

Hospital Report

by Deborah A. Briggs, *Ellenville Regional Hospital*
Director of Human Resources & Volunteer Services

Winter is here! And along with it comes a beautiful landscape filled with clean, white snow. However, winter also brings with it the potential for serious injury. Have you ever slipped on ice and injured your hip? Has your back ever ached after shoveling your sidewalk? If so, we have the answer to help you to relieve your pain. *Ellenville Regional Hospital's* Physical Therapy, Pain Management, and Orthopedic Department can help you recover from the aches and pains from injury, surgery, or disease on a year-round basis.

The Physical Therapy Department is staffed with a full-time physical therapist and physical therapy assistant. Their goal is to help patients of all ages achieve their highest physical potential. Physical therapists are licensed to evaluate and treat all types of neuromuscular injuries/disorders. Therapists take pride in helping patients return to their prior level of function; whether that's being able to walk independently after a fall, or returning to the football team after an ACL (Anterior Cruciate Ligament) replacement. Physical therapy can also help you to improve strength, stamina, and your ability to walk, as well as improving your balance and coordination. The Physical Therapy Department hours are currently Mondays through Thursdays 8 AM to 6 PM and Fridays 8 AM to 4 PM. However, the staff members are flexible and will work with you to accommodate your personal needs.

The Physical Therapy Department works in conjunction with your personal physician, or with the orthopedic surgeon and physiatrist located at *Ellenville Regional Hospital*. Orthopedic surgeons examine, diagnose, and treat diseases and injuries of musculoskeletal system by surgical and conservative means, and through applying corrective mechanical devices. They perform surgical procedures, then reduce and immobilize fractures by open or closed methods, using such corrective devices as braces, casts, and splints.

Dr. John Flynn, the Hospital-based orthopedist, is available for appointments on Mondays and Fridays. Dr. Marc Rosenblatt is the hospital-based physiatrist at *ERH*. A physiatrist is a physician specializing in physical medicine and rehabilitation. Physiatrists treat a wide range of problems from sore shoulders to spinal cord injuries. Physiatrists treat acute and chronic pain and musculoskeletal disorders. They may see a person who lifts a heavy object at work and experiences back pain, a basketball player who sprains an ankle and needs rehabilitation to play again, or a knitter who has carpal tunnel syndrome.

Physiatrists' patients include people with arthritis, tendonitis, any kind of back pain, and work/sports-related injuries. Physiatrists also treat serious disorders of the



musculoskeletal system that result in severe functional limitations. They would treat a baby with a birth defect, someone in a bad car accident, or an elderly person with a broken hip. Physiatrists coordinate the long-term rehabilitation process for patients with spinal cord injuries, cancer, and stroke or other neurological disorders, brain injuries, amputations, and multiple sclerosis.

Dr. Rosenblatt sees patients at *Ellenville Regional Hospital* on Tuesdays.

If you have any questions regarding the services provided by *ERH's* Physical Therapy, Pain Management and Orthopedic Department, or would like to make an appointment, please call them at 647-6400 ext. 292. 🌟

Services Provided by Ellenville Regional Hospital:

- ✓ In-Patient Services
- ✓ Emergency Services
- ✓ Ambulatory Surgery
- ✓ Outpatient Services, including:
 - ✓ Cardiology/Stress Testing
 - ✓ Cardio-Pulmonary Services
 - ✓ Case Management
 - ✓ Diabetes Education
 - ✓ Diagnostic Imaging, including:
 - ✓ CT Scan
 - ✓ Mammography
 - ✓ Nuclear Medicine
 - ✓ Ultrasound
 - ✓ X-Ray
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