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Gabe Smith, Bluegrass Outpatient Center, demonstrates Trigger Point Dry Needling.

## Treat Your Neck and Back Pain with “Pin-point” Accuracy

by Gabe Smith, PT, DPT, OCS, Bluegrass Outpatient Center

It's widely stated that at least 80% of us will suffer back or neck pain at least once in our lives. For many, neck and low back pain can be chronic and lead to significant loss of function and even disability. Americans with neck and low back pain spend tens of billions of dollars per year on treatment with mixed results, at best.

Commonly, neck and back pain sufferers have “knots” in their muscles known in the medical community as trigger points. They are usually found in those who have suffered traumatic injury such as whiplash, but also can contribute to everyday aches and pains due to poor posture, improper nutrition, lack of exercise and poor sleep habits.

Now, physical therapists at Bluegrass Outpatient Center and at all of CHC Rehabilitation Services offer a minimally-invasive procedure called Intramuscular Manual Therapy, or clinically known as Trigger Point Dry Needling (TDN). In this technique, a specially-trained physical therapist briefly inserts a very small needle, similar to those used in acupuncture, into the trigger point. The introduction of the needle commonly

produces a muscle twitch. This twitch response is very closely associated with a normalization of muscle tone, a reduction in pain, muscle tension and improvement in muscle function. This treatment is best used in conjunction with therapeutic exