

ORTHOTICS

Orthotics vs. Pedorthics

There are many misconceptions about the services Orthotics and Pedorthics facilities provide. Therefore, they may be overlooked as options for certain types of care.

Orthotics supports, positions, or protects weak or ineffective joints, limbs or muscles through the use of a brace or orthosis. An orthosis is often custom designed to support a spine or limb that is in a weakened, disabled or post-operative condition. Examples include knee braces, body jackets, helmets, fracture braces, and halos.

Pedorthics is a sub-specialty of orthotics dealing with the foot and ankle. Examples include off-the-shelf and custom foot inserts (sometimes also called orthotics), shoes, shoe lifts, and wedges.

At Mary Free Bed **Orthotics and Prosthetics**, each patient, whether orthotic or pedorthic, is evaluated to determine which device is best, consistent with the physician's prescription. We then provide the patient with customization, adjustments and instructions for the orthosis. There is no charge for the initial consultation, and we will bill the patient's insurance company once services have been performed. We participate with most insurance companies; but, patients may contact our office prior to their visit to confirm our participation with a particular insurance company.

Because our lab is on-site, we can often repair, adjust, or modify orthoses while the patient waits. We will also visit patients in the hospital or, in their home if transportation or mobility is a concern. A small fee may be charged for in-home visits.

In addition to our downtown Grand Rapids office, we have satellite offices in Muskegon, Holland, Big Rapids and Hastings to service patients outside of the Grand Rapids area. These offices are staffed with certified orthotists.

If you have any questions about our services, or, would like us to provide your staff with an in-service detailing the specifics of our services, please contact Stephanie Millis at Stephanie.millis@maryfreebed.com, or 616-242-0305.

ORTHOS.E.A.T.

Bikes for the Rest of Us Provides Bicycles for Children with Special Needs

If you've grown up without a disability, you may think of riding your bike as "just a part of childhood". For children with disabilities, riding a bike can be very challenging. Mary Free Bed Rehabilitation Hospital, in cooperation with Chicago Drive Cycling & Fitness, Airway Oxygen, Inc., Creative Mobility & WizWheelz helps provide bikes with modifications to those children with special needs, so they too can remember cycling with family and friends as "just a part of childhood".



Photo from the 2007 Bikes for the Rest of Us Event

This year's event was held on Saturday, April 26, 2008. The event highlighted a variety of special cycling equipment, demonstrated by local and regional bike shops, Durable Medical Equipment (DME) suppliers and manufacturers. Each participant was preregistered and paired with a volunteer therapist, who then assisted in matching a child's physical needs with the most appropriate biking equipment.

ORTHOS.E.A.T. – cont.

Bikes for the Rest of Us Program – cont.



Photo from the 2007 Bikes for the Rest of Us Event

Mary Free Bed OrthoS.E.A.T. therapists were involved in the planning, evaluation, bike modifications, and fitting process for the bikes. Recycled bikes were also available at this event, so participants who outgrew previous adapted bikes were encouraged to bring their old bike to match with someone new.

The cost of the adapted bikes ranged from \$150-\$4000. Funding assistance was available based on documentation of physical needs/skills, as well as financial need.

The event was held in the Mary Free Bed Parking Ramp and Mary Ives Hunting Center at 360 Lafayette in Grand Rapids. For more information about this event, contact Karen Gora at 616-242-0347.

Bikes for the Rest of Us Participant Enjoys Freedom and Family Bonding

Former Mary Free Bed patient, and **Bikes for the Rest of Us** participant Travis Renkema, and mom, Karen, have found this program promotes family interactions. “Being able to ride his bike with his siblings is a big plus for Travis” said Karen.

“Bikes for the Rest of Us has been a great opportunity for Travis”, says Mom. “He is on his second bike through the OrthoS.E.A.T. program at Mary Free Bed Orthotics and Prosthetics. Travis was able to get a bike that he can actually ride, allowing him the opportunity to play with his two sisters, Morgan, 9, and Lauryn, 4. Travis’ bikes are specially made with his capabilities in mind, allowing him to ride with other family members,

helping to instill that sense of fitting in that is so important to all of us.”

