



Kittitas Valley Rehabilitation Services

301 East Mountain View, Ellensburg, WA 98926 Office: 509-962-7386

Director's Corner

This is the first KVCH Rehabilitation Department newsletter which will highlight our numerous skilled clinicians and increase the awareness of our exceptional facilities and services.

The Rehabilitation department includes occupational therapy, speech pathology and physical therapy. We supply both inpatient and outpatient services.

I assumed the role of Director of Rehabilitation on October 10, 2008 following eight years of service as the head athletic trainer at Central Washington University. My short tenure as director as been rewarding and exciting. The KVCH Rehabilitation staff and I are committed to providing the best quality rehabilitative care. We are dedicated to enhancing the quality and function of the lives of our patients and accomplish this through compassionate and individualized care.

I am also delighted to announce that two new physical therapists joined our team on July 1st. Andrea Salamy has been with us as a traveler for the past nine months and has decided to make Ellensburg her permanent home. Judy Howard relocated from Fort Worth, Texas and brings with her 27 years of experience. They are both skilled and very enthusiastic professionals who provide exceptional care to every patient.



Ken Kladnik M.Ed, A.T.C

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Special points of interest:

- Physical Therapy Policy Guidelines
- W.E.T. Program
- Speech Pathology
- Meet the Staff

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Physical Therapy Policy Guidelines

- Highly qualified, competent staff of therapists with an average of 20 years of experience.
- One year-old 7,000 square foot facility with a 24'x 16' rehabilitation pool.
- Initial evaluations are typically scheduled within 72 hours of requested appointment time.
- Patients will be seen by the same P.T. or P.T.A. 90% of the time.
- Scheduled appointment times provide a minimum of 45 minutes of direct patient care.
- Three full time Physical Therapy Assistants.



Speech Pathology



Specialization in adult and pediatric language, rehabilitation, language development, swallowing and feeding deficits in adults and children.

Ruthann Hall, MA, CCC-SLP
Graduate of Ohio University
29 Years of Experience

Outpatient Speech Therapy services are provided in the KVCH Occupational and Speech Therapy offices located at 302 E. Second Street in Ellensburg. Therapy is also provided in the hospital and home care settings when necessary.

The speech-language pathologist works with people who have difficulty speaking clearly; with those who have fluency problems such as stuttering; with individuals who have voice disorders; with individuals who have problems understanding or producing language, and with people who have cognitive communication impairments in memory or problem solving. The speech-language pathologist also works with adults and children who have swallowing and feeding difficulties.

Water Exercise Therapy Program (W.E.T.)

Purpose: “Get W.E.T.!” is designed for individuals who have been working with a physical therapist or occupational therapist and have met their therapy goals. This program is designed to be a time of transition between one-on-one and independent water exercise therapy. Upon conclusion of the eight week Get W.E.T.! program, clients can progress to aquatic exercise at the local community or CWU pool.

Days/Time:

Program A: Mondays and Wednesdays 1:00-2:00 p.m.

Program B: Tuesdays and Thursdays 1:00-2:00 p.m.



Cost: \$25.00/month for 2 days/week (either Program A or B). Participants can chose to enroll in a 4 week or 8 week session and then will be discharged from the program. There is a maximum of five participants in each program.

Cool New Equipment



Kittitas Valley Physical Therapy recently purchased a Cybex Arc Trainer.

It is uniquely designed to offer reciprocal movement and a variety of accommodative resistances.

The Arc Trainer is demanding on the muscles, not the joints, and is ideal for lower extremity rehabilitation, specifically total knee and hip replacement patients.



Events

KVCH Wellness Run October 10th at 10 a.m.

Kittitas Valley Physical Therapy, 301 E. Mountain View

The KVCH Wellness Run is a free event for KVCH employees participating in the eight-week Stairway to Health program. Family and friends are encouraged to join the fun and all levels of walking/running are welcome. Music, food and beverages will be provided after the run.



Ginger Longo, MD; Anthony Longo, MD; John Sand, MD; Rick Vaughan, MD; Mara Fusfield, ARNP and the Physical Therapy staff.

A special “thank you” goes to the medical staff and Kittitas Valley Physical Therapy staff who volunteered their time to provide Sports Physicals on August 12th. Seventy-six athletes received sports exams and biomechanical screening, and the money raised from the exam fees were donated back to local high schools in Ellensburg, Cle Elum and Kittitas.

Meet the Clinical Staff

Physical Therapists:



Mary Burke, PT



Trevor Stephenson, PT/CSC



Anne Merrill-Steskal, PT



Andrea Salamy, DPT/ATC



John Woods, PT



Judy Howard, PT

Physical Therapy Assistants:



Pat Bandy, PTA



Robert Burke, PTA



Mauricio Herrador, PTA



Jonathan Hughes, PTA

Athletic Trainer:



Chris Thew MS/ATC

Occupational Therapist:



Shelly Ehinger OTR/L

Speech Pathologist:



Ruthann Hall, CCC-SLP



Staff Directory

Physical Therapy Dept.

Physical Therapists:

Mary Burke
Judy Howard
Anne Merrill-Steskal
Andrea Salamy
Trevor Stephenson
John Woods

Physical Therapy Assistants:

Pat Bandy
Robert Burke
Mauricio Herrador
Jonathan Hughes

Physical Therapy Aides:

Cindy Hink
Angela Donahue
Justin Brown

Clerical Staff:

Shelli Gant
Jackie Tharp
Tammy Grimmes
Lisa Miller

Athletic Trainer:

Chris Thew

Director:

Ken Kladnik

Occupational and Speech Dept.

Occupational Therapist:

Shelly Ehinger

Speech Pathologist:

Ruthann Hall

Clerical Staff:

Elaine Ebanez

Phone Numbers:

Physical Therapy:

(509) 962-7386

Speech Therapy:

(509) 933-8677

Occupational Therapy:

(509) 933-8677



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