

Jefferson Healthcare

SPRING 2018 | Building health. Inspiring wellness.
Right here at home.

2 STRETCHING TIPS

3 CELEBRATING 40
YEARS OF JEFFERSON
RHODY RUN

5 GOING THE DISTANCE

6 PINPOINTING
YOUR PAIN

Hello neighbors

What a beautiful time to live in Jefferson County! As the temperatures rise and the days get longer, a mantra of work hard, play hard, really sets into our community. Our team at Jefferson Healthcare enjoys nothing more than working hard to make our community a better, healthier place—and then getting outside to enjoy this place we call home. There's nothing better!

At Jefferson Healthcare, our team has started to implement key parts of our strategic plan. Our focus for the next few months is improving access to care, quality of care and increasing patient safety. We recently placed 10 new providers into our community, which will help more people receive the care they need, when they need it. We also opened the new Express Clinic for non-emergency treatment of minor illnesses and injuries.

We are excited because Rhody Run is almost here! Many of our staff members, including myself, look forward to participating in this wonderful community event each year. From training together, to getting competitive between departments, our team is ready to run! For Jefferson Healthcare it's more than just participating in the run, we're proud to be the title sponsor.

The run represents a commitment to an active lifestyle, and at Jefferson Healthcare, we love that it helps keep our community healthy.

Lastly, a shout out to our fabulous Rehab Services team. I was suffering from nagging shoulder pain and my provider directed me to our physical therapy team. After several sessions of physical therapy, I am pain free and on track to a full recovery. Katie, Stephen and the rest of the team made my experience fun and got me to where I wanted to be. Thank you Rehab Services... from a grateful patient!

I look forward to seeing you all at the starting line!

Mike Glenn

Mike Glenn | Chief Executive Officer
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MIKE GLENN | CHIEF EXECUTIVE OFFICER
PHYSICAL THERAPY TEAM

Stretching tips

PREPPING FOR RACE DAY

Dynamic stretching is ideal before a run to increase blood flow and prepare your muscles to do work during your run. Try these stretches before your next training run or walk—and on race day:

WALKING HIGH KNEE STRETCH

- Walk forward slowly.
- Pull your knee high into your chest.
- Alternate knees as you walk forward.
- Control your balance and lift only to a height that's comfortable.



Want more tips? Visit the [Jefferson Healthcare Facebook page](#) for more static stretches to help with after-run relief.



FRONT LEG KICKS

- Stand with one hand on a wall or chair for support.
- Swing one leg forward and then behind in alternating movement.
- Perform 10 repetitions with each leg.
- Only kick to a height that's comfortable.

ABDUCTION LEG KICKS

- Stand with two hand support on a wall or chair.
- Swing one leg to the side and then across your body in alternating movement.
- Perform 10 repetitions with each leg.
- Only kick to a height that's comfortable.





Celebrating 40 years of the jefferson healthcare rhody run



Each spring in Port Townsend, with the arrival of the rhododendron flowers, comes the arrival of Rhody Fest. A week full of events including trike races, parades, and the annual Jefferson Healthcare Rhody Run at historic Fort Worden State Park.

With 2,000+ participants each year, Rhody Run is one of the most anticipated events, to bring community members together. The morning of the run, everyone gathers at the parade grounds to prepare for the race and socialize.

The area is buzzing with community demonstrations, like gymnasts from Twisters Gymnastics and tumbling and jujitsu students from SBG Port Townsend. Music plays throughout the day, and the Port Townsend School of Massage is there giving pre and post race massages.

“Rhody Run, in many ways, is the community,” says Andrew Skipper, Director of Surgical Services at Jefferson Healthcare. “It showcases so much of what Port Townsend has to offer.”

The Jefferson Healthcare Rhody Run offers several ways for community members to participate. The full Rhody Run is a 12k, but the event also offers a 6k and even a free Kid's Sprint that has several heats for children.

Whether it's your friend who is running his first Rhody, or your boss who is a seasoned veteran running her 15th Rhody, or the family down the street who loves walking the race together each year, it truly is an event for community members from all walks of life.

"Rhody Run is a Port Townsend institution that is one of the most well attended community events," says Mike Glenn, CEO of Jefferson Healthcare.

While providing excellent care when community members are sick or in pain is the most crucial part of Jefferson Healthcare's job, it is also important to us to support health and wellness. Supporting this run reminds our community we are about living a healthy life first and foremost.

"There are a lot of different runs out there with all different kinds of themes and causes. This run is unique because it has a focus on you. It's about your wellness," Skipper says. Exercise and healthy activity is essential for overall wellbeing. By participating in the Rhody Run, which is nicknamed 'the run that cares for the runner,' you are taking the time to get

outside and do something good for yourself. And you'll have lots of support while doing it!

"It's amazing to be cheered on by drum circles, spectators using sprinklers to cool runners off, local heroes, and neighbors lining the race course. It really is something to be treasured," Skipper says.

You're also in the company of some elite runners, even if only for a moment, before they sprint off into the distance.

In addition to supporting the Rhody Run in years to come, proceeds from the race go back to the community by helping fund school sports programs and youth oriented non-profit organizations. That's just one of the many reasons Jefferson Healthcare is honored to support the Rhody Run.

