



GROWING FORWARD

HEALTHY FOCUS

NEWSLETTER

HCMC'S TUCKER EARNS LYMPHEDEMA MANAGEMENT CERTIFICATION



SHELLEY TUCKER, DPT, CLT

Debbie Jelks, the Director of the Center for Wellness and Rehabilitation at Henry County Medical Center, announced recently that Shelley Tucker, DPT, CLT, earned certification in the treatment of lymphedema management.

Tucker earned Certified Lymphedema Therapist certification by completing an eight-week home study program, followed by a

nine-day, hands-on course in Phoenix, AZ. Tucker is now able to provide care for patients suffering with lymphedema secondary to multiple diagnoses. She will provide a full spectrum of treatments including manual drainage, bandaging, therapeutic exercise and skin care. She treats patients of all ages.

“This is a valuable service for a huge variety of patients in our area,” said Jelks. “Very few rehabilitation clinics offer certified lymphedema management and we’re excited that Shelley completed the rigorous certification process to be able to offer this service to patients in our region.”

Tucker, a Huntingdon native who now lives in Paris, is a graduate of UT Health Science Center in Memphis. She joined HCMC and the Center for Wellness and Rehabilitation in 2013.

Lymphedema patients are treated at the Center for Wellness and Rehabilitation in the Kelley Clinic on the HCMC campus. Patients are seen only after being referred to therapy by their primary care physician or other provider.

The HCMC Center for Wellness and Rehabilitation offers convenient and specialized care providing services for neurological patients, speech/language therapy, pediatric physical and occupational therapy, and the Wellness program.

The HCMC Center for Wellness & Rehab is located in the HCMC Kelley Clinic at 1015 Kelley Drive. For more information on how you can help, contact us at 731-642-2411.

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H/C CENTER FOR
M/C WELLNESS & REHAB



Scan for More Information
or go to our
YouTube Channel at
[youtube.com/henrycomedcenter](https://www.youtube.com/henrycomedcenter)

HCMC CENTER FOR WELLNESS & REHABILITATION: SPECIAL SERVICES OFFERED

The Center for Wellness and Rehabilitation at Henry County Medical Center is an outpatient facility offering physical, occupational, and speech therapies to individuals needing rehabilitation. HCMC Center for Wellness and Rehabilitation specializes in a variety of techniques and is dedicated to providing timely and effective treatments to help our patients return to their highest level of function, therefore improving their quality of life.

At HCMC Center for Wellness and Rehabilitation, we offer a variety of services that you or a loved one could utilize to improve your quality of life. Our staff at the Center for Wellness is comprised of physical therapists, physical therapy assistants, occupational therapists, occupational therapist assistants, and speech-language pathologists. Debbie Jelks, Director of Rehabilitation Services, is certified in pediatric physical therapy. The following services are offered by their caring and talented staff:

PEDIATRIC CERTIFIED SPECIALIST

Those age birth through age 18 that have been diagnosed with physical impairment or motor/sensory delay often require a pediatric physical therapist. Pediatric populations are so different from adults and are not “mini” adults. Being a specialist is helpful as growth spurts and other changes are addressed with pediatrics that do not come into play in adults.

SENSORY INTEGRATION THERAPY

SI (Sensory Integration)

Sensory Integration is needed when our sensory and motor systems are not working together as they should resulting in dysfunctional, non-purposeful movements, like you often see in children with autism. A therapist assesses function of the sensory system/motor control and will then develop programs/activities to perform all day in school and at home to work through the SI issues.

JOINT REPLACEMENT CLASS

This class is offered to patients with an upcoming knee, hip or shoulder replacement to educate them on their pending surgery, hospital stay, and rehabilitation. Henry County Medical Center has received accreditation by JCAHO as a Total Joint Center of Excellence and this class offered by the Center for Wellness & Rehab staff is part of that accreditation. This class meets every Tuesday from 12:30 p.m. to 2 p.m. in HCMC Classrooms 2 & 3.

