

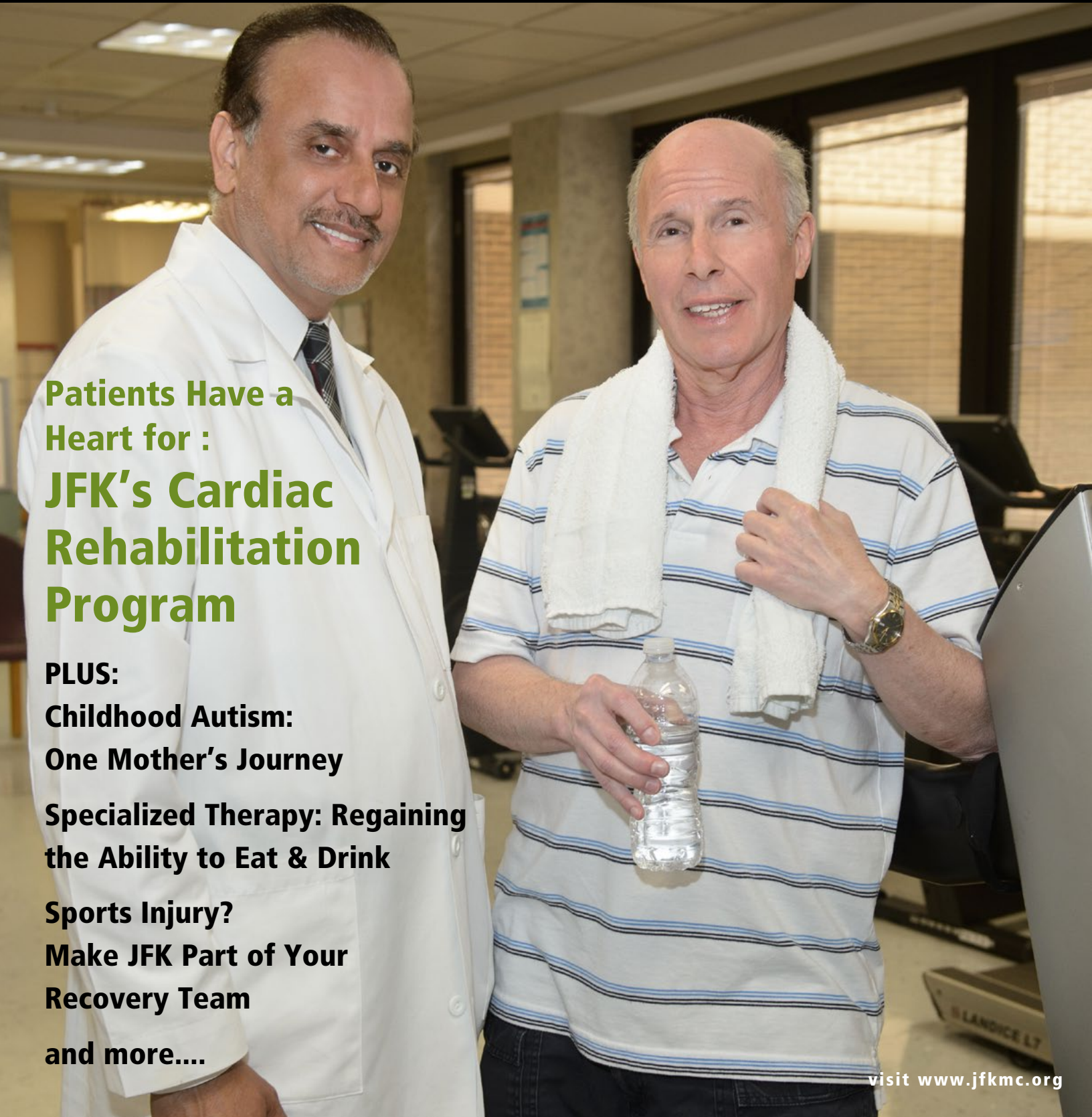
Autumn 2012

# NoLimits

**JFK**

JOHNSON  
REHABILITATION  
INSTITUTE

Community Newsletter from the JFK Johnson Rehabilitation Institute



**Patients Have a  
Heart for :  
JFK's Cardiac  
Rehabilitation  
Program**

**PLUS:**

**Childhood Autism:  
One Mother's Journey**

**Specialized Therapy: Regaining  
the Ability to Eat & Drink**

**Sports Injury?**

**Make JFK Part of Your  
Recovery Team**

**and more....**

visit [www.jfkmc.org](http://www.jfkmc.org)



## A Note From Our Medical Director

Welcome to the Fall issue of No Limits – the community newsletter from the JFK Johnson Rehabilitation Institute.