"The Rhody Run is something so many of us, as employees, look forward to and participate in. Having Jefferson Healthcare sponsor the run is motivating for us, as members of this community, to make those active healthy choices whenever possible," Skipper says. When Skipper moved to the Port Townsend area, he was encouraged by his fellow Jefferson Healthcare

employees to participate in the Rhody Run. Co-workers took him along to a local running group that meets at the Commons at Fort Worden on Sunday mornings. He's discovered a hobby that keeps him healthy.

"Good things have come from this run. By giving it a try and participating, it might open up something good in your life. It might open you up to something you weren't expecting," Skipper says.

What the Rhody Run has to offer cannot be found anywhere else. People keep coming back year after year for this one-of-a-kind experience. The race is in its 40th year and still going strong.

"Rhody Run is a local tradition. There's an energy that surrounds it," Skipper says. "It's the kind of energy that sticks, all year round."

"We care for people when they're sick, but we're also there to keep them healthy. Rhody Run is a great investment in our future by encouraging the community to be healthy. We run alongside you."

ANDREW SKIPPER
DIRECTOR OF SURGICAL
SERVICES



Going the distance

GETTING BACK TO WHAT YOU LOVE

Whether you plan to walk or run at Rhody Run this year, keeping your body healthy and able to move is crucial for a healthy lifestyle. The Jefferson Healthcare Rehabilitation team is passionate about keeping people in the Jefferson County region moving.

Physical Therapist Brian Kura recalls a time when he helped an avid runner with her knee pain. Her pain flared up every time she ran a distance longer than three miles. As someone who had run half and full marathons before, this patient was frustrated and ready to find a solution. She went to Dr. Kura for help so she could get back to doing what she loved.

Since the pain typically hit when the patient ran three miles or more, and not during daily activities, Dr. Kura figured the pain was caused by a breakdown in her form. After three miles, something was happening which caused the pain to start.

"I completed a formal gait assessment of her running form, as well as a complete physical examination," Dr. Kura says. "I was able to determine the woman was suffering from weak hips and a poor stride frequency, ultimately contributing to her overall poor running form."

After identifying the problem, the first step was to educate the patient on the breakdown occurring—and more importantly—how to improve it. Dr. Kura met with her periodically

over several months and together they worked on improving her number of strides per minute, as well as making smooth transitions between strides. The goal was to increase her strength and teach her body how to run more efficiently.

"She worked hard and was able to increase her steps per minute and decrease the drop that was happening in her hips," Dr. Kura says. "Later that year she ran a 10k race without any pain!"

The Jefferson Healthcare Rehabilitation team has extensive experience with walkers, runners, cyclists, kayakers, and anyone who comes to them with pain and frustration. The team knows how to keep patients active and satisfied while looking for ways to rest and improve.

Jefferson Healthcare also realizes no two patients are alike and creates customized plans for each person. Not every person, or every body, is the same.

"It's hard to see ailments affecting peoples' quality of life. I love coming to work each day and helping people do what they want to do with their lives," Dr. Kura says.

If you're interested in how physical therapy can improve your quality of life, talk to your primary care provider or call Jefferson Healthcare Rehabilitation Services at **360.379.9259** for more information.

Pinpointing your pain

Do you have a reoccurring pain or old injury preventing you from accomplishing your exercise goals?

“You can’t fix the injury until you know what the problem is. Imaging allows us to rule out or confirm injuries and the extent of them,” explains Randy Holeman, Director for Diagnostic Imaging.

Diagnostic Imaging is a key component to the services Jefferson Healthcare offers the community. Often the cause of pain needs to be identified before an exercise/rehab program is initiated. A provider can order an MRI or other imaging procedures to assess the injury and you can conveniently have the imaging done right here, helping to ensure a safe path towards rehabilitation.

Your provider’s care integrates with Diagnostic Imaging and Rehabilitation Services on many levels. Imaging is able to evaluate torn muscles/ligaments/meniscus and other body parts with MRI, CT, X-Ray and Ultrasound every day of the year.

The department is staffed 24 hours a day, every day with board-certified radiologists as well as licensed and certified radiologic technologists to serve our patients when they need it most.

Jefferson Healthcare offers a full spectrum of Diagnostic Imaging services right here at home.

Magnetic Resonance Imaging (MRI)

Evaluates soft tissue injuries such as ligament or tendon tears, meniscus tears in the knee, spinal cord maladies, and diagnose a variety of conditions such as diseases of the liver, heart, bowel, and brain.

CT

Generates detailed images of internal organs, bones, soft tissue and blood vessels to evaluate for stroke or to help detect many different disease processes.

Bone Densitometry

Bone densitometry uses an advanced technology called dual-energy X-ray absorptiometry, or DEXA, to accurately and painlessly measure the density and mineral content of bone.

Don’t let pain stand between you and your mobility goals. Schedule an appointment with your primary care provider today and discuss your imaging and rehab care options at Jefferson Healthcare.





Tips for a successful rhody run.

- 1. The hay is in the barn.**
Trust that you've put in the hard work to prepare for the race and give your body some rest in the days and weeks leading up to the event.
- 2. If it ain't broke, don't fix it.**
If you have a warm-up routine you do before every run, stick with what works!
- 3. Stay the course.**
Always head into the event with a plan and realistic goals, and stick to them as best you can!
- 4. Be prepared.**
Lay out your gear the night before the race to ensure everything is accounted for.
- 5. Enjoy yourself!**
Whether you're finishing your 1st race or your 101st, remember to enjoy yourself and encourage others along the way!