VESTIBULAR REHAB THERAPY

Patients with vertigo, balance deficits, and inner ear disorders turn to Vestibular Rehab Therapy that assists to improve their function and safety. Specific exercises and activities are implemented in individualized programs to improve quality of life and promote central nervous system compensation.

Common Diagnoses treated with VRT include:

- Benign Paroxysmal Positioning Vertigo (BPPV)
- Vestibular Hypofunction
- Post Concussive Syndrome
- Symptoms associated with Meniere's Disease
- Stroke (CVA) / mini-stroke (TIA)
- Symptoms associated with Multiple Sclerosis
- Cervical Spine dysfunction

AQUATIC THERAPY

Aquatic Therapy is a series of water-based exercises used to promote relaxation, increase overall fitness, or for rehabilitation purposes. Hydrostatic properties allow patients to perform techniques and specific exercises with decreased impact on the body and more freedom of movement.

LYMPHEDEMA CERTIFIED THERAPIST

Lymphedema management is a specialized service requiring specialized training. The Wellness Center has a certified Lymphedema Therapist to treat this patient population.

DRY NEEDLING

Dry Needling is a technique that treats pain using a “dry” needle.

INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION

IASTM is a manual technique with specialized tools to treat fascia restrictions and scar adhesion. This improves mobility due to tissue abnormality.

KINESIOTAPING

This technique facilitates the body's natural healing process while providing support and stability to muscles and joints without restricting mobility. Kinesiotaping is an elastic therapeutic taping method seeking to improve blood flow and decrease pain through biofeedback, joint unloading, and postural/joint alignment. It allows muscle movement and makes space for drainage and blood flow by lifting skin.

Wii-HABILITATION

This method is a new spin on the home gaming system Nintendo Wii. Patients see this as a great alternative to boring and repetitive exercises programs. The incorporation of gross limb and body movements into a game setting keeps patients much more engaged. This is beneficial for patient's suffering from Parkinson's disease, stroke, balance and coordination deficits.

SPORTS REHABILITATION

Sports Rehab is a specialized treatment focused on the prevention of injury and the rehabilitation of the patient back to optimal levels of functional, occupational and sports specific fitness, regardless of age and ability.

SPLINTING

Splinting requires fabricating individualized upper extremity splints or any type of upper extremity injury, weakness or dysfunction. Splints can be made to protect joints or to

assist in movements, depending on the impairment.

SPEECH THERAPY

Speech therapy is provided to patients of all ages with either developmental or acquired speech, language or swallowing disorders. Speech Therapists assist patients with an array of disorders associated with stroke, traumatic brain injury (TBI), cerebral palsy (CP), dyslexia, autism and ADD/ADHD. They provide advanced sound therapy to aid patients in all areas of communication to improve attention, concentration, memory, and language.

VITALSTIM® THERAPY SYSTEM

Neuromuscular Electrical Stimulation involves the administration of small, electrical impulses to the swallowing muscles in the throat through electrodes attached to the skin overlaying the musculature. This is highly effective at improving and restoring swallow function.

SWALLOW STUDIES

These are performed by a certified Speech-Language Pathologist to assess the likelihood and/or presence of aspiration and to determine the patient's ability to chew and swallow food in a functional and safe manner.

“HCMC Center for Wellness and Rehabilitation specializes in a variety of techniques and is dedicated to providing timely and effective treatments to help our patients return to their highest level of function, therefore improving their quality of life.”

The main goal of our physical therapists at HCMC is to improve and restore your life to the highest level of function with as limited pain as possible. When you are in the hands of one of HCMC's physical therapists, you have a plan of care that is safe, appropriate and addresses your individual needs and pre-existing conditions. As you make important decisions about health care for you or your family, it is important to remember that physical therapists:

- Work one-on-one with you at all times at the Wellness Center.
- Talk with you at every visit regarding your physical impairments.
- Significantly improve mobility to perform daily activities.
- Provide an alternative to painful and expensive surgery, in many cases.
- Manage or eliminate pain without medication and its side effects, in many cases.