After experiencing an injury or illness, the prospect of undergoing rehabilitation may seem like an overwhelming task. Rehabilitation takes time, energy and a commitment to complete your therapy. At times rehabilitation is an individual endeavor, yet success is found in a team approach. At JFK Johnson Rehabilitation Institute there is a team of experts ready to help and encourage you to meet and exceed your rehabilitation goals. Our clinical professionals include physicians who specialize in rehabilitation medicine (physiatrists), clinical nurse specialists, registered nurses, physical, occupational, speech, as well as recreational therapists, audiologists, rehabilitation psychologists, orthotists, prosthetists, dietitians, pharmacists, and social workers. It is this team of professionals who helped to rank Johnson Rehabilitation Institute as one of the Top Hospitals in Rehabilitation by U.S. News & World Report 2012-2013.

In this issue of No Limits, you will read about some of the amazing outcomes achieved by patients with the assistance of our professionals utilizing breakthrough technology, as well as our renowned service for children with Autism and a support system for their families. JRI is truly a unique organization. It is patient experiences like these that resulted in the JFK Johnson Rehabilitation Institute to be named one of the Nation's Best by Rehabilitation Management Magazine for the second consecutive year.

So as the season changes and you admire the fall foliage, remember that JFK Johnson Rehabilitation Institute is here for you. Whether it is inpatient or outpatient, our patients can achieve their goals to regain their independence and transition home or to the next level of care each and every day.

Yours in Good Health,

Thomas Strax, MD  
Vice President & Medical Director  
JFK Johnson Rehabilitation Institute

## Miles for Minds

The 4th annual Miles for Minds 5K Race was held on July 29, 2012 to benefit the Center for Head Injuries at the JFK Johnson Rehabilitation Institute. Nearly 500 people joined us at Roosevelt Park in Edison for the 5K and Fun Run/Walk, along with free health screenings, sports clinics, wellness activities and family entertainment. With the help of our generous event sponsors – Mezzacca & Kwasnik, LLC, NJM Insurance Group and the



Middlesex County Osteopathic Society – the race generated nearly \$17,000 to support patients of the JFK Center for Head Injuries. We are grateful to our runners and walkers who supported this event.

# Contents

## EDITORS

### **Thomas Strax, M.D.**

Vice President and Medical Director  
JFK Johnson Rehabilitation Institute

Professor and Chairman

Department of Physical Medicine and Rehabilitation  
UMDNJ Robert Wood Johnson Medical School

### **Anthony Cuzzola**

Vice President, Rehabilitation and Long Term Care

### **Marci Gietter**

Assistant Administrator

### **Anne M. Eckert, AuD, MBA, CCC/A**

Director of Rehabilitation

### **Steven Weiss**

Corporate Director of Public Relations and Marketing

1

**Patients Have a Heart for  
JFK's Cardiac Rehabilitation  
Program**

2

**Difficulty Communicating Made  
Easier Through Technology**

3

**Technology Improves Mobility  
for Individuals with Above Knee  
Amputations**

4

**Specialized Therapy: Regaining the  
Ability to Eat & Drink**

5

**Childhood Autism:  
One Mother's Journey**

7

**JFK Among First in the Nation To  
Offer New Elliptical Technology**

8

**Sports Injury? Make JFK Part of  
Your Recovery Team**

## JRI Department Phone Numbers

Admissions .....	732-321-7733	Pediatric Rehabilitation .....	732-548-7610
Cardiopulmonary Rehabilitation.....	732-321-7722	Physical/Occupational Therapies .....	732-321-7056
Cognitive Rehabilitation .....	732-906-2640	Prosthetic & Orthotic Lab .....	732-248-0774
Day Rehabilitation.....	732-321-7707	Rehabilitation Physicians .....	732-321-7070
Driver's Training .....	732-321-7056	Speech Pathology & .....	732-321-7063
Health & Fitness Center.....	732-632-1610	Audiology*/Hearing Aids	
Outpatient Center at Metuchen.....	732-548-9800	Vocational Rehabilitation .....	732-321-7069
Outpatient Center at Monroe .....	609-409-1170	Women's Therapy .....	732-321-7056
Pain Management.....	732-321-7070		

