



Rehab at the Village offers in- and outpatient services

Getting back on one's feet following an injury, surgery or illness may be difficult. Help from a physical therapist and rehabilitation services is often the necessary route to return to work, play or daily activities as efficiently and quickly as possible.

Rehabilitation Services in the Village at Pelham are conveniently located just off I-85. The Village has two locations: outpatients are treated in the Medical Office Building, while inpatients have their own treatment department in the Village Hospital.

Each location has an experienced team of licensed physical therapists trained in many areas. Using progressive treatment techniques, these therapists help patients regain their maximum level of function to the injured area.



The specialized programs and services include:

- Acute injury rehabilitation
- Foot orthotic casting and fitting
- Graston technique for soft-tissue mobilization
- Injury prevention education
- Orthopaedic rehabilitation
- Pre- and post-operative joint care
- Spine care
- Functional training for work, sports and recreational activities
- Vestibular rehabilitation for dizziness and imbalance

Other types of treatments, especially for lower back pain, include electrical stimulation, in which electrical currents override the painful signals sent to the brain; ultrasound where sound waves are applied to the skin

and penetrate into muscle tissue; and heat/ice treatment to reduce muscle spasm and inflammation.

Rehabilitation Services is open Monday through Thursday from 7:30 a.m. to 6:30 p.m. and Friday from 8 a.m. to 4:30 p.m. by appointment. For more information or to make an appointment, please call 864-849-9250. Physician referral is required.

Graston® technique means relief from discomfort

The Graston Technique® is a non-invasive treatment that uses patented stainless steel instruments to detect and treat scar tissue that limits a patient's range of motion, causes pain or restricts normal function.

Scar tissue prevents patients from functioning at their optimal level. When viewed under a microscope, normal tissue appears either: dense, regular elongated fibers running in the same direction, such as tendons and ligaments; or dense, irregular and loose with fibers running in multiple directions. In either instance, when tissue is damaged, it will heal in a haphazard pattern – or scarring that results in a restricted range of motion and, very often, pain.

Graston instruments are used to enhance the clinician's ability to detect adhesions, scar tissue or restrictions in the affected areas. Skilled clinicians use the stainless steel instruments to identify the areas of restriction. Once the tissue has been identified, the instruments are used to break up the scar tissue, so it can be absorbed by the body.

The treatment protocol is similar for all types of injuries. It includes a brief warm-up exercise, Graston treatment, followed by stretching, strengthening and ice. The treatment can be used in conjunction with other forms of therapy as well, such as joint mobilizations, ultrasound and electrical stimulation. Patients are evaluated and a personalized treatment plan is designed to meet their needs.

Generally, the Graston technique has had positive outcomes in most conditions treated. It is equally effective in restoring function to acute and chronic injuries and pre- and post-surgical patients.

For more information, please contact Village Rehabilitation Services at 864-849-9250.





VILLAGE at pelham

A division of Spartanburg Regional Healthcare System

250 Westmoreland Rd.
Greer, South Carolina 29651

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Featured Events

As part of our commitment to keeping you healthy, active and informed, the Village at Pelham offers a wide selection of health education classes, seminars and events. Register today at villageatpelham.com or call 864-849-9470. Programs are held in the Village at Pelham Community Center (located within the Medical Office Building), unless otherwise noted.

NICOTINE ANONYMOUS MEETING

Tuesdays in February • 6-7 p.m.

Conference Room, Medical Office Building

Nicotine Anonymous is a weekly support group dedicated to those who have a desire to stop using nicotine. This casual meeting is free and open to the public. No registration is required. For more information, please call the Joe R. Utley Heart Resource Center at 864 560-4472.

DIABETES SELF-MANAGEMENT EDUCATION

Wednesday, February 16 • 9 a.m.-4 p.m.

Community Center

Diabetes affects every organ in your body, so that means learning as much as you can about how to control it. Join Carolina's Center for Diabetes and Endocrinology to gain the skills you need to accomplish this. You must have a physician referral to participate, and insurance will be filed for cost of the class. Participants receive a free blood glucose meter and diabetes reference book. Please contact Erica Moore at 864-560-6465 for more information and to register.

HEALTH FROM THE HEART

Thursday, February 17 • 12-1 p.m.

Community Center

Do you want to keep that New Year's resolution for eating healthy and exercising for a healthy heart? David Rodak, M.D., of Cardiology Consultants, will give you practical ways to start 2011 with a plan to keep your heart healthy. Please register at villageatpelham.com. Lunch served. Free

NICOTINE ANONYMOUS MEETING

Tuesdays in March • 6-7 p.m.

Conference Room, Medical Office Building

Nicotine Anonymous is a weekly support group dedicated to those who have a desire to stop using nicotine. This casual meeting is free and open to the public. No registration is required. For more information, please call the Joe R. Utley Heart Resource Center at 864 560-4472.

COULD IT BE CARPAL TUNNEL?

Tuesday, March 15 • 12-1 p.m.

Community Center

Carpal tunnel syndrome can cause tingling, numbness, weakness, or pain in the fingers or hand. Thomas Eison, M.D., of Village Orthopaedic Surgery, can help you recognize the causes, effects and treatment for this common disorder. Please register at villageatpelham.com. Lunch served. Free

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Community Health Talk

Toni Conner, R.N.

community resource nurse,
the Village at Pelham



I recently witnessed a scene that touched my heart and reminded me why I am thankful to be a nurse.

At the entrance to the Village Hospital, a nurse was standing beside a patient in a wheelchair who was waiting to go home. The nurse and the patient were talking, and it was evident they were comfortable with each other. As the patient's family car drove up, the nurse helped the patient to her feet. The patient said a few words to her, then gave her a big, heartfelt hug. The nurse smiled, said a few words and helped the patient into the car. As the nurse closed the car door, the family member and the nurse exchanged a few words; then the family member also hugged the nurse. The car drove away, and the nurse turned, pushed the wheelchair back into the hospital to resume her day.

The reason this scene was touching to me is because it is a reminder of how much caring, competent medical professionals mean to a person struggling with health issues. The scene demonstrated just how important that personal touch is in medical care. It is an honor to be able to help a person who is dealing with an illness or recovering from surgery. It makes us feel good to be able to ease pain or assist a patient in regaining strength. It is a special feeling to be able to hold the hand and comfort someone who is suffering, and it is very rewarding to see a patient's health improve.

I am proud to be a nurse here at the Village at Pelham. We have a staff of caring professionals, and I know we are making a difference in the lives of people in our care. And in the process, we are also blessed.