

# Human Motion



OLBH Orthopedic Physicians



For more information on the OLBH Human Motion Center, contact the OLBH *CareLine* at (606) 833-CARE (2273) or visit [www.olbh.com](http://www.olbh.com).



When a hospital earns its reputation as a leader in a particular field, patient expectations run high. Such is the case with Our Lady of Bellefonte Hospital (OLBH) and its well-earned status as the area's leader in bone, muscle, spine and joint care. The goal of Human Motion at OLBH always has been simple: to return patients to normal function as quickly and safely as possible. This is accomplished by combining the most advanced medical technology with a committed team of physicians and medical professionals that treat a wide variety of disorders affecting the musculoskeletal system.



## Prehab

As the region's orthopedic leader, OLBH has championed a new approach of patient-centered care. For patients who will undergo a complete knee or hip replacement, the OrthoCare experience begins with prehab. In prehab, a patient learns about his/her total joint replacement procedure, the Human Motion OrthoCare approach and what may be expected in terms of realistic recovery milestones and goals. Also, any physician ordered testing such as x-rays or lab tests will be completed during prehab.

Patients can schedule to attend a prehab class by calling the **OLBH CareLine** at (606) 833-CARE (2273). Classes meet at Bellefonte Centre (1000 Ashland Drive) in the Diabetes Education classroom on the ground floor.

## Human Motion OrthoCare

Dedicated exclusively to the care of injuries to tendons, ligaments, joints, bones, muscles and spines, Human Motion OrthoCare is a special unit at OLBH that offers patients a nursing and clinical staff that has received specialized training to care for musculoskeletal issues. By combining Human Motion specialists in orthopedics, neurosurgery and rehabilitation medicine with a dedicated wing of the hospital in which to provide their services, patients have more reasons than ever to trust Human Motion at OLBH for their orthopedic care.

Following surgery, an OrthoCare patient will stay in one of sixteen private rooms that comprise the newly renovated section of the hospital that houses Human Motion OrthoCare. Each room is equipped to meet orthopedic needs by including such items as continuous passive movement machines, traction and trapeze devices on the beds and accessible assistive devices such as walkers, canes, etc. Beyond just the orthopedic needs, the unit is designed to be extremely accommodating to patients, such as the flat screen TV in each room and the matching Human Motion shorts and t-shirt each patient receives.





## Patient Coaches

The team approach is vital to the OrthoCare experience. Patients are encouraged to have a coach go through the process with them. Coaches could be a family member or friend, but this person can prove instrumental in the recovery process as both support and encouragement for patients, particularly when the patient goes home. Coaches are given a badge so that they're identified as an essential member of the care team.

## Recovery



Working together, patients, their coaches and the OLBH Human Motion OrthoCare team move through the rehabilitation process on the OrthoCare unit with an eye toward daily improvement. Patient progress is monitored with two tracking boards on the unit. These tracking boards utilize shoe-shaped magnets to note advancements in the post-surgery recovery process. The hallways of the OrthoCare unit are lined with markers every 25 feet so patients can measure how far they have walked and set goals for improvement. The unit contains a mini-gym for group physical therapy and rehab.

Even when a patient is well enough to be discharged from the unit, the Human Motion OrthoCare approach follows the patient home as each is provided with at-home instructions related to the patient's particular surgery.

OLBH offers outstanding home health rehabilitation services as well as outpatient physical therapy at the Human Motion Vitality Center. Patients are encouraged to ask their physician or hospital nurse for more information about rehabilitation with the help of OLBH's therapy professionals.



## Human Motion Vitality Center



A healthy exercise regime is proven to quicken surgery recovery times, strengthen mental capacity, improve quality of life and enhance overall well being. The Human Motion Vitality Center can provide all of that plus nationally certified rehabilitation programs and an experienced staff to take patients through the steps that lead to sufficient stamina to face any day's trials.

The center is the Ashland area's only hospital-based fitness and rehabilitation facility. It features an indoor track, hot tub and an array of cardiovascular and strength equipment. Single and family memberships are available with special rates for seniors, college students and groups. Fitness membership may be purchased at the center. The OLBH Human Motion Vitality Center maintains hours seven days a week as a community wellness center open to the public. The center's community fitness program is designed to help individuals work to prevent disease and maintain or improve their current health status.

Physician approval may be required for some patients prior to joining. For Human Motion Vitality Center hours of operation or for membership rates and information, please call the **OLBH CareLine** at (606) 833-CARE (2273).