\*Virginia Gural-Toth, AuD, CCC/A

Audiologist/Hearing Aid Dispenser Supervising Licensee #542



# Patients Have a Heart for

## JFK's Cardiac Rehabilitation Program

*After an emergency visit to the hospital, there was no one more shocked than Bob Luchs of Somerset when his physician told him that he needed emergency quadruple bypass surgery. With only hours to prepare for the weeks ahead, and not really knowing what to expect, he awoke from heart surgery and spent six days in the hospital.*

Afterward, Bob was transferred to JFK Johnson Rehabilitation Institute for inpatient rehabilitation but he was still feeling a lot of discomfort and weakness. During his five days in inpatient rehabilitation, Bob began to improve with the help of the rehabilitation team, including his physician, Iqbal Jafri, M.D., Medical Director, Cardiopulmonary Rehabilitation and his nurse, as well as his physical, occupational, and recreation therapists. Bob recalls that the inpatient cardiac rehabilitation staff were “very supportive and didn’t push too hard.” They started him exercising slowly and modestly. “They just knew what to do with me.”

When Bob was discharged home, only 11 days after his surgery, he was ready to begin his Phase II outpatient cardiac rehabilitation. He traveled to Edison 3 days-per-week, for a total of 36 sessions. Bob began his exercising on the same equipment and through the guidance of the same friendly cardiac rehabilitation staff, little by little, his strength and endurance improved and he had the ability to work hard and give it his full effort. “I learned a lot

too through the various information provided regarding nutrition, exercise, and basic cardiac anatomy.”

After his rehabilitation, Bob continues to exercise. “The Team at JFK led me with great guidance, and their expertise gave me confidence to continue to exercise on my own at the fitness center in my retirement community,” explains Bob. “I credit my full recovery to the Cardiac Rehabilitation Department, who were truly outstanding. They really knew their stuff, and answered questions from me and all the other patients.”

He looks back, fondly, on both the inpatient and outpatient experiences, because they really set the tone for what he should be doing on a daily basis, related to physical activity and dietary changes, to avoid future cardiac complications. Dr. Jafri, states, “Mr. Luch’s story is representative of the many success stories we see at JRI. Cardiac Rehabilitation is the cornerstone of a rich and fulfilling life after a major cardiac event.”



Outpatient Cardiac Rehabilitation at JFK provides supervised and electrocardiogram (EKG) monitored exercise sessions, along with education sessions and nutrition services Monday through Friday. Phase II sessions occur immediately following a cardiac event (heart attack, stent surgery, bypass surgery, etc.), and can last up to 36 visits. Phase III is an unmonitored but supervised exercise program. Phase III lasts for approximately three months, and is typically not covered by insurance, much like using the JFK Fitness Center.

For information or registration to the Cardiac Rehabilitation Program, please call 732-321-7722.

DIFFICULTY COMMUNICATING MADE EASIER

# Through Technology

**F**or people who may have difficulty communicating, the team at JFK Johnson Rehabilitation Institute's Department of Speech Pathology can assist. With the use of modern technology, every day life just got a little easier. There are many electronic devices that are now easily accessible, affordable, and portable.

