

## MCDH Rehabilitation Services

When you need assistance recovering from an illness, injury (including sports injuries), or surgery, MCDH offers a team approach to get you on the road to recovery. Our skilled therapists and wellness experts can address all of your rehabilitation needs. We provide individualized physical, occupational, and speech therapy treatments for both our hospitalized patients and outpatients. The Rehabilitation Team also prepares you for hip and knee replacement surgery.

[www.mcdh.org/rehabilitation](http://www.mcdh.org/rehabilitation)

**Clinic Hours:**  
8:00 a.m.–5:00 p.m.  
Monday–Friday

**Appointments:**  
(707) 961-4670  
(with a physician's referral)



*Brenda Ross, PTA, assists Rosalie Gjerde on the Pilates Reformer to strengthen her knee and core after total knee replacement surgery.*

# Getting Back to an Active Lifestyle and Improving Function after Illness, Injury, or Surgery

Our physical therapists work with you and your physician to develop a plan of care to maximize strength and independence. Some common conditions we provide therapy for:

- Stroke
- Injuries (sports, fractures, whiplash, amputation)
- Surgery (heart, back, joint replacement)
- Degenerative joint disease
- Dizziness, balance, and fall prevention – gait training
- Headaches and TMJ
- Muscle weakness and pain

## Our Team

**Sarah Wagner, PT, DPT** – Sarah is the manager of all MCDH rehabilitation and wellness services, specializes in orthopedic and dizziness physical therapy, teaches the pre-joint replacement class, and leads a Pilates mat class.

**Lucinda Weaver, MPT** – Lucinda, who has a Master's Degree from USC, originally practiced physical therapy in New York City at a sports and orthopedic center specializing in the treatment of athletes and dancers.

**Brenda Ross, PTA (Physical Therapy Assistant)** – Brenda holds many advanced certifications, including aquatic therapy and arthritis treatment.

## Testimonial

"I was admitted to MCDH (in January) 2014 to have a total hip replacement. . . Dr. (Jack) Bellah, M.D., in my mind, is the only surgeon I would entrust to take care of 'all things bone related'. . . from the moment I arrived, hospital staff members were at all times professional, courteous, and far above average. . . Physical Therapist Lucinda Weaver has been working with me to get me to this place of having a full hip replacement. . . Lucinda kept me going as long as she could. Now, she'll help me begin again to heal from this and get my life back. Thank you Lucinda."

– Gregg Tosello, The Sea Ranch, California

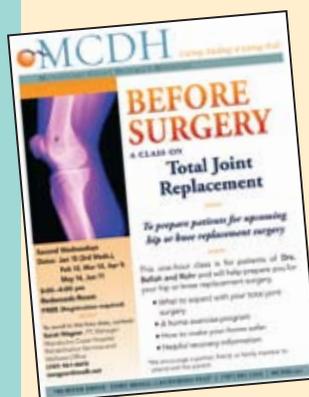


Sarah Wagner, DPT works with Larry Pardini on scapular stabilization and posture.

**Michelle Parel, PT** – Michelle is our lead inpatient PT, and is often the first therapist patients see after surgery.

**Peter McCann, PT** – Peter has specialized training in osteopathic manual physical therapy and works with both inpatients and outpatients.

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## Preparing for Orthopedic Surgery and Recovery

Physical Therapist Sarah Wagner leads this one-hour class for patients of Drs. Jack Bellah, M.D. and Bill Rohr, M.D. to prepare them for hip or knee replacement surgery.

Download the [flyer](#) at [mcdh.org](http://mcdh.org)  
Dr. Bellah discusses knee surgery

on [YouTube](#).

# Remaining Active and Independent: The Goal of Occupational Therapy

Our Occupational Therapists and Occupational Therapy Assistant treat patients with a broad range of physical, developmental, and cognitive conditions. OTs provide instruction in activities of daily living (ADLs) to promote maximum independence. Some areas of focus:

- Self care (bathing, dressing, hygiene)
- Home safety evaluations and home modification recommendations
- Energy conservation education and pacing techniques
- Medical equipment recommendations (wheelchairs, bathroom modifications)
- Transfers and fall prevention
- Ergonomics
- Chronic Disease Management
- Health and Wellness
- Productive Aging

