

FREE Community Lecture Series for 2010

Last Tuesday of Every Month, 6:30-7:30 in
Ramsey Rehab Leominster Office

January 19th, 2010 Pilates for the Athlete: The Secret Weapon Kim Casto, Owner of BodyLines Pilates Studio

Learn core exercises that will improve your ability to recruit maximum muscle power while minimizing the risk of injury. Pilates is known to enhance athletic performance and assist with post event recovery.

A growing trend amongst pro-athletes is using the Pilates as their secret weapon.

Athletes and sports teams that practice Pilates include: Tiger Woods, Sanya Richards (Olympic Sprinter), Julia Mancuso (Olympic Skier), Timothy Goebel (Olympic Figure Skater); Calvin Johnson (NFL player); Denver Broncos.

A 40 min. workshop for the recreational or competitive athlete

Kim Casto owner of Bodylines Pilates Studio in Lancaster, is trained in classical and contemporary styles of Pilates. Her teaching honors the original work by Joseph Pilates while respecting the individual needs of the client. Kim completed her first 600 hour certification with Polestar Pilates of Miami. In 2006 she completed a second 600 hour certification through Power Pilates of NYC. Kim has been teaching Pilates since 2001; continuing to educate herself by regularly attending workshops and taking lessons with premier instructors. Kim also holds a Pilates Method Alliance certification, the highest industry standard.

February 23rd, 2010 Indoor Rock Climbing for Kids!!!!!!

Michelle Sciabarrasi, PTA, Staff PT at Ramsey Rehab

Have you ever wanted to try out indoor rock climbing? In our Leominster office of Ramsey Rehab, we have a 16 foot indoor rock climbing wall with space for 3 climbers and 3 safety people. Rock Climbing is a challenging form of exercise that works almost every part of your body. It can be a great form of recreation and is a great activity for kids. Completely safe, our indoor rock wall has routes set up for various climbing levels. Our staff has been trained in rock climbing and has many years of experience in indoor and outdoor rock climbing. Bring your youth group!

This Lecture series is one that is sign up only. Due to the nature of the activity, we try to limit it to no more than 30 children. Contact us to have your group in for indoor rock climbing at another time!

March 30th 2010 –Spouse Care giver issues
Carol Jaillett, President of Nashoba Home Health Care

Her company was designed from experience in the business realizing there was a great need for quality homecare services. Her goal is to place the personal touch back into homecare that has been lost with many of the franchises that have opened over the last few years. Nashoba Homecare is unique in the sense that it is community based and is a full service company ranging from Home Health, Senior Care, Pet Assistance, Transportation, Concierge and Mothers Helper.

STRESS OF FAMILY CAREGIVING

In meeting with families who are caring for a loved one, Carol found that the primary family contact was experiencing so much stress, burnout and family relationships deteriorating. In this discussion she would like to share with us about "what is actually transpiring in the home." Many medical professionals see the patient and are not privy to the family dynamics in the home. This time-consuming labor of love leads to a great deal of stress and burnout, resulting in compromised physical health, poor work performance, and feelings of depression and isolation for the family caregiver. That is why she offers a broad range of services to accommodate the whole family. She will also present some coping methods that she suggests for the family to relieve and assist them during this time.

April 27th, 2010 Balance and Fall Prevention
Scott Falldorf, PT, DPT, Physical Therapist Ramsey Rehab

Scott Falldorf, PT, DPT is a staff Physical Therapist who is working in the Fitchburg office of Ramsey Rehab. Scott has been working with balance and vestibular patients over the past two years. He has developed a simple yet highly effective way to improve vertigo issues with his patients with vestibular problems. He has also been working with a wide variety of patients with balance issues to work on improving strategies to decrease their risk of falls.

May 25th, 2010 – ACL Reconstruction Surgery
Kelton Burbank, M.D.