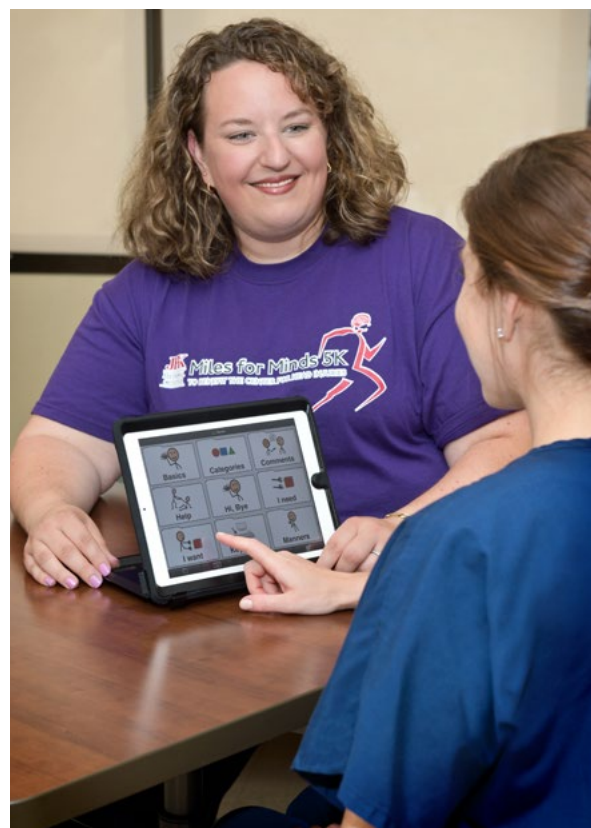
Communication difficulties can result from life changing events, such as, stroke, brain injury, or muscle weakness due to neurologic disorders. For individuals experiencing a disability, remembering everyday tasks can become challenging, such as taking their pills, or remembering a doctor's appointment. These everyday devices, such as a smartphone may have built-in notepads or calendars with alerts that have special tones or vibrations. JRI's Speech Pathologists will help individuals utilize these devices as effectively as possible to improve the patient's memory and cognitive (thinking) skills.

"For those who are finding it difficult to remember important information, that piece of technology sitting in your purse or pocket, can become an invaluable assistant that will help you navigate your day with less

forgetful moments," says Kathleen Henkes, Clinical Consultant from the Brain Trauma Unit at the Institute. "From schedulers to mobile assistants, downloadable apps, that are free or affordable, can help make remembering everything you need easier."

For individuals who may have difficulty speaking, devices such as the iPad can be used. Applications are available that may assist someone to communicate using pictures. Proloquo 2 Go is an app for the iPad, that uses symbols translated to speech, or type translated to speech, to help people communicate in exciting new ways. These apps can enable those without a voice to "speak" again without having to spend thousands of dollars.

Everyday technology can help with so many things in life. Better communication can make a huge



improvement in a person's quality of life. If you or someone you know has difficulties with communication, call the experts in the Department of Speech Pathology at 732-321-7063.

TECHNOLOGY IMPROVES MOBILITY FOR INDIVIDUALS WITH

# Above Knee Amputations

**T**he JFK Johnson Rehabilitation Institute Prosthetic & Orthotic Department is proud to be one of the first facilities in the region to offer the world's most sophisticated microprocessor knee, for above the knee amputees. This advanced technology has changed the lives of two amputees who are among the first in New Jersey to use the state-of-the-art knee.

The Genium™ Knee, from Otto Bock Healthcare, has been in development for nearly ten years and was tested by amputees in the American military – known to service personnel as the X-2 Knee. Unlike any other prosthetic knees, the bionic Genium™ is packed, full of new instrumentation such as a gyroscope, accelerometer and updated processors with complex sensors and rule sets that mimic normal walking more closely than anything else available today.

So what does all this mean for the amputee? Motion becomes more intuitive with the Genium™ Knee as less thought is needed for adapting to the type of terrain being walked on, such as walking up or down a ramp or a hill, or taking steps backwards or sideways in a crowd. All of these abilities are usually taken for granted by able-bodied individuals.

Amputees can even go up stairs, step over step or easily step over obstacles, rather than go around them. All this can be accomplished with little fear of falling or stumbling as the knee auto-adapts and adjusts

to manage each situation precisely and increases or decreases stability as necessary. As an added bonus, the knee is also water resistant and comes with a small remote control fob that allows the individual to fine tune the knee, and put it into any of the five additional modes that can be programmed specifically for each amputee's avocation or occupation; such as golfing, bicycling, locked standing, etc.

“The Genium is ideal for people who require the greatest function possible to respond to the physical and emotional demands of their daily lives,” says Robert F. Silvestri, CPO/L, Director.

If you would like more information on the new Genium™ prosthetic knee, or other prosthetic or orthotic devices, please contact the Prosthetic & Orthotic Laboratory at 732-248-0774.





# Specialized Therapy:

## REGAINING THE ABILITY TO EAT & DRINK

It was a phone call by Walter Molineux's wife, Nancy and daughter, Abby, that introduced Walter to Patti Stuart Shanes, a Clinical Consultant/Speech Language Pathologist at JFK Johnson Rehabilitation Institute's Speech Pathology Department. Walter, then 78 years old, had suffered a stroke and was admitted to a hospital. He had lost a great deal of weight and was very weak. He wasn't eating. Walter's physician recommended a feeding tube and admitted him to a sub-acute facility where he was diagnosed with Dysphagia, after undergoing a Modified Barium Swallow Study.

