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## SPORT SHORTS

### CROSSBOWS AND MICHIGAN HUNTERS—Curtis Best, PT

Currently, crossbow hunting in Michigan is legal to all licensed hunters during firearm deer season, November 15-30. To use a crossbow for the purpose of taking game any other time of the year requires a special permit issued by the Michigan Department of Natural Resources.

Inability to draw a compound or traditional bow is not justification by itself to qualify for a crossbow permit, and it must be determined that you have a permanent disability of 80% or more in the upper extremities. There are several steps that need to be taken in a specific order to receive the permit. You can qualify for this in one of three ways.

- A spinal cord injury above the level of C-8.
- An amputation of 4 fingers or more at the interphalangeal joints, wrist, elbow or shoulder.
- Undergoing an evaluation by a licensed physical therapist who will then assess your active range of motion, strength, coordination and nerve involvement.

Once completed by a physical thera-

pist, the gathered data should be compiled in a form and a copy given to you to take to your physician. Calculating your percentage of disability can be a time-consuming task, so you may not be able to take the application form with you at the time of your evaluation. Under state guidelines, a therapist may not sign your application until the evaluation is completed and the determination has been made whether you qualify or not.

Once the application is completely filled out by the physical therapist, you would take it to your physician to sign off that they have reviewed and confirmed the evaluation, and then send it to the DNR. The application is approved based on the findings of the physical therapist and physician. If determined that you qualify you will receive either a permanent permit or a two year permit.

If your disability is the result of a progressive neuromuscular disease or a central nervous disorder you will need to be evalu-

ated every two years for coordination due to safety considerations and reapply for the permit.

Someone interested in applying for a crossbow permit can obtain the application from a local DNR office, by calling (517)373-1204. It is also available by going online to [www.michigan.gov/dnr](http://www.michigan.gov/dnr) where you can download the form and instructions. If you have any questions regarding the application process you can contact Ms. Cecilia Gilson at Michigan DNR Customer Systems, (517)335-3274.

Any additional questions can be answered by one of our physical therapists at either MHSRC Warren or Dearborn.



## ACUTE HAND THERAPY

### JERSEY FINGER — James Riley, OTR, CHT

Go Blue! Sparty On! Go EMU Go!, Fire Up Broncos! As the fall season comes into focus, Saturday becomes college football's holy day. And in the spirit of competition, so do the backyard brawls and tail gating traumas of flag football.

Then it happens...as you try to grab the flag or shirt of your rival you "jam" your finger.

Pain...swelling...stiffness... and inability to bend the tip of your finger. Better known as Jersey Finger, this is a rupture of the flexor digito-

rum profundus (FDP) tendon of the finger (most commonly ring). This injury occurs as a result of an attempted forceful grasp of an object with sudden resistance to the tip of the finger.

With all contact sports such as football, basketball, soccer, etc...many finger "sprains" and "jams" occur, and most times with no serious injury. To test for jersey finger, one must block the individual joints of the injured finger with the opposing hand injury. If you're able to bend the finger at each joint you may have simply "stubbed or jammed" the finger in which case icing and rest may re-

solve the symptoms.

If you show a positive sign of a jersey finger, (inability to bend the end joint of the finger) an appointment should be scheduled with a hand doctor for appropriate medical care.

Most times surgical repair is recommended in the 1st 7-10 days following injury to ensure proper healing.

It should also be noted that if no signs of jersey finger or tendon injury are noted, but pain and swelling persist, a physician consultation and x-ray may be needed to rule out fractures of the bone and other injuries.



## ACUTE PHYSICAL THERAPY

### PLANTAR FASCITIS— Amy Mittelstaedt, MPT

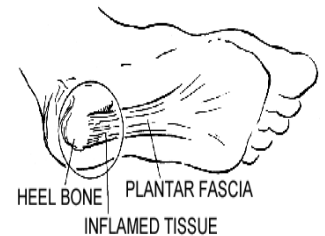
Plantar Fasciitis is a condition characterized by intense pain along the bottom of the foot and heel. It is especially painful first thing in the morning—the first few steps out of bed can be excruciating. This is caused by inflammation of the plantar fascia—a thick band of tendonous tissue that covers the bottom of the foot and is an extension of the Achilles' tendon. This condition can be aggravated

by wearing unsupportive (poorly constructed or worn out) footwear or going bare-foot.

Icing the area can be helpful in decreasing the pain and inflammation. The easiest way to do this is to take a twenty ounce plastic pop bottle filled two-thirds full with water, replace the cap and freeze it. Once frozen roll it under your foot on the floor.

Gentle stretching of the bottom of the foot as well as both calf muscles (Gastrocnemius and Soleus) are also important.

If after trying these suggestions you still have trouble, you may want to visit your physician or seek out physical therapy for more comprehensive treatment.



## ORTHOTICS

### THE PLAN BEHIND THE PLASTIC—Jeremy Murray, OTR

You saw your doctor and he/she said you need a custom “brace”. You bring in your script and are told that it will cost \$80.00—\$300.00. The cost depends on what you need for your situation, who makes it, and what material is used to make it. So, why does the cost vary so much? There are two ways a splint can be made.

An Orthotist specializes in fabrication of high temperature plastic splints. This multi-step process requires at least two visits, 1-2 weeks to complete, and is indicated for patients who:

- Do not require the splint immediately.
- Need medium or heavy duty support (during work or sports).
- Need specialized athletic devices (such as a facemask).
- Require the splint for longer than 2 months.
- Do not anticipate frequent adjustments.

