

ILS Events

By LT

On Friday November 9, 2012, several patients of the ILS Team went on a field trip to the Farmers Market. It was a beautiful fall sunny day. There were a lot of fresh vegetables and fresh fruit to purchase as well as pecans, honey and jam. We stayed for lunch and some of the team decided to have Pecan Lodge barbecue. This restaurant was featured on Diners, Drive-Ins and Dives and hosted by Guy Ferrie from the Food Network. It was a rewarding trip for all!



Patient Success Story (part 2 of 3)

By RH

TRILS (Transition to Independent Living Skills Team)

Transitioning to TRILS was exciting but scary at the same time. There were more patients and I was no longer told what to do with every minute of my time. This was both refreshing and overwhelming. I liked being able to choose what to focus on. I always made certain to do the tasks that were more difficult while mixing in the ones that were a little more enjoyable to me. I liked how I could decide where to sit depending on what I was doing and how much distraction I could handle.

While things continued to improve, it was during this stage of my treatment that I discovered some signs of depression that are so common among people who are recovering from a brain injury of any type. Having a psychotherapist on staff at Pate made it very simple to coordinate this need with my other forms of therapy.

Little by little, things continued to get better. Things that were impossible at the beginning became possible, and eventually became easy. Not everything, but many things. Every now and then I would do something and then realize a while later, "Hey, I used to have a really hard time with that." Those moments of accomplishment would feed my desire to keep going and keep trying.

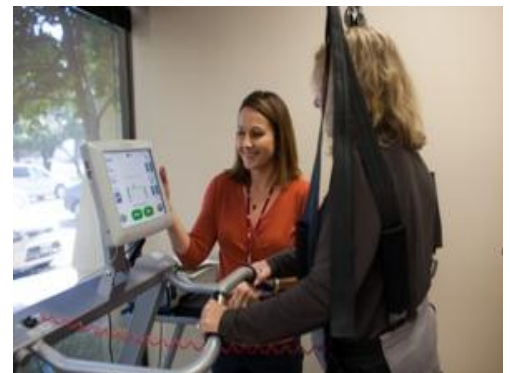
One of my favorite things about being a patient at Pate has been the ability of the therapists to tailor my therapy to be exactly what I needed. I feel like my therapy has never been exactly the same as another patient's. Having my own needs focused on and met makes me feel listened to and cared about.

To be continued next issue...

Rehab Trends: Biodex Gait Trainer, by Rachel Atkins, PT, DPT

People who have sustained an acquired brain injury (ABI) often report having problems with their gait (the pattern of how a person walks). Gait impairments after an ABI may be due to difficulty controlling one's legs, weakness, joint pain, poor attention, decreased judgment and slow processing, among others. Gait after an ABI is many times marked by asymmetry between the legs and arms, improper joint mechanics, balance difficulty, shortened step length, and decreased speed. Improper gait can lead to several issues including but not limited to: increased fall risk, social stigma, orthopedic problems, increased energy expenditure, and decreased independence with walking. Research suggests that gait status (independence level, symmetry, speed, etc.) is one of the best indicators of a patient's functional recovery both physically and socially. In order to address these impairments that commonly occur after ABI, patients must focus on practicing walking in order to reach their walking goals and improve their gait abilities.

One of the challenges that clinicians and patients face with gait training is being able to tell when someone's walking quality is actually improving. Traditional gait assessment is done visually where one might say, "It looks like your walking is better." Using various methods to get true measures and real numbers to show improvements in gait quality is currently a popular topic in rehabilitation. There is a new technology available that provides a unique practice environment for patients to improve their gait quality and also allows physical therapists to generate objective evaluative data when performing gait analysis. At Pate Rehabilitation, we use the Biodex Gait Trainer 3™. This treadmill has the ability to measure many components of gait, such as stance times, amount of lateral weight shifting, step length, and cadence. Once treatment has started, this equipment provides real-time audio and visual feedback, which helps promote positive neuroplasticity and motor learning in many patients with ABI. The treadmill also provides walking performance results to physical therapists and patients with an objective measure of their gait changes to determine whether meaningful functional progress is being made for each patient. These results can be printed, saved, and charted in the treadmill software to show progress over time, as well as to continue to guide the individual's knowledge of the areas in which to focus walking practice. The Biodex Gait Trainer 3™ treadmill lends for an interactive, engaging, and encouraging environment to help improve an individual's mobility and independence.



Community Involvement

By JR

On December 5th, the ILS group had an enjoyable outing to the Dallas Arboretum. The 660 acre garden is currently decorated by the iconic glass sculptures designed by the famous artist Dale Chihuly. The huge "Dallas Star" sculpture, located at the entry to the Crape Myrtle Allee, is a deep cobalt blue and white. It is described as having a dramatic burst of energy and is certainly appropriate for Texas. A Woman's Garden section boasts two boats—"Float Boat and Carnival Boat"—filled with multi-colored glass elements along with others anchored in the water surrounding the boats.

The biological areas of the arboretum are constantly being maintained and upgraded, which serves to educate visitors in how to maintain their home areas. Currently tulip bulbs for spring are being planted and covered by pansies, which will bloom all winter.

The Dallas Arboretum is an area which draws visitors from everywhere in the Metroplex, around America, and even around the world. One trip is never enough!



ILS Coffee and Tea Bar

ILS coffee bar menu

Coffee

Blonde Willow Blend – Bright and Clean
Medium Breakfast Blend - Crisp and Tangy
Dark Italian Roast – Roasty and Sweet

Flavored syrups: Vanilla, Raspberry, Caramel, Hazelnut

Tea

(Hot & Cold) Green Tea or Earl Grey

Bottled Frappuccino

Mocha and Vanilla

Pricing: \$2.00

Be sure to explore our bakery specialties!
The cinnamon rolls are always a HIT!!



Can you find the boldface words from the Dallas Farmer's Market in this word maze?

S S E O T A M O T U R N I P S
D S T R A W B E R R I E S R M
R T R M K D E S E H P S U V I
U R E E A O L W L G E T G S T
O I D Q P J L E A A A O A R I
G N A S P P P E K R C R R E U
M G P E L U E T O L H R B W R
U B P O E M P P N I E A E O F
S E L T B P P E I C S C E L E
H A E A U K E A O L O E T F P
R N S T T I R S N R L R S I A
O S M O T N S M S V U I N L R
O O U P E S Q U A S H E H A G
M Z L H R S R E B M U C U C F
S F P C I L O C C O R B K D A

APPLEBUTTER
BELLPEPPERS
BROCCOLI
CALIFLOWER
CARROTS
CHILLIPEPPERS
CORN
CUCUMBERS
FLOWERS

GARLIC
GOURDS
GRAPEFRUIT
JAM
KALE
MUSHROOMS
ONIONS
PEACHES
PLUMS

POTATOES
PUMPKINS
REDAPPLES
SQUASH
STRAWBERRIES
STRINGBEANS
SUGARBEETS
SWEETPEAS
TOMATOES
TURNIPS