A Modified Barium Swallow Study is a non-invasive test, performed through radiology, by a Speech Language Pathologist and a Radiologist. The patient is given foods and liquids mixed with a barium contrast that can be seen on a moving x-ray. It was during this study, that Walter was diagnosed with a severe swallowing problem or Dysphagia. Dysphagia is the clinical term for experiencing problems eating and drinking. Often times it is the result of neurological changes, such as a stroke. Dysphagia causes food and liquids to enter the airway instead of the stomach, which causes aspiration, or food and liquids "going down the wrong pipe," which can lead to pneumonia. Walter was told that he could not eat or drink by mouth because he was aspirating. He could only receive his nutrition and hydration by the tube in his stomach. After months of swallowing therapy and multiple Modified Barium Swallow studies, his swallowing did not show any signs of improvement. He still could not eat by mouth and now it was 11 months since his stroke.

His wife Nancy explained "Walter's swallowing problem changed our lives completely. I was nervous to take care of his feeding tube; I was worried about his overall health by not being able to eat; and we use to go out to dinner socially, with friends and family. We were unsure if Walter would ever be able to eat and drink again."

Nancy was referred to Patti Stuart Shanes by a former colleague of Patti's. Patti met with Walter and Nancy and explained that his swallowing was very impaired, but that there may be some therapy techniques and strategies, that have not been explored.

Upon meeting Patti, Walter's first words were, "I hope you can help me." Nancy recalled that first meeting, "It was very exciting, we came with high hopes and Patti did not disappoint us."



Patti tried deep pharyngeal neuromuscular stimulation to help quicken Walter's swallowing; manual therapy which was used to massage his oral cavity and neck to aide in releasing muscles for overall better range of motion, as well as the use of biofeedback to help Walter visualize his swallow.

When asked about the therapy, Walter noted, "Patti made the therapy meaningful; she explained why I was doing all the exercises." There was also the introduction of the Frazier Free Water Protocol, based on the theory that the lungs can tolerate aspiration of water without increased risk of pneumonia. However, there was a strict protocol that needed to be followed by Walter. Walter recalled the introduction of the water protocol. "Patti gave me the cup of water and told me to drink it. I hadn't had anything to drink in 11 months, it was a great feeling to drink something." Walter continued therapy with Patti for three months, along with a home program of swallowing exercises.

After another Modified Barium Swallow study, Patti brought Nancy to Walter in the radiology suite to tell them the good news, he could eat. Walter recalled, "We were so happy, Patti was just as happy as I was with my success. There wasn't a dry eye in the room." Walter is now able to eat solid foods and drink all liquids using a special swallowing strategy. His first meal at home was spaghetti.

Walter continues to perform his swallowing strategy with everything that he eats and drinks, he performs his swallowing exercises daily, has begun to gain weight, and will soon have his feeding tube removed. "We are going out to eat again with friends and our lives are almost back to normal" recalls Nancy.

For more information about swallowing, please call 732-321-7063.

## One Mother's Journey

**F**or Gisella Martinez, October 21, 2002 was the happiest day of her life. She gave birth to a beautiful baby boy, Jose (Pepito). Pepito began to progress as a normal infant performing common skills, such as rolling and sitting-up, then standing and walking. Gisella noted that Pepito would also flap his hands and arms when he was happy. When he was 17 months old, Gisella noticed that he would perseverate on lining-up his toys and stare at the corners of tables and small details like ants on the floor. She also noted that he did not talk yet. The pediatrician recommended that Gisella take him to a pediatric neurologist. At that time, the neurologist did not give a formal diagnosis for Pepito, but told Gisella that it would be helpful for him to watch TV in English instead of Spanish, and he wanted to follow-up with Pepito when he was 2 years old.

After his follow-up appointment, Pepito was diagnosed with autism at 25 months of age. If someone called Pepito's name he wouldn't answer or turn to look at them. He also never developed language (by age 2 children should be putting at least two words together). Gisella was surprised because she recalled that all of her prenatal tests were normal, not knowing that there are no prenatal tests to determine autism.