- Are in the chronic phase of injury (longer than 6 months).

If an occupational therapist makes your splint, it will be made of low temperature plastic. This is a one-step process and is generally indicated for patients who:

- Require a splint for a limited time (Less than 2 months).
- Require minimal or medium support.
- Have an immediate medical concern (such as tendon injury).
- Will require frequent adjustments (due to infection or swelling).
- Are generally at the acute phase of injury (3 months or less).

We encourage you to be assertive, ask questions, and get involved in order to let our skills help you achieve your goals.



## INDUSTRIAL CONSULTATIVE SERVICES

### JUST THE FACTS ON ERGONOMICS WHILE SEATED—Lori Sweeney, OTR

#### Seat Height

Users should be able to sit with feet on floor without undue pressure under thighs

- Thigh to torso angle should not be less than 90°

#### Seat Depth

- Users should be able to sit without undue pressure against the back of the knees
- Back properly supported

- Adequate buttock and thigh support

#### Seat Width

- Wider than the hip breadth to allow space for movement and clothing.

#### Seat Pan Angle

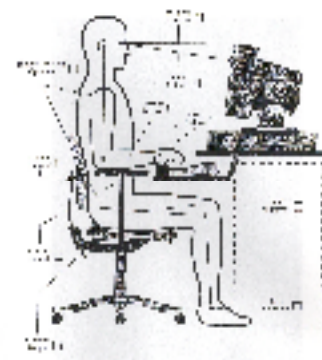
- Should allow the user to support feet on floor or footrest.
- Should not cause user's torso to thigh angle to be less than 90°.

- Forward Seat pan angles should not cause users to shift excessive weight to their feet or experience the sensation of sliding.

#### Back Support

- Seat backrest height should provide lumbar support and buttocks clearance.

- Should not interfere with users upper body torso movements.
- Reclining postures must have shoulders supported.



**We are on the web!**

[www.michiganhandsportsrehab.com](http://www.michiganhandsportsrehab.com)

## **MICHIGAN HAND & SPORTS REHABILITATION CENTERS**

### **\* CORPORATE OFFICE**

WARREN LOCATION  
11012 13 Mile, Ste. 200  
Warren, MI 48093  
Phone: 586-573-8890  
Fax 586-573-2706

### **\* DEARBORN LOCATION**

22731 Newman, Ste. 100B  
Dearborn, MI 48124  
Phone: 313-791-0616  
Fax: 313-791-0632

### **LIVONIA LOCATION**

15250 Levan Rd.  
Livonia, MI 48154  
Phone: 734-464-6311  
Fax: 734-464-6233

### **DETROIT LOCATION**

4160 John R, Ste. 1026  
Detroit, MI 48201  
Phone: 313-831-1235  
Fax: 313-831-0715

### **ROCHESTER HILLS LOCATION**

455 Barclay Circle, Ste. B  
Rochester Hills, MI 48307  
Phone: 248-853-6965  
Fax: 248-853-6972

### **\* FULL SERVICE FACILITIES**

Including Work Reconditioning  
and Physical Therapy.

## **IN OUR NEXT ISSUE...**

- Skiers thumb
- What is a certified hand therapist?
- Text messaging

## **NOW AVAILABLE**

*MHSRC has combined its clinical expertise with the design knowledge of the Shock-Tek Co. to offer a line of custom protective gloves. The unique cushion design offers a comfortable solution for those experiencing hand pain, as well as anyone who works with their hands. Protects hands at work, gardening, sports and other daily tasks.*

*Gloves are available in sizes XS—XXXL*

*Wide variety of styles*

*Prices from \$27.50*



## **UPCOMING EVENTS**

➤September 17th Presentations by Dr. Burke, Dr. Hall, Dr. Nefcy to the Nurse Case Managers from Blue Cross Blue Shield assigned to the Daimler Chrysler Disability Program. Dr. Burke is speaking on "Open Wedge Osteotomy & IBP Procedure". Dr. Hall is speaking on "Functional Capacity Evaluations", and Dr. Nefcy is presenting CT Case Studies demonstrating the efficacy of this new CT Technology.

➤October is Physical Therapy Month

➤October 8th and 15th, Laura Ramus, PT, ATC in conjunction with Lifetime Fitness—Shelby Twp. Will conduct conditioning clinics for high school athletes entitled Run Faster, Jump Higher and get Stronger. Call (734)464-6311.

➤October 11th, Michigan Hand & Sports will sponsor a table for the 42nd Annual Breakfast with the Detroit Fire Department.

➤October 21st, Michigan Hand & Sports Rehabilitation Centers will exhibit at the first Tri-State Conference of the Indiana, Michigan, & Ohio Occupational Health Nurses.

➤October 26th, Michigan Hand & Sports Rehabilitation Centers will exhibit at the Michigan Self Insurers' Association Fall Conference at the Laurel Manor in Livonia.

➤November 5th & 6th, Muscle Balancing Conference with Laura Ramus, PT, ATC in Dearborn.

➤November 17th, Laura Ramus, PT, ATC & Lori Sweeney, OTR will address the Disability Management Employer Coalition (DMEC) on Ergonomics in the work place.

Should you have any questions regarding the above mentioned presentations call (586)5673-8890.