To receive outpatient therapy at the Center for Wellness & Rehab, one must have a physician's order. Most insurance plans cover therapy as long as ordered by a physician.

Henry County Medical Center recently held a Lunch to Learn on all the various specialties offered by the Center for Wellness & Rehab. You can watch this Lunch to Learn on our YouTube Channel at <https://www.youtube.com/henrycomedcenter>.

We also offer the McKenzie approach to spinal pathologies as well as functional movement screenings.

For more information concerning any of our services, please call us at (731) 642-2411 from 7 a.m. to 5:00 p.m., Monday through Friday or email Debbie Jelks, PT, MSPT, PCS, Rehabilitation Services Director at djelks@hcmc-tn.org.



HCMC CENTER FOR WELLNESS AND REHAB'S NEW SENSORY ROOM A BOOST TO DEVELOPMENT OF REGION'S YOUNG CHILDREN

HCMC Center for Wellness and Rehabilitation is proud to continually increase and offer services that our community needs to improve quality of life from the youngest to the oldest of our population. A sensory room dedicated to the development of pediatric patients is the latest addition to the Center for Wellness and Rehabilitation in the last month, joining the rehab therapies of dry needling and lymphedema management.

Debbie Jelks, PT, MSPT, PCS, the Director of the Center for Wellness and Rehabilitation, has overseen a rapid expansion in the Center's pediatric care, which includes six therapists who work with the Center's smallest patients. The pediatric team consists of two physical therapists, two occupational therapists and two speech language pathologists.

Now, thanks to the financial generosity of the Henry County Healthcare Foundation, the team has a brand new room in which to work with children.

"Research shows that one out of six children in our country suffer from some type of sensory impairment," said Jelks. "This can impact a child's development in their early life and later on in their lives when they are trying to achieve academic goals, use fine motor skills or just enjoy independence in their everyday life. Rooms like this are huge in those kids' lives."

One of those sessions might include some time on the small climbing wall, which is just the right size for a small child. "The climbing wall teaches them how to move their bodies around and negotiate obstacles in their path," said Jelks. "Using a climbing wall is a safe and controlled way to promote this activity. It is visually appealing and it's fun for them to feel the different textures on the wall."



On the opposite wall hangs a pediatric chalkboard, which helps a child's shoulders, arms, wrists and hands, according to Ashley Hodge, OTR L. "It helps with their posture, as well as the stability in their arms because the chalkboard allows for big arm movement when writing."

To learn more about the HCMC Center for Wellness and Rehabilitation, check us out online at www.hcmc-tn.org or go to our new FB page, <https://www.facebook.com/HCMCWellnessCenter>. For an appointment, call our Center at 731-642-2411.

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The vestibular swing is the centerpiece of the room and helps the young patients in a variety of ways, according to occupational therapist, Rachel Laux, OTR L. "The swing helps gather their sensory system together, which helps them to be more focused and attentive when we move to tabletop or other activities involved in their therapy session."



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or go to our
YouTube Channel at
[youtube.com/henrycomedcenter](https://www.youtube.com/henrycomedcenter)

You Are the ONE in 2021



Mark your calendar for the 21st of each month to learn about ways to make you and your health your number ONE priority in 2021.



Scan to Watch!



Scan to Watch!



Scan to Watch!



Scan to Watch!

**January 21 • 12:00pm
Routine Screenings 101**

Join us for a Facebook live to learn about which screenings are right for women and when you need them.

**February 21 • 12:00pm
Eating for a Healthy Heart**

Tune in to our Facebook to learn how to start a heart healthy diet during American Heart Month.

**March 21 • 12:00pm
Our Aging Brains**

Join us on Facebook to learn how our mental health needs change during our life stages.

**April 21 • 12:00pm
In Sickness and in Telehealth**

Join us for a Facebook Live to learn about telehealth, and how it's changing the way we view healthcare.