Gisella's neurologist recommended New Jersey's Early Intervention Program, where Pepito received an evaluation conducted by a team of pediatric therapists from JFK Medical Center's Pediatric Rehabilitation Department and was found to be eligible for the program. He received ongoing services from this program up to age 3.

While working with the Early Intervention therapists from JFK, Gisella learned about the *You and Me School* for children with autism. It is a state approved private school for students with disabilities starting at age 3, located within the Pediatric Rehabilitation Department at JFK Johnson Rehabilitation Institute. Placement in a private school can only be considered if the child's local school district makes a referral.



Pepito began a preschool class at *You and Me* and his initial assessments showed a child who needed to learn skills in all areas of development. He needed to learn basic imitation skills so he could begin to learn from the world around him.

As the years progressed, Pepito slowly acquired more skills. Although he struggled to maintain and generalize

skills which can be a challenge for many students with autism, he began with repetition, structure, routine and patience from his teachers, therapists and his family to follow basic directions. He is beginning to read and most impressively uses an iPad for learning and for communication.

Gisella has been able to observe Pepito at school often. When she saw him



communicate with the iPad for the first time, she remarked, "I knew my baby was there all along!" She couldn't get over the fact that he could talk to her with this amazing technology. So while Pepito remains a non-verbal communicator (as is the case with about 50% of individuals with autism), he does have a voice and he has learned to use it.

Gisella works closely with the Home-School Liaison, who provides strategies to families to carry over skills outside of school and concerns within the home and community such as sleeping, toilet training, etc. Although she still feels frustrated at times, Gisella believes she can manage Pepito's behavior more consistently - he provides eye contact when he is called and can communicate with her.

### What Is Autism? What is Autism Spectrum Disorder?

Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and non verbal communication and repetitive behaviors. They include autistic disorder, Rett syndrome, childhood disintegrative disorder, pervasive developmental disorder - not otherwise specified (PDD-NOS) and Asperger syndrome. ASD can be associated with intellectual disability, difficulties in motor coordination and attention and physical health issues such as sleep and gastrointestinal disturbances. Some persons with ASD excel in visual skills, music, math and art.

Autism statistics from the U.S. Centers for Disease Control and Prevention (CDC) identify around 1 in 88 American children as on the autism spectrum-a ten-fold increase in

prevalence in 40 years. Careful research shows that this increase is only partly explained by improved diagnosis and awareness.

### Diagnosing Autism

Parents may suspect a problem when their child doesn't reach certain developmental milestones such as speaking his or her first words and engaging in simple back and forth exchanges.

Diagnosis may be made around age three. If a child receives the diagnosis under the age of three, parents may seek out services through the New Jersey Early Intervention System at 888-653-4463. As a child approaches his or her third birthday, parents should request that their child be evaluated by their local school district to determine appropriate educational programming.

### Autism Referral

Many school districts have appropriate programs for children with autism. There are also a number of state approved private schools for the disabled recognized by the New Jersey Department of Education that are appropriate to meet the needs of children with autism such as the *You and Me School*. Parents are welcome to call and get more information and schedule a tour. Referrals to the school for possible placement are made by the child's local school district.

Visit the *You and Me School's* website at [www.njrehab.org/pediatric-services/you-and-me-school](http://www.njrehab.org/pediatric-services/you-and-me-school) or contact Nicole McDowell, Principal, at 732-548-7610, for more information or to schedule a tour. You may also contact Autism NJ for resources and further information at 1.800.4.AUTISM or visit [www.autismnj.org](http://www.autismnj.org).

## Important Developmental Milestones

BY 12 MONTHS,  
MOST CHILDREN WILL:

- Imitate simple actions like clapping
- Use basic gestures like waving and pointing
- Respond when their name is called or they're being told "no"

BY 24 MONTHS,  
MOST CHILDREN WILL:

- Enjoy playing with other children
- Identify many different objects
- Use 2 to 4 word phrases, such as "want juice"

BY 36 MONTHS,  
MOST CHILDREN WILL:

- Play imaginatively with a variety of toys
- Follow complex instructions
- Speak in 4 to 5 word sentences

EARLY SIGNS OF AUTISM  
SPECTRUM DISORDERS:

### Difficulty with Social Interactions

- Little or no eye contact
- Limited interest in other people

### Difficulty with Communication

- Little or no speech
- Difficulty understanding body language and facial expressions

### Unusual Behavior

- Inappropriate laughing or crying
- Repetitive behavior such as hand flapping, rocking or spinning

JFK AMONG FIRST IN THE NATION TO OFFER

# New Elliptical Technology



Despite the vast and wide variety of fitness equipment currently available today, most is only designed to improve the physical fitness for people without disabilities. But now people with disabilities (that require physical therapy as an important element of their treatment and recovery process) have a new option with advanced rehabilitation technology — designed just for them.