## Our Team

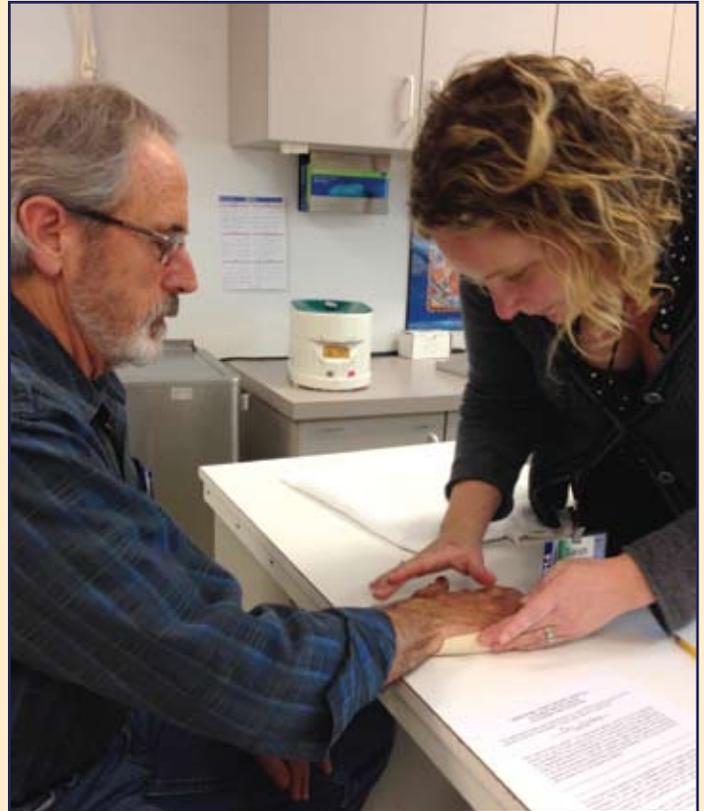
**Sarah Mechling, MS OTR/L** – Occupational Therapist whose specialties include hand therapy, wheelchair referrals, and ergonomics. Sarah treats patients who have had hand surgery including carpal tunnel, tendon release, or other hand injuries. She also makes custom splints.

**Donna Schuler, COTA (OT Assistant)** – Donna provides inpatient OT treatments, is the MCDH Wellness Coordinator, and Activity Director for our Swing Bed program. She recently began teaching yoga for the Wellness Program.

**Jeff Perkins ATC, Rehabilitation Services Aide** – Jeff is a Certified Athletic Trainer. He coaches women's high school basketball at Fort Bragg High School.

**Jerri Mihos, Unit Coordinator** – Jerri has more than 20 years experience in registration, patient relations, and communications. She is the heart of the department!

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*Sarah Mechling provides hand therapy and makes a custom splint for John Starkey two weeks after surgery.*

[www.mcdh.org/health-wellness](http://www.mcdh.org/health-wellness)

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# Providing Specialized Treatments for Patients with Communication and Swallowing Problems

Speech Therapists address problems in communication, speech, and swallowing. This may involve language understanding and use, speech production, oral motor abilities, Augmentative and Assistive Communication (AAC) devices, Modified Barium Swallow (MBS) studies, and safe swallowing skills. Some conditions that speech therapists commonly treat include:

- Stroke
- Head or neck cancer
- Brain injury
- Parkinson's disease
- Pediatric Speech and Language

## Our Team

**Cynthia Audo, MA, CCC-SLP** – In addition to being a certified Speech and Language Pathologist, Cynthia has advanced training in swallowing disorders and AAC device selection and implementation.



*Cynthia Audo, Speech Therapist, assists a young patient with a communication device.*

**Kristen Kronfeld MA, CCC-SLP** – In addition to being a certified Speech and Language Pathologist, Kristen specializes in AAC.

## – Wellness Center Updates –



*Donna Schuler demonstrates yoga pose during a recent class.*

Wellness Coordinator Donna Schuler is our newest yoga teacher with a 7:30 a.m. Tuesday class. This joins our Monday 5:30 p.m. yoga class taught by Helen Jacobs, and our Tuesday 5 p.m. Pilates mat class is taught by Sarah Wagner, PT, DPT.

Larue Kobrin, former PT patient, is a member of the Wellness Gym. Her husband accompanies her and coaches her through her exercises. "Exercise is fun and a long-term commitment. We have seen huge improvements after receiving physical therapy and as Larue continues to strengthen".



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707-961-1234 | [www.MCDH.org](http://www.MCDH.org)

Wayne Allen, *Interim CEO, CFO*



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