**May 21 • 12:00pm
Learning to Stress Less**

Join us for a Facebook live to hear ways to combat stress and how this can impact your health.

**June 21 • 12:00pm
All About Men's Health**

Join us for a Facebook live to learn how to keep your body running like your favorite sports car.

**July 21 • 12:00pm
Get Up and Move!**

Join us for a Facebook Live to find out how to "Walk Across Tennessee."

**August 21 • 12:00pm
Good Health Starts Young**

Tune in to our Facebook to learn all about breastfeeding and how it can change your baby forever.

**September 21 • 12:00pm
Aging Gracefully**

Join us for a Facebook live to learn how to get healthier as you get older. All ages welcomed!

**October 21 • 12:00pm
Are My Baby Blues Normal?**

Tune in to our Facebook live to learn how to spot if it's just the blues or actually postpartum depression.

**November • 12:00pm
Become a Diabetes Warrior**

Tune in to our Facebook to learn how to take back control of your diabetes.

**December 21 • 12:00pm
All I Want for Christmas...**

...is Snacks! Join us for a Facebook Live to learn how to snack smart this season.

For more details, visit our Facebook or www.hcmc-tn.org, or call our Find Line at (731) 644-3463

HCMC CLASS SCHEDULE

Cardiac Nutrition

9-11:00am | Classrooms 2&3
July 21
Sept. 15
Nov. 3

Pulmonary Nutrition

9-11:00am | Classrooms 2&3
June 15
Aug. 17
Oct. 6
Dec. 7

Prevent Type 2 Diabetes

4:00pm | Private Dining Room
Class start- June 7

Taking Charge of your Diabetes

5-7:00pm | Classrooms 2&3
every Tuesday for 6 weeks, July 27-Aug. 31

Smoking Cessation Class

9:00am June 8 - Classrooms
9:00am June 15 - Private Dining Room
9:00am June 22 - Classrooms
9:00am June 29 - Classrooms
9:00am July 1 - Private Dining Room
9:00am July 13 - Classrooms
9:00am July 21 - Private Dining Room
9:00am July 27 - Classrooms

Better Breathers Support Group

2:00pm | HCMC Cafeteria
Meets 3rd Monday of each month.

Alzheimer's Support Group

11:00am | Classrooms 2&3
June 17
July 29
Aug 26
Sept 23
Oct 28
Nov 22
Dec 23

Cancer Support Group

11:30am | First Presbyterian Church
Fellowship Hall
Meets 2nd Thursday of each month.

CALL 731-644-3463 TO SIGN UP FOR CLASSES AND SUPPORT GROUPS

HCMC Center for Wellness & Rehab Now Offering Dry Needling

HCMC Center for Wellness & Rehab continues to expand and offer new services to the community. Debbie Jelks, the Director of the Center for Wellness and Rehabilitation at Henry County Medical Center, announced recently that Shelley Tucker, DPT, CLT, is now offering dry needling therapy at the Center.

“This is a valuable service for a huge variety of patients in our area,” said Jelks. “Very few physical therapists are able to perform dry needling therapy and we’re excited that Shelley completed the dry needling level I process to be able to offer this service to patients in our region.”



Dry needling is a technique physical therapists use (where allowed by state law) for the treatment of pain and movement impairments. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle.

Other terms commonly used to describe dry needling, include trigger point dry needling, and intramuscular manual therapy. Dry needling is not acupuncture, a practice based on traditional Chinese medicine and performed by acupuncturists. Dry needling is a part of modern Western medicine principles and supported by research.

Tucker obtained dry needling education, completing required hands-on class work and passing a written and lab exam. Tucker is now able to provide care for patients suffering with pain and functional limitations.

Tucker, a Huntingdon native who now lives in Paris, is a graduate of UT Health Science Center in Memphis. She joined HCMC and the Center for Wellness and Rehabilitation in 2013.