Kelton Burbank, M.D, is an Orthopedic Surgeon practicing out of Longview Orthopedic Center, Leominster, Ma. and Health Alliance Hospital. Dr. Burbank has completed a Sports Medicine Fellowship at the Lahey Clinic, Burlington, Ma. And the New England Baptist Hospital, Boston, Ma. He is a member of the American Board of Orthopedic Surgery and a member of American Board of Family Physicians. He is an author and co-Author of various Orthopedic Medicine Textbooks and Medical Journals and a reviewer for the Journal: Arthroscopy: The Journal of Arthroscopic and Related Surgery and on the Editorial Board of the American Family Physician. Dr. Burbank's talk will be about surgical implications for a torn ACL ligament. Which graft type to use? What is the recovery period? When can I go back to athletics? These are all common questions that Dr. Burbank will cover in his discussion.

June 29th, 2010 – “Evolution of Platelet Rich Plasma Therapy and Regenerative Treatments for the Athlete”

Herb Stevenson, M.D.

J. Herbert Stevenson, MD, serves as Chief of Sports Medicine and Director of the Sports Medicine Fellowship for the University of Massachusetts Department of Family Medicine. He is an Assistant Professor for the University of Massachusetts Medical School. Dr. Stevenson provides sports medicine services at the UMass Health Alliance Sports Medicine Clinic, Burbank Campus in Fitchburg as well as the UMass Memorial Sports Medicine Center in Worcester seeing athletes of all ages and ability levels. Clinical focus is on optimizing non-surgical treatment options for sports injuries.

Dr Stevenson serves as a Sports Medicine Consultant for the Boston Red Sox Organization and a Team Physician for the NJ Devils Lowell AHL Affiliate. He also serves as Team Physician for the College of the Holy Cross, Fitchburg State College, Worcester Poly Technical Institute, Clark University, and Ana Maria College. Dr Stevenson oversees sports medicine coverage for Fitchburg, Leominster, Wachusett, and Monty Tech High Schools. Dr. Stevenson provides medical coverage for several sporting events including the Bay State Games, Fitchburg Longsjo Bicycle Stage Race and the Boston Marathon.

June 29, 2009 – Hospice Care

Tina Bettez, Beacon Hospice, Inc.

July 27th, 2010 Physical Therapy and the Treatment of Women’s Pelvic Pain Sue C. Abis, PT, Clinical Manager Tyngsborough office of Ramsey Rehab

August 31st, 2010 -TBA

September 28th, 2010 –Curves for Women Workouts

Donna Dimarzio, Owner of Curves, Leominster

October 26th, 2010 Indoor Rock Climbing for Kids!!!!!!

Michelle Sciabarrasi, PTA and Jen Dietz, PT, MPT will show your kids how to climb up our wall! Have you ever wanted to try out indoor rock climbing? In our Leominster office of Ramsey Rehab, we have a 16 foot indoor rock climbing wall with space for 3 climbers and 3 safety people. Rock Climbing is a challenging form of exercise that works almost every part of your body. It can be a great form of recreation and is a great activity for kids and adults. Completely safe, our indoor rock wall has routes set up for various climbing levels. Our staff is trained in rock climbing and has many years of experience in indoor and outdoor rock climbing. This lecture is geared toward kids aged 4 to10. With notice, we can also accommodate small groups (i.e., Girl Scouts, Boy Scouts, 4H, Church youth groups) and we welcome them to come and have a great time while learning a great activity. This event always fills up quickly, so get on our sign up list today!

November 16th, 2010 Golf Exercise Rehab at Ramsey

John St. Jean, PTA, CFGI, Ramsey Rehab

Kevin Flaherty, PT, CSCS – VP of Operations, Ramsey Rehab

John St. Jean, PTA, CFGI has gone through the Titleist Certified Golf Fitness Professional level 1 program in 2008 and has been managing the Back on Course program since then. John has over 10 years of working with golfers from a physical therapy stand point. John now works with many local golf professionals to get local golfers healthier than they are today. Teaching them skills to improve their health and their game together is the true focus of the Golf Rehab program at Ramsey.

Kevin Flaherty, PT, CSCS is the clinic manager for Ramsey Rehab. He has been with Ramsey Rehab since 2000. Kevin has trained under Paul Calaway, PT who was the first PT to the PGA tour back in 1987. Kevin uses much of his training with Paul, his PT knowledge about biomechanics and posture and his extensive background in exercise to train golfers. Kevin will also show how motion analysis can be very helpful to golf instruction and how they perform this at Ramsey Rehab.

December 2010 **No Lecture due to the holiday season**