To better serve patients with disabilities, the JFK Johnson Rehabilitation

Institute now offers the ICARE System...Intelligently Controlled Assistive Rehabilitation Elliptical...that brings advanced technology to elliptical training equipment. The ICARE System will help people with mobility limitations, like those who suffered a stroke or have Multiple Sclerosis, improve their ability to walk and enhance their physical fitness.

The Institute for Rehabilitation Science and Engineering at Madonna Rehabilitation Hospital in Lincoln, Nebraska, invented the device with a \$600,000 grant from the National Institute on Disability & Rehabilitation Research. Madonna Hospital selected JFK as one of the first rehabilitation hospitals in the nation to use the patented ICARE in research and therapy with patients.

“We are extremely pleased to partner with our colleagues at JFK Johnson Rehabilitation Institute,” said Marsha Lommel, President & CEO of Madonna Rehabilitation Hospital. “The ICARE offers a tremendous advancement in rehabilitation therapy and increases patients’ access to effective and affordable gait therapy.”

The ICARE allows people to exercise using a movement pattern that is similar to walking. It provides automated propulsion so it is easy to begin and maintain exercise on the elliptical. The motorized control has a sensor that adjusts the level of support during exercise, so if a person needs more

support, the power automatically increases, as the person needs less support, the motorized power decreases.

The ICARE includes many features, such as an adjustable height seat, overhead body weight support system, ramp, wheelchair platform, clinician platform, modified foot pedals, stairs and grab bars that greatly increase accessibility for individuals who are weak, deconditioned, or who have balance problems.

“We are very excited to be among the first rehabilitation hospitals in the country to work with the Madonna ICARE,” said Anthony Cuzzola, Vice President, JFK Johnson Rehabilitation Institute. “This is the type of progressive technology that creates even better outcomes and improves the quality of life for people with disabling conditions.”

Led by renowned gait specialist Dr. Judith Burnfield, researchers at Madonna Hospital spent three years developing the ICARE in collaboration with co-investigator Carl Nelson, PhD, from the Department of Mechanical & Materials Engineering at the University of Nebraska-Lincoln.

After meeting with clinical team members at the JFK Johnson Rehabilitation Institute and providing training on therapeutic applications for the ICARE, Dr. Burnfield commented, “What a pleasure to work with such a dynamic group of therapists. Their commitment to their patients is exceptional. It is wonderful to see them integrating the ICARE into their arsenal of tools to address the walking and cardiovascular fitness needs of the patients they serve.”

The ICARE enhances JFK’s already comprehensive rehabilitation program at the Johnson Rehabilitation Institute. It can be used across a variety of patient populations (conditions). Our high-level orthopedic clients can use it to improve endurance and strength to help them return to sports or recreational activities. Yet our more impaired clients like those who sustained a stroke, amputation, head injury, or Parkinson’s Disease, who need assistance with walking, will also find benefit in using this sophisticated elliptical machine. The body weight support it provides along with its ability to assist with leg movements can help them strengthen and practice movements that mimic walking in a safe and efficient manner. “Having this technology is a step forward in rehabilitation care,” says Arlen Ray, Clinical Manager of Outpatient Physical & Occupational Therapies.

For more information, please call 732-321-7056.

# Sports Injury?

MAKE JFK PART OF YOUR RECOVERY TEAM

Molly played soccer her entire life and was developing into a standout athlete as she moved into a promising high school career. But, a sudden injury sustained during a game sidelined her for months, keeping her from her sport and her dream of playing soccer at a higher level.

After a series of unsuccessful medical treatments, Molly went to see David Brown, D.O., a physiatrist at the JFK Johnson Rehabilitation Institute. Dr. Brown, renowned for his non-surgical treatment options, conducted a detailed evaluation of Molly's injury. Dr. Brown's diagnosis revealed Molly was suffering from a severe avulsion fracture, commonly requiring surgery.

