

focus ON

Physical Medicine & Rehabilitation



Robert Nickerson, MD
Interim Chair,
Physical Medicine &
Rehabilitation

Dear Colleagues:

Greetings from the UK HealthCare Department of Physical Medicine and Rehabilitation! This is the first edition of our new physician newsletter, which will bring you information about the latest happenings here and information on how we can provide very good

care for your patients who may be helped by our services.

We see patients at Kentucky Clinic, located across the street from UK Albert B. Chandler Hospital, as well as at Lexington's Cardinal Hill Hospital. In this issue, you will find information on stroke rehabilitation and traumatic brain injury.

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

Intervention therapies available for traumatic brain injury

A traumatic brain injury (TBI) is considered any neurological deficit after a blow to the head. The most common causes are motor vehicle collisions (MVCs), falls and sporting injuries.

Mild TBI (concussion) is the most common type of brain injury encountered.

We offer many rehabilitation interventions for TBI, including physician specialists, physical therapy, occupational

therapy, and speech and language therapy.

The traumatic brain injury program includes both inpatient and outpatient programs. Outpatient physician evaluations are usually for patients who have suffered a mild traumatic brain injury or for those who have experienced a severe brain injury who might be considered for an inpatient admission.

A specialized concussion clinic was initiated as well on April 10, 2008.

Summer 2008

Meet our newest faculty members



Walter High, PhD

Doctorate: University of Houston, Texas
Special Interests: traumatic brain injury, neurorehabilitation, stroke, dementia
Certificate or Special Training: Licensed neuropsychologist



Lumy Sawaki, MD, PhD

Medical Degree: Federal University of São Paulo, Brazil
Residency: Federal

University of São Paulo, Brazil
Doctorate: Kobe University, Japan
Fellowship: National Institutes of Health
Special Interests: neuroplasticity; the development of novel rehabilitative strategies to enhance functional motor recovery after brain injury and spinal cord injury



Chadwick Walters, DO

Medical Degree: West Virginia School of Osteopathic Medicine, Lewisburg

Residency: University of Kentucky Chandler Medical Center
Special Interests: Electrodiagnosis, spastic paraparesis, traumatic brain injury



Ninad Karandikar, MD

Medical degree: Seth G.S. Medical College and K.E.M. Municipal General Hospital, University of Bombay in

Mumbai, India
Residency: University of Kentucky Chandler Medical Center
Special Interests: stroke and pulmonary rehabilitation, spasticity management, movement disorders, electrodiagnostics, outpatient management of acute and chronic musculoskeletal conditions, and rehabilitation of total hip and knee arthroplasties

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.

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Region's only geriatric clinic



Nancy Stiles, MD

The geriatric clinic operates as a subspecialty clinic. Our focus is on aging syndromes (dementia, functional decline, osteoporosis, falls, etc.) and successful aging. Geriatric evaluations are offered.

Patients are typically followed on a regular basis as their conditions indicate.

As treatment for aging syndromes tends to be more successful the earlier the condition is identified, we welcome consults even when symptoms might be mild.

For new appointments with Dr. Stiles, please call **859-257-4888** and ask for Bobbie Smith. You also may fax us at **859-323-1123**.

Stroke rehabilitation services

The Department of Physical Medicine & Rehabilitation works with Cardinal Hill Rehabilitation Hospital along with our outpatient rehabilitation services at Kentucky Clinic to provide a full range of stroke rehabilitation. Additionally if necessary, subacute rehabilitation can take place at any nursing home in the Lexington area.

Stroke rehabilitation occurs over a period of time and can be done in phases. If the patient is too ill or weak to participate in an acute rehabilitation program, they can move to an outpatient or home program. They can then be subsequently re-evaluated in our outpatient clinic and moved into the appropriate program.

It is within the first six to 18 months that the patient receives the maximal benefit from rehabilitation. During this time, the patient and family should receive the appropriate training from physical therapy, occupational therapy, and speech and language therapy (if the patient suffers from a language or swallowing problem).

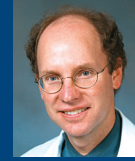
We have the ability to evaluate patients in regards to swallowing dysfunction as a result of stroke. Following the evaluation, we can make arrangements for appropriate rehabilitation efforts directed at swallowing so individuals can advance appropriately with meal and liquid consistencies.

Current faculty



Susan M. McDowell, MD

Clinical Interests:
Amputee rehabilitation
General rehabilitation
Spinal cord injury



Robert B. Nickerson, MD

Clinical Interests:
Electrodiagnostic medicine
Musculoskeletal injuries
Stroke rehabilitation



Sara S. Salles, DO

Clinical Interests:
Neurological
Rehabilitation
Spasticity management



Randal E. Schleenbaker, MD

Clinical Interests:
Electrodiagnosis
General rehabilitation
Vestibular inbalance



Nancy Jane Stiles, MD

Clinical Interests:
Clinical care of the elderly
Geriatric nutrition
Geriatric rehabilitation
Successful aging

Contact information

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& Rehabilitation
859-275-3573

UK-MDs
1-800-888-5533

ukhealthcare.uky.edu