduce the risk of further injury," Jon McClung, MHCS physical therapist said.

Aquatic therapy at Memorial Health Care Systems was a key component to

the rehab process as the unweighted environment allowed Seth the ability to do things he couldn't do on land with increased safety and good technique. "My therapy time in the pool allowed me to build up my core strength with little impact," Seth said.

The primary goal of therapy was to regain range of motion and strength in Seth's knee. But concentrating on balance, agility, running, jumping and landing skills needed to be a priority for this athlete. Many of Seth's therapy sessions included the Biodex Balance System, the newest edition of high-tech medical equipment at MHCS.

"The balance system provided real-time feedback on the weakness in my injured knee verses my healthy knee," Seth said. The system identified the functional deficits in his knee, providing Seth with a heightened awareness of his body movements and areas to improve.

"Seth is a young, determined athlete. His focused effort and patience in the healing process aided in his rehabilitation and recovery," Jon said. He graduated from physical therapy just 10 weeks post-surgery and made the difficult decision to red shirt this football season. Today, he works with Concordia trainers on conditioning and high level strength and agility, and setting high goals for the next football season.



Kylee Sisel, Physical Therapist Assistant, monitors Seth's progress.



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Pulmonary Rehabilitation, every breath counts

What brought Milford women to Seward each week? Pulmonary rehabilitation at Memorial Hospital. Linda Sorensen, Sharon Neihardt, Carol Morrow and Doretta Schweitzer participated in a doctor referred rehabilitation program lead by Respiratory Therapy.

Pulmonary Rehabilitation works with groups of men and women who are suffering from some form of chronic lung disease. The Rehab team will work with individuals as well as with groups. They strive to increase participants' knowledge of their disease and improve their lung capacity to its fullest potential. "The program is a good way to help patients gain confidence and the goal is to maintain an exercise program on their own," shares Lisa Kimsey, Director of Respiratory Services.

Carol Morrow sought medical attention due to choking from reflux. "Since I've been coming to

rehabilitation, I am not coughing as much, have more energy and have improved my daily living."

Linda Sorensen was motivated by her children to seek treatment. Shortness of breath and heart problems left her exhausted. "I couldn't even walk a block. My kids kept saying I was too young to have this condition. As soon as I saw the facility for treatment I really liked it. The view is wonderful, and the staff makes it fun. They are a joy to be around," Linda said.

"It is great that Specialty Doctors come to Seward. I can have my health screenings, surgery, recovery and follow up with therapy all right here," shared Doretta Schweitzer.

"The local facilities are wonderful. Why would I drive to Lincoln when we have the state of the art facility right here?" added Sharon Neihardt.

While their paths rarely crossed in the Milford community, these ladies formed a friendship of mutual



Linda Sorensen, Sharon Neihardt, Carol Morrow and Doretta Schweitzer have enjoyed rehabilitation together.

encouragement through their time together in pulmonary rehabilitation. The journey to pulmonary rehabilitation was different for each of them but together they reached a common goal of improving their quality of life.

For more information on Pulmonary Rehabilitation at Memorial Hospital call 402-643-2971

Wednesdays For You



Dr. Denes Korpas
Nebraska Heart Institute
Wednesday, February 15, 2017
"Transcatheter Aortic Valve Replacement"

Seward Family Medical Center lower level Vahle Conference Room. Light lunch provided. R.S.V.P. by Wednesday, February 8 to 402-646-4707.

Digital Radiology enhances patient care

Memorial Health Care Systems recently added digital radiology to the Family Medical Centers of Milford, Seward and Utica. Digital radiology is a computer-based form of technology that allows for digital imaging instead of the traditional X-ray film creating high resolution medical images. Radiology Director Sandie Ross explained the enhancement to the Clinic Radiology was recommended to partner with efforts in electronic medical records. "Digital radiology allows for optimal imaging. The technologist can see the image immediately and providers can view X-ray images in the electronic chart," Ross said.

Radiology technologists Pennie Rardin and Sandra Tuma have found the new systems very user friendly. "It provides better quality imaging in less time," Rardin said. "X-rays are



Radiology Technologist Pennie Rardin reviews digital imaging.

Thank you, MHCS donors! Donations helped to provide digital radiology in the Seward, Milford and Utica Family Medical Centers.



Front: Sandie Ross, Radiology Director & Terri Lannan, Clinic Administrator
Back: Kelly Gifford, Nurse Manager & Sandra Tuma, Radiology Technologist

just a computer click away; we don't need to spend time changing films. It makes the whole patient experience much more efficient. This is very high-tech for our rural clinics," added Tuma.

Clinic Administrator Terri Lannan is excited to be able to offer Seward County the latest technology available in Radiology. "The implementation

of digital radiology supports our medical providers in diagnosing and treating patients. Memorial Health Care Systems is committed to providing excellence in healthcare to the communities we serve. The addition of digital radiology in our clinics enhances patient care with the highest quality of X-ray imaging available," Lannan said.

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300 N. Columbia | Seward, NE 68434 | 402-643-2971 | www.mhcs.us

MHCS Mission: We enhance the quality of life for individuals in our communities by providing excellence in health care services in the most appropriate settings.

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Extended HOURS

Appointments Available 7 a.m. - 5 p.m.

Pete Christensen, OTR/L
Occupational Therapist

Jon McClung, PT, DPT, OCS,
CSCS, PES
Physical Therapist

Barb Leymaster, PT, MPT, GCS
Physical Therapist

Bon ten Bensel, PTA
Physical Therapist Assistant

Kylee Sisel, PTA
Physical Therapist Assistant