



# Carter Rehabilitation & Aquatic Centers



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April 2013



## National Occupational Therapy Month

April is a great time to celebrate the occupations of life. What can occupational therapy do for you?

In the event you have experienced a decline in function or reduction in independence due to chronic health conditions occupational therapy can help! Sometimes the things we have always enjoyed doing become difficult when faced with an illness, injury, or degenerative disease. Occupational therapists can make suggestions on different strategies that can be used and assistive devices that will allow you to keep doing the things that are important to you.

For many people, spring is a time for working in the yard, gardening, and completing household projects. Using good body mechanics, ergonomic tools, and energy conservation can allow you to continue to do these things without increased pain, discomfort, and frustration.

Here are some tips that you can use to help protect your back, knees, and arms this season while working in the yard.

- When lifting heavy awkward items like mulch and soil:
  - Keep your back straight
  - Maintain the item close to your body
  - Use your legs to lift heavier items
  - Ask for help with items over 25 pounds
  - Make more trips while carrying less weight
- When working on the ground:
  - Use knee pads, or stools designed to be used in the garden
  - Take frequent breaks
  - Take time to stand and stretch
  - Change positions
  - Use tools that have been well maintained
  - Allow for projects to take longer to complete
- When using tools with your hands
  - Use ergonomic designs that comfortably fit in your hand
  - Only grip tools as much as necessary to operate
  - Alternate the type of work you are doing in an hour period
  - Stretch your hands on breaks by opening them wide and holding the stretch.



Karen Austermiller, OTD OTR/L  
Occupational Therapist

By following these guidelines you can help prevent muscle fatigue and injury while enjoying the occupations of spring!



**Carter Rehabilitation Center**  
**Scope of Service**

- ◆ Physical Therapy
- ◆ Occupational Therapy
- ◆ Hand Therapy
- ◆ Aquatic Rehabilitation
- ◆ Pelvic Floor Rehabilitation
- ◆ Infrared Light Therapy
- ◆ Social Services
- ◆ Fibromyalgia Wellness Program
- ◆ Community Fitness Program
- ◆ Big Program for Parkinson's Disease
- ◆ Group Exercise Classes

**Upcoming Events**



**\*\*Chronic Pain & Fibromyalgia Support Group Meeting**  
**Topic:**

**Facilitator:**  
**April 29, 5:30-6:30 PM—Adrian**

**\*\*Amputee Support Group Meeting**  
**April 9, 12:00 noon Adrian**

**Speaker: Eva Salisbury RN, DCE (Certified Diabetic Educator) Topic: How Diabetes Affects the Amputee**

**Kelly Carter Scholarship Fund**

● Kelly Carter was a well known and respected physical therapist in the Lenawee County area for 10 years. He was the founding Director of Carter Rehabilitation Center in Tecumseh when it opened in March 1993. His commitment to his career and dedication to his patients earned him the respect and admiration of all who knew him. ● Unfortunately, he lost his battle with ALS (Lou Gehrig's Disease) in February 1998.

● Kelly Carter realized the importance of a quality college education. The Kelly Carter Scholarship Fund was initiated in 1995 to assist Lenawee County students who were entering various ancillary medical fields. Since the scholarship's initiation, Carter Rehabilitation Centers have awarded over 45 scholarships to Lenawee County students.

Each year, Carter Rehabilitation Centers of Tecumseh and Adrian are honored to award the Kelly Carter Scholarship.

**Congratulations to our 2013-2014 Scholarship recipients:**

**John Terry, Hillsdale College Nicholas Mason, Grand Valley State University Michelle Ranta, Eastern Michigan University**

**Help us raise dollars for scholars this summer at our annual fundraising event, the Kelly Carter Scholarship 5/10 K Run and One-Mile Fun Walk.**



**July 13, 2013, 8:00AM Start**

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**SPRING INTO FITNESS**

**3 month individual fitness membership**

**only \$50**

**during the month of April**

**(not valid with any other offer)**

**Adrian or Tecumseh location**