“Travis is a very social person”, says mom. “He likes people, and likes to be outside”, she adds. “Riding the bike also helps Travis get much needed exercise. Travis enjoys riding his bike to church on Sunday mornings while we walk with him. Travis also enjoys books, swimming and listening to music”. In closing, Karen commented that her family has had great experiences with all the programs they have been involved with at Mary Free Bed.

Ten year old Travis was diagnosed with a rare disorder called “Balanced Translocation of Chromosomes 4 and 12” that limits his ability to speak or move his muscles in ways that most of us take for granted. Travis’ condition is so rare, that his doctor hasn’t been able to find another case in the world.



Travis Renkema

Restoring Hope and *Freedom*
Mary Free Bed
Rehabilitation Hospital

PROSTHETICS

2ND Annual Prosthetic Luncheon Draws Area Professionals for Above Knee Amputee Information

In January 2006, Mary Free Bed Orthotics and Prosthetics held their first luncheon designed to provide seminar training for professionals working with Prosthetic patients.

This year Benjamin Bruinsma, MD, opened the seminar with a presentation, on "Trans-femoral Amputations, Prosthetic indications, Capabilities and Limitations". He was followed by John King, CP, presenting on "Traditional Trans-Femoral Fitting (Preparatory and Definitive Care)". Finally, Mark Bennett, CPO, and Dave Firlik, CP, spoke on "Advanced Trans-Femoral Fitting", and the C-leg and Seal-in-liners.

Patrick Nimphie, CPO, and Prosthetics Clinical Manager, concluded the presentation with information on how to refer patients to Mary Free Bed Orthotics and Prosthetics, and then he opened the floor for a question and answer period.

Approximately 50 professionals attended this second annual event, and left with positive comments, like "Thank you for this opportunity, excellent program", and "Thanks so much – a wonderful and informative presentation. You have represented Mary Free Bed well ... taking us from power point to real-life, most helpful".

If you would like more information about the prosthetic services we provide, please contact Patrick Nimphie at Patrick.nimphie@maryfreebed.com, or by phone at 616-356-1865.

To receive an invitation to our next event, please contact Stephanie Millis, marketing specialist, at Stephanie.millis@maryfreebed.com, or by phone at 616-242-0305.

Extremity Games in South Eastern Michigan in 2008

If you've ever watched or participated in the ESPN X Games, you know how grueling they can be. Not only do you have to excel in one event, but several. Now, imagine doing the X Games with a limb amputation.

That's what the O & P Extremity Games for Amputees are all about. In its 3rd year, the O & P Extremity Games will be held in various cities in South Eastern, Michigan on July 24 – 26, 2008. The Michigan cities selected for this year's events are Millington, Rochester, Pontiac, Auburn Hills and Waterford. Events are BMX Biking,

Mountain Biking, Motto X, Skateboarding, Rock-Climbing, Wakeboarding, Kayaking, and Karate. Mary Free Bed will help to promote this event this year, with much of the prosthetic staff helping out as volunteers. In addition to MFB amputee patients' participation, Mary Free Bed Orthotics and Prosthetics will sponsor a booth.

If you have a patient who you think might be interested in participating in this year's games, they can find out more information at www.extremitygames.com, or by calling Stephanie Millis at Mary Free Bed Orthotics and Prosthetics at 616-242-0305.

Registration began in March, and participants must pre-register. No race day entries will be allowed. Family and friends can come and provide support, free of charge. There is no charge for spectators.

O & P NEWS

Current and back issues of the Orthotics and Prosthetics Clinical Bulletin can be found on our website: www.maryfreebedoandp.com

Look under the "Newsletter" tab.

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ORTHOTICS

Plasticity and Tactility: Asymmetrical Head Shape Treated with Cranial Remolding Orthoses

"When I took her to my physician for her 4 month checkup, I questioned her head tilt and she had a bump on her forehead," said "Shanda Brindley, Taylor's mom. "My doctor said the bump was because of the flat spot on her head and suggested I try repositioning techniques. At that point, we met with a physical therapist, and began treatment for torticollis." The therapist also recommended that Taylor have an evaluation for a cranial remolding helmet.