Instead of recommending surgery, Dr. Brown referred the young soccer player to JFK's Outpatient Center at Metuchen for aquatic therapy, a therapeutic exercise treatment technique performed in water. The regular therapy in water allowed Molly to perform strengthening exercises without placing weight on her injured leg. Her condition improved and Molly continued her physical therapy with land based therapy until she eventually returned to the soccer field. Through a coordinated team approach, Dr. Brown and the JRI therapists got Molly back on her feet again, avoiding surgery, and playing the sport she loves.

## Recovering From A Sports Injury

A sports injury is any injury that occurs from a sport or exercise activity. Sports injuries can be minimized by using proper protective gear, wearing appropriate footwear, using proper body mechanics and using warm-up and cool-down periods prior to and following exercise.

In spite of all of these precautions, sometimes the unthinkable happens and an injury occurs. The first principle of administering aid to this sort of injury is called of ICE (ice, compression and elevation). If pain persists and/or function is impaired for more than a few days, it is time to consider seeing a physician specializing in musculoskeletal medicine.

The JFK Johnson Rehabilitation Institute offers a comprehensive program for sports injuries, from evaluation and diagnosis to treatment and rehabilitation. Dr. Brown



specializes in helping patients from the casual exerciser and weekend warriors to the serious athletes get back in the game.

In his role as a physiatrist at JFK (and Clinical Associate Professor at Robert Wood Johnson Medical School), Dr. Brown provides advanced evaluation and non-surgical treatments for people with musculoskeletal injuries. JRI is also proud to announce that Dr. Brown has been named a "Top Doc" in Physical Medicine & Rehabilitation, by *Inside Jersey Magazine*.

"A critical component of treatment is to perform a thorough history and physical examination to pinpoint the mechanism and type of injury," explains Dr. Brown. "We work closely with patients to understand their goals and needs – as we apply treatment options that may include medication, ice, temporary activity limitations or physical therapy."

Working in conjunction with the highly skilled therapists at JFK JRI, initial treatments may focus on decreasing pain and inflammation to restoring mobility and strength, as well as improving mechanics to minimize the risk of re-injury.

For more information or to schedule an appointment with Dr. Brown, call 732-321-7070. For more information on physical therapy at JFK Johnson Rehabilitation Institute call 732-321-7056 or go to [www.jfkmc.org](http://www.jfkmc.org)





## JFK Johnson Rehabilitation Institute The Leader in Providing Quality Rehabilitation Care

Since 1974, JFK Johnson Rehabilitation Institute has been helping people rebuild their lives after a serious illness or injury. We do this by delivering comprehensive rehabilitation services based on cutting-edge treatment techniques, innovative research and excellent, personalized medical care.

Headquartered at the JFK Medical Center in Edison, JRI is a comprehensive rehabilitative service provider focused on educating the community on rehabilitative health and helping adults and children with disabilities reach optimal function and independence. The Institute offers a complete array of inpatient and outpatient programs and services in rehabilitative health, including stroke, orthopedics, prosthetic and orthotics, electrodiagnosis, fitness, cardiac, women's health, pain management, pediatrics, speech pathology and audiology, industrial and vocational rehab, and brain injury rehabilitation programs and services. JRI includes a 94-bed inpatient center in Edison. Outpatient centers are located in Edison, Metuchen and Monroe. The JFK Johnson Rehabilitation Institute is accredited by both the Joint Commission for Accreditation of Healthcare Organizations (JCAHO) and the Commission on Accreditation of Rehabilitation Facilities (CARF) in Comprehensive Integrated Inpatient Rehabilitation and Comprehensive Vocational Evaluation. Affiliated with the JFK Johnson Rehabilitation Institute is the Shore Rehabilitation Institute, a 40-bed inpatient and outpatient comprehensive rehabilitation hospital located in Brick, NJ. For more information about the JFK Johnson Rehabilitation Institute, visit us at [www.jfkmc.org](http://www.jfkmc.org).

[www.jfkmc.org](http://www.jfkmc.org)

JFK HEALTH SYSTEM



JOHNSON  
REHABILITATION  
INSTITUTE

65 James Street | Edison | New Jersey | 08818

Non-Profit  
Organization  
U.S. Postage  
PAID  
Permit No. 44  
Edison, New Jersey