The HCMC Center for Wellness and Rehabilitation offers convenient and specialized care providing services for orthopedic patients, neurological patients, lymphedema patients, speech/language pathology patients, pediatric physical and occupational therapy, vestibular patients and a variety of other diagnoses.

To learn more about the HCMC Center for Wellness and Rehabilitation, check us out online at www.hcmc-tn.org or go to our new FB page, <https://www.facebook.com/HCMCWellnessCenter>. For an appointment, call our Center at 731-642-2411.



General Surgeon Dr. Stephen Phillips joins HCMC/Paris Surgical Specialists

Henry County Medical Center continues to add to its list of providers with the addition of Stephen Phillips, MD, to its general surgery team earlier this year.

Dr. Phillips, a native of Florence, AL, joins Dr. Russell Boyd, Dr. Andrew Lundberg and Dr. Jason Harper at Paris Surgical Specialists in Paris.

“After meeting Dr. Boyd, Dr. Lundberg and Dr. Harper, I felt like this was a good fit for me,” said Dr. Phillips.

Dr. Phillips has experience in open and minimally invasive surgery of the abdomen, surgery of the skin and soft tissue, hernia repair, benign and malignant surgery of the breast, benign and malignant surgery of the thyroid, endoscopy, trauma, lower extremity amputation, vascular access and wound care.

Phillips, who is board certified by the American Board of Surgery, graduated from the University of Alabama before going to the University of Alabama-Birmingham School of Medicine. He completed his general surgery residency at Spartanburg Regional Medical Center before returning to Florence to begin his practice.

Dr. Phillips is married and has two daughters, ages 9 and 6.

To make an appointment or for more information, call 731-644-3211 or go to www.parissurgical.com. You can also check out his profile at www.hcmc-tn.org.



STEPHEN PHILLIPS, MD

Scan to learn more
about Dr. Phillips,
be sure to check
out his profile video



Scan to watch
watch his recent
Facebook Live at





WELLNESS RECIPE

Want a set of healthy recipe cards delivered to your mailbox? Call 731-644-3463 and request yours today!

Rainbow Cauliflower Pizza

Cauliflower contains unique plant compounds that may reduce the risk of heart disease and cancer.

INGREDIENTS



- 1 small to medium sized head of cauliflower, should yield 2 to 3 cups once processed
- ¼ cup shredded Parmesan cheese
- ¼ cup mozzarella cheese
- 1 egg
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon basil or rosemary minced (or dry)
- ½ teaspoon oregano minced (or dry)
- ½ cup marinara sauce
- 1 cup mozzarella cheese
- 1 cup diced bell peppers yellow, orange, red, green, or any combo of your choice
- ½ cup broccoli florets
- ½ cup diced red onion
- ¼ cup canned corn (optional)
- ½ cup tomatoes diced



DIRECTIONS SERVES 4

- Preheat oven to 500°.
- Remove the stems from the cauliflower and cut into chunks, Place the cauliflower into a food processor and pulse it until it resembles the texture of rice. If you don't have a food processor, you can use a cheese grater or chop it very finely.
- Microwave the processed cauliflower uncovered in a microwave safe bowl for approximately 4-5 minutes on high. Remove it from the microwave and allow it to cool for at least 4-5 minutes (trust me don't rush this step!). After the cauliflower is slightly cooled, place it in a kitchen towel and squeeze all the liquid out of it. Be sure to squeeze as much liquid as humanly possible.
- Combine the cooked cauliflower, egg, garlic, cheese, and seasonings. Stir until a dough texture forms. Spread the cauliflower mixture out onto lightly greased parchment paper or a pizza pan in the shape of a pizza crust.
- Bake the crust for approximately 10-15 minutes (depending on your oven), or until the crust is golden and crispy. I cooked mine for approximately 15 minutes. After the crust is golden remove it from the oven and top with pizza sauce then cheese then the chopped veggies.
- Place the pizza back in the oven and bake for another 12-15 minutes.



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