



# H I G H F I V E



## SPRING GROWTH

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As spring has arrived so have many changes at Michigan Hand & Sports Rehabilitation Centers. Like the season, we are in the process of another growth period. We began with one clinic and a handful of therapists on a mission to provide the best therapy for patients with upper extremity injuries. Over the years, we have grown to five sites (Warren, Dearborn, Rochester, Detroit and Livonia), and more than 25 highly qualified OT's and PT's. Our mission is still the same, as our clientele has expanded. We continue to offer cutting edge acute hand therapy, custom

splinting, work reconditioning and industrial consultative services. We have added several PT's specializing in manual therapy, muscle balancing and sports rehabilitation. We now provide state of the art full body therapy programs and sports rehabilitation. With the addition of our new Director of Rehabilitation Services, Laura Ramus, P.T., A.T.C., the expansion of our sports rehab department is well underway. She is a highly respected P.T., A.T.C. with an extensive sports background including work with the Detroit Shock. We have also opened an Orthotics Dept. led by Jerry

McHale, C.O. Jerry is a highly experienced orthotist and is famous for the "Mask" worn by professional basketball players. We are very excited about all the new changes and look forward to continuing to provide cutting edge rehabilitation services to the Detroit Metro Area.

Denise Claiborne, MS, OTR, CHT  
Editor

## SPORT SHORTS



One of the primary goals of every sports medicine professional is to create a playing environment for the athlete that is as safe as it can possibly be. At Michigan Hand & Sports we provide a variety of preventative programs, including strength training and jump training to prevent ACL injuries in the female athlete. Regardless of that effort, the nature of athletic participation dictates that injuries will occur. When

injuries do occur the focus of the sports therapists shifts from injury prevention to injury treatment and rehabilitation. The process of rehabilitation begins immediately after injury. Initial first aid and management techniques can have substantial impact on the course and ultimate outcome of the rehabilitative progress. Michigan Hand & Sports is staffed with expert Certified Athletic Trainers and Therapists who have at their

disposal some of the best sports medicine doctors in Michigan. The sports therapist at MHSRC have many tools at their disposal that can facilitate the rehabilitative process. The competitive nature of athletics necessitates an aggressive approach to rehabilitation. Our goal is to return you to activity as soon as safely possible.

Laura Ramus, P.T., A.T.C.

## ACUTE THERAPY

As the weather warms up, so does our desire to get out and play our favorite sports. Often, we are deconditioned after a long winter and prone to injury. A common complaint amongst “weekend warriors” and injured workers is lateral epicondylitis or “tennis or golfers elbow”.

The elbow is particularly vulnerable to tendonitis because of the imbalance between the large forearm muscles and the small insertion area or the epicondyle of the humerus bone (elbow). The extensor muscles that are attached to the elbow control the movement of the wrist and hand. When strained or

subjected to overuse, the tendons become irritated and radiate pain from the elbow down the forearm. Symptoms are most common on the outer side of the elbow (tennis elbow), but can also occur on the inside of the elbow (golfers elbow) involving the flexor muscles.

Treatment frequently consists of use of modalities (cold pack etc.), proper stretching, strengthening exercises and use of a “tennis elbow band” or counter force brace. The counterforce brace acts as a diffusing force, altering overloads to less sensitive tissue. Our custom design offers a wider span to prevent com-

pression over already traumatized areas. The splint is molded directly over the forearm to ensure a perfect custom fit. Patients who use this full-contact brace seem to have fewer complaints of pain, resulting in increased ability to perform work duties and play the sports they enjoy so much!

Eileen Foley, OTR, CHT



## INDUSTRIAL CONSULTATIVE SERVICES

MHSRC offers a proven progressive personalized approach to the management and prevention of work related injuries. Our programs are implemented by registered Occupational Therapists and OT assistants who specialize in industrial injuries and their prevention. The following services are provided at the Warren & Dearborn Clinics:

➤ Functional Capacity Evaluations—A 2 day stan-

dardized test with a focus on whole body evaluation. The clients current physical capabilities are identified after a variety of test protocols are completed.

➤ Work Conditioning Program—customized, goal oriented program designed to address concerns with return to work options.

➤ Functional Job Analysis—the therapist visits client's work site to assess job de-

mands and make recommendations/modifications if necessary. Video taping is often done and reviewed with the doctor.

➤ Ergonomic worksite consultation—The therapist visits the workplace to analyze the need for ergonomic interventions to address potential risks and promote wellness in the work environment.

Kim Pace, OTR



## ORTHOTICS-FACE MASKS

In the NBA this season as well as last season, the clear plastic facemask has had a prominent presence.

Rip Hamilton of the Detroit Pistons continues to wear a mask for a second season, following a proud display of his mask in their championship victory last year. LeBron James of the Cleveland Cavaliers wore a mask in January to protect his injured nose. Recently, Carlos Arroyo fractured his nose and required a protective mask to continue to play.

Subsequently, for a period of 6 weeks, the Pistons had 2 players wearing masks. The purpose of the custom masks is to protect an injured area of the face, typically a nose

fracture that has been surgically reset. The use of the mask allows the player an early return to competition with less risk of additional injury.

Facemasks are also used to protect other facial fractures such as cheek and orbital fractures. In 1990, I introduced the clear plastic custom made facemask to the NBA and modern sports medicine, when I made the first of this type seen in the NBA. It was made to protect an orbital and cheek fracture for Bill Laimbeer also of the Pistons.

Prior to my use of the mask in sports medicine, the masks were used for the treatment of hypertrophic scarring with facial burn injuries. Direct

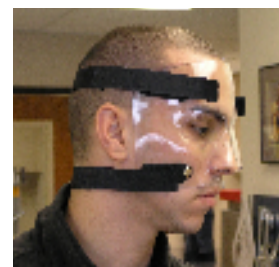
pressure applied to hypertrophic scars associated with healing burn injuries retards further development of the scarring. The transparent quality of the mask allows for direct visual monitoring and management of the pressure.

For an athlete, the mask is fabricated with a space between the lesion site and the inner surface of the mask. This space is designed to redirect any applied forces to surrounding areas away from the injury. Since 1990, I have not heard of one case of an additional face injury while a mask was in use by an athlete.

Jerry McHale, CO



“Since 1990, I have not heard of one case of an additional face injury while a mask was in use by an athlete.”



## UPCOMING EVENTS

### EVENING LECTURE SERIES

**July 21, 2005:** “How to Study for the CHT Exam”, Jim Riley, OTR, CHT, Amy Barber, OTR, CHT, Tina Skerske, OTR, CHT

**Sept. 15, 2005:** Dr. Wagner & Kurt Krueger, OTR, CHT - Flexor tendon injury/treatment

**Nov. 5 & 6, 2005:** Laura Ramus, P.T., A.T.C. — Muscle Balancing 2 day course

**We are on the web!**

[www.michiganhandsportsrehab.com](http://www.michiganhandsportsrehab.com)

## **MICHIGAN HAND & SPORTS REHABILITATION CENTERS**

### **\* CORPORATE OFFICE**

WARREN LOCATION  
11012 13 Mile, Ste. 200  
Warren, MI 48093  
Phone: 586-573-8890  
Fax 586-573-2706

### **\* DEARBORN LOCATION**

22731 Newman, Ste. 100B  
Dearborn, MI 48124  
Phone: 313-791-0616  
Fax: 313-791-0632

### **LIVONIA LOCATION**

15250 Levan Rd.  
Livonia, MI 48154  
Phone: 734-464-6311  
Fax: 734-464-6233

### **DETROIT LOCATION**

4160 John R, Ste. 1026  
Detroit, MI 48201  
Phone: 313-831-1235  
Fax: 313-831-0715

### **ROCHESTER HILLS LOCATION**

455 Barclay Circle, Ste. B  
Rochester Hills, MI 48307  
Phone: 248-853-6965  
Fax: 248-853-6972

### **\* FULL SERVICE FACILITIES**

INCLUDING Work Reconditioning  
and Physical Therapy.

## **THE ZONE**

➤ New ATC Trainer, Michael Perkins, A.T.C. joined Warren Location.

➤ ASHT Poster Presentation on Distal Radius Fracture, Denise Claiborne, MS, OTR, CHT, Eileen Foley, OTR, CHT, Kurt Krueger, OTR, CHT, Darren Gustitus, OTR, CHT San Antonio, TX Sept 05.

➤ Laura Ramus, P.T., A.T.C., interviewed on WDIV Channel 4 about "Knee injury prevention techniques". To be aired in May. Date to be determined.

## ***IN OUR NEXT ISSUE...***

- **CROSS BOW**
- **BACK PACKS**
- **ERGONOMICS**
- **FOOTBALL**
- **ANTI-VIB GLOVES**

## **ANNOUNCEMENT**

- **Want Detroit Shock Tickets? Call Warren Office (586) 573-8890**