The four types of cranial deformity are brachycephaly, plagiocephaly, splanchocephaly, or a combination with the most common being plagiocephaly. Plagiocephaly is characterized by flattening on one side of the back of the head. This condition can be accompanied by a hunching above the same side eye, and the ears may be out of alignment. Some infants have a side preference because of a condition called torticollis, where a weakness or shortening of the sternocleidomastoid muscle causes tightening on one side, making turning and tilting the head in the other direction uncomfortable. (Rehab)



While the baby is asleep, *parent* or play caregiver has reduced the incidence of SIDS by 40%, placing infants on their backs for sleeping has created a higher incidence of cranial deformities from the pressure placed on the back and sides of babies' soft skulls. In the first few months after birth, a baby's skull remains soft and malleable to accommodate a rapidly growing brain. Most parents have not yet found together.

Cranial deformities can occur when pressure is regularly placed on one area of a baby's skull; for example, a baby with reflux problems who sleeps in a car seat to keep from regurgitating may develop a flat area on the back of his or her head. An infant who prefers to turn his or her head one way when sleeping, can develop a flat head.

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SATELLITE OFFICES

Method Offices - What We Do

Our Holland Satellite Office, which serves the greater Holland area, recently moved to a new location. We are now located at 12142 Eddy Street in Holland.

Our office is headed by Melissa Leuker, patent coordinator. Donna Turner, CPO, George Dunbar, certified orthotic fitter, and Matt Poth, CPO, AACCP.

Melissa Leuker has been employed at Mary Free Bed Orthotics and Prosthetics for 17 years, and has worked in the Holland location for 4 years. In her first year, Melissa worked time with her 5 year old son and patient's son.

Several times he has worked for Mary Free Bed Orthotics and Prosthetics for 2 years, after graduating from the University of Colorado in Fort Collins, CO. Donny specializes in pediatric orthotics, including cranial remolding orthoses for the treatment of plagiocephaly, and pediatric custom foot orthotics. Donny has first-hand experience with the orthotic device. Donny enjoys debriefed with his young son.

Matt Poth received his bachelor's degree from the University of Minnesota in 1999, completed the Northwestern College program in 1993, and finished the Prosthetic program in 1995. With additional continuing education, Matt has become a Fellow of the

George Dunbar, orthotic fitter, works out of our Holland patent office and has been with Mary Free Bed for 10 years. He also works out of the Holland office as a patent coordinator and a prosthetic orthotic fitter as needed. He believes in spending time with family and his riding.

If you would like to schedule an appointment request participation pack or arrange an in-person at your facility, please call our Holland office at 616-292-0240, or 616-268-4794-0221.



Staff Contacts:

Orthotics: John Flynn CPO (Clinical Manager 616-459-1810), Rex Brown CO (Pediatrics 616-356-1886), Gina Corazza CO (Plagiocephaly 616-356-1887), Doug Richardson CO (Spinal Deformities and Brain Injury 616-242-0315), Becky Meyer CO (Spinal and Pediatrics 616-242-9213), Brent Tuinstra CO (Pediatrics and Plagiocephaly 616-493-9823), Elisa de Jong CO (616-242-0457), Larry Dubinshak CPed (616-356-1884), Becky de Longpre CPed (616-356-1894), Stacy Eddy, Assistant (River Valley Orthopedics 616-493-9698), Jennifer Marcellus, Assistant (River Valley Orthopedics 616-233-1117).

OrthoS.E.A.T.: Karen Gora (Clinical Manager 616-242-0347), Steve Anderson (Production Supervisor 616-456-4847), Joel Allchin SLP (616-242-0342), Peggy Barbour OTR (616-356-1907), Mary Hamell COTA (616-456-4843), Lisa Newhouse OTR (616-242-9278), Amy Ortego OTR (616-242-9289), Matthew Scholtens (Assistive Technology Specialist 616-356-1892).

Prosthetics: Patrick Nimphie CPO (Clinical Manager 616-356-1865), Mark Bennett CPO (Staff Prosthetist 616-242-0437), David Firlik CP (Upper Extremity 616-242-0453), Tony VanEss CP (Pediatrics 616-242-0461), John King CP (Trans Femoral 616-242-9240).

Rehab Technology Center: Karen Gora (Clinical Manager 616-242-0347), Sister Kathryn Mullarkey (Assistive Tech Coordinator 616-242-9253).

Orthotics & Prosthetics Muskegon / Holland Satellites: Mark Porth CPO, FAAOP (Clinical Manager 616-392-6240).

In-service Requests: Stephanie Millis (Orthotics Assistant and Marketing Specialist 616-242-0305).