



Paris
Community
Hospital
Family
Medical
Center



February 2016

Rehab or prehab?

staying
healthy

Prehab can help recovery after surgery

The benefits of physical therapy are many. They include improving mobility deficits, reducing pain, and restoring function due to an injury, surgery, or disability.

Most have heard of physical therapy, also referred to as rehabilitation (or rehab) following an injury or surgery. But prehabilitation (or prehab) is a term not so easily recognized.

Prehab refers to a therapy program designed to prepare an individual for surgery or prevent injury from occurring in the first place. The goal of prehab is to reduce post-surgical recovery time or maintain physical health for daily living, work, or sport.

According to the National Institutes of Health (NIH) a prehab program can speed up an individual's return to normal activities following an operative procedure. It is found to increase a person's ability to recover following the trauma of a surgery. A generic prehab program incorporates a warm-up component, cardiovascular workout, resistance

training, stretching, and relates it back to daily activities.

Some physicians may order prehab therapy for patients with limitations that may resolve with therapy alone, before recommending surgery. If surgery is determined to be necessary even after prehab, the recovery time following surgery has been found to be easier and faster.

Research published by the NIH supports prehab prior to surgery. One study showed that prehab used for joint replacements reduced the need for post-surgical (rehabilitation) services by 29%.

The concept behind prehab is developing muscle memory, which enhances the communication between your brain and muscles. Improving communication to the muscles prior to a surgery aids in recovery and restores normal movement patterns following the procedure.

Muscle memory is the process of learning and improving motor skills through practice and repetition. When a movement is repeated over time, a long-term muscle memory is created for

that task. This allows the task to be performed without conscious effort. Examples of muscle memory are found in many everyday activities that become automatic and improve with practice, such as riding a bicycle, typing on a keyboard, and playing a musical instrument.

One risk of creating muscle memory is that learning or practicing a skill incorrectly (using poor form or technique) can be difficult to unlearn. That is why it is important to seek skilled guidance when first learning a new task for proper technique and muscle recruitment.

Physical therapists develop customized programs for individual needs during prehabilitation that may be carried forward during rehabilitation for maximum effects of muscle memory and recovery.

PCH/FMC's rehabilitation department offers physical therapy, occupational therapy, speech therapy, cardiac rehab, and more. For more information, visit ParisCommunityHospital.com/rehab.

Danielle Colvin, DPT, OCS



Danielle Colvin is a Doctor of Physical Therapy (DPT) and a board certified orthopaedic specialist (OCS) in PCH/FMC's rehabilitation services department.

Danielle earned the prestigious OCS certification through the American Board of Physical Therapy Specialists. In Illinois, only 4.8 percent of all licensed physical therapists (5.3 percent nationally) hold an OCS credential.

Danielle has six-and-a-half years experience as a physical therapist. She has a bachelor of science degree in kinesiology from the University of Illinois and a doctorate degree in physical therapy from Midwestern University in Downers Grove, Ill.

Danielle was born and raised in Paris. She attended Paris high school, where she played basketball, softball, and tennis. In her spare time, she enjoys spending time with family and friends, traveling and running. She competed in the Chicago Marathon in 2014.

She and her husband, Granville, have a daughter, Brinkley, who is three months old.



Can fat be good for you?

Eating fat may not sound very appetizing or healthy. But completely eliminating fat from your diet is not a healthy option either. After all, the 2010 Dietary Guidelines for Americans says adults should get 20 to 35 percent of their daily calories from fat.

So, what to do? The Mayo Clinic notes that fat is essential to your health because it supports a number of the body's functions. And, some fats actually promote good health. So when choosing fats, select unsaturated fats instead of saturated and trans fats.

- Saturated fat comes mainly from animal sources of food, such as red meat, poultry, and full-fat dairy products (butter, lard, cheese). Saturated fat raises total blood cholesterol and low-density lipoprotein (LDL) cholesterol—often referred to as “bad cholesterol”—

which can increase the risk of cardiovascular disease. Saturated fat can also increase the risk of type 2 diabetes.

- Trans fat occurs naturally in some foods. But most trans fats are made from oils through food processing. Trans fat can be found in doughnuts, baked goods (cakes, pie crusts, biscuits), pizza, cookies, crackers, and stick margarines. Trans fat can increase unhealthy LDL cholesterol and lower healthy high-density lipoprotein (HDL) cholesterol. It also can increase the risk of cardiovascular disease.

Most foods contain a combination of different fats. Healthy, unsaturated fats include the following:

- Monounsaturated fat is found in a variety of foods and oils, including avocados, peanut butter, many nuts and seeds, olive oil, peanut oil, and sesame oil. Eating foods rich in monounsaturated fats improves blood cholesterol levels, which can decrease the risk of heart disease. These fats also may benefit insulin levels and blood sugar control, which can be especially helpful for people with type 2 diabetes.
- Polyunsaturated fat is found mostly in plant-based foods and oils, including fatty fish

(salmon, mackerel, herring, and trout), soybean oil, corn oil, and sunflower oil. Eating these fats improve blood cholesterol levels, which can decrease the risk of heart disease. They also may help decrease the risk of type 2 diabetes.

- Omega-3 fatty acids, which are a type of polyunsaturated fat found in some fatty fish and plants, can help decrease the risk of coronary artery disease. It may also protect against irregular heartbeats and help lower blood pressure levels.

Fish high in omega-3 fatty acids include salmon, tuna, trout, mackerel, sardines, and herring. Plant sources of omega-3 fatty acids include flaxseed (ground), oils (canola, flaxseed, soybean), and nuts and other seeds (walnuts, butternuts, and sunflower).

Contrary to some beliefs, cholesterol is not a fat, but a waxy, fat-like substance. The body manufactures some cholesterol and absorbs some from food, such as meat and eggs. Cholesterol is vital to the body as it builds cells and produces certain hormones. According to the Mayo Clinic, your body makes enough cholesterol to meet its needs and you do not need any cholesterol in your diet.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs February & March

Wear Red Luncheon

February 5

PCH/FMC's third annual Wear Red Luncheon will take place during National Wear Red Day at noon at Café France in Paris. Cost is \$20 per person. Tickets are limited and can be purchased at the Paris Area Chamber of Commerce & Tourism and Paris Community Hospital. Call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Monthly Health Screenings

February 9; March 16

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held in the Family Medical Center from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

CPR/AED/Heimlich Class

February 12; March 7

These free American Heart Association certified courses teach basic

CPR, the use of an automated external defibrillator (AED), and the Heimlich maneuver used in choking emergencies. Free classes are made possible by the Rural Access to Emergency Devices Grant. Classes take place from 8:30 am to 12:30 pm in Conference Room D. To register, call 217-465-2606, Ext. 320.

Volunteers' Book Sale

February 15

The PCH Volunteers will hold their annual book fair from 7 am to 4 pm in Conference Room B.

Medical Weight Loss Seminar

February 16; March 15

A free informational session regarding PCH/FMC's new Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Doctors' Day

March 30

Join PCH/FMC as it celebrates National Doctors' Day. Be sure to thank your physician for the care that he or she provides.