

focus ON

Physical Medicine & Rehabilitation

Winter 2010



Gerald Klim, DO
Chairman,
Physical Medicine &
Rehabilitation

Dear colleague:

UK Physical Medicine & Rehabilitation provides a wide array of services to meet the needs of our patients and to assist our physician colleagues in the assessment, diagnosis and treatment of the various patients seen at UK HealthCare.

Our electrodiagnostic services provide state-of-the-art assessment of neurologic and muscular disorders to better define, diagnose and treat many specific disorders.

The management of spasticity incorporates the evaluation of the whole individual, their specific problems, and treatment designed specifically for the patient using the latest medications, injections or interdisciplinary treatment.

Finally, in this complex world of multiple specialists and patients with complicated medical problems, the Physical Medicine & Rehabilitation team offers an objective and unbiased analysis of an individual's complaints with delineation of that individual's impairment and disability.

If we can be of service to any patient you see, please contact us through UK•MDs at **1-800-888-5533**.

Interventional therapies available for spasticity

Spasticity results from damage to the central nervous system commonly found in diagnoses such as spinal cord injury, traumatic brain injury, stroke, multiple sclerosis and cerebral palsy. Spasticity is evident by increased muscle resistance to being stretched and is associated with hyperreflexia, loss of motor control, weakness and fatigue. Spasticity can interfere with patient function, cause pain and sleep disturbance, and make it harder for caregivers to meet the patients' needs.

Multiple interventions are available to manage spasticity, including therapeutic interventions, oral medications, injectable neurolytics such as Botox[®], and intrathecal drug delivery systems.

We have multiple physicians available to provide a comprehensive evaluation including treatment interventions. Please contact the UK Physical Medicine & Rehabilitation clinic at **859-257-4888** to learn more.



Walter High, PhD



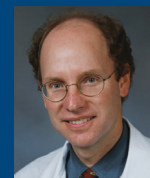
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MD



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For more information or to make an appointment with a UK HealthCare physician, please call UK•MDs at **1-800-888-5533** or visit us online at ukhealthcare.uky.edu and look for Find a Doctor.

UKHealthCare[®]

Electrodiagnostic testing

Electrodiagnostic testing is a procedure used to evaluate the function of the peripheral nervous and muscular systems. It can be used to determine abnormal muscle activity that occurs in many diseases and conditions. At the UK Physical Medicine & Rehabilitation clinic we have expertise in both nerve conduction studies (NCS) and electromyography (EMG). These two procedures can help distinguish between diseases and/or injuries that are a result of the muscle itself or the nervous system. They can also be used to isolate the level of nerve irritation or injury.

UK Physical Medicine & Rehabilitation at the Kentucky Clinic offers the only EMG/NCS services performed solely by

physicians, not technicians. Robert Nickerson, MD, is a board certified electrodiagnostician who specializes in traumatic nerve injuries, radiculopathies and entrapment neuropathies. Chad Walters, DO, also has extensive experience with both procedures.

The most common reasons for an EMG referral include carpal tunnel syndrome, cervical and/or lumbar radiculopathy, traumatic brachial/lumbosacral plexopathies, or polyneuropathies.

If you are interested in learning more about electrodiagnostic testing or making an appointment with one of our physicians, please call **859-257-4888**.

Independent medical exams

The UK Physical Medicine & Rehabilitation team provides expert independent medical exams (IMEs) for the legal community. IMEs are conducted to determine the cause, extent and medical treatment of a work-related injury or other injuries where liability is an issue. They are used by insurance companies, attorneys and others involved in managing workers' compensation and personal injury cases. IMEs can provide important information in determining impairment and if the patient has reached maximal medical improvement.

At the UK Physical Medicine & Rehabilitation clinic, Robert Nickerson, MD, has more than 15 years experience providing this service. He has provided IMEs for defendant and plaintiff attorneys, insurance companies and the Department of Workers' Compensation for the state of Kentucky.

If you are interested in learning more about IMEs or how to make an appointment with Dr. Robert Nickerson, please call **859-257-4888**.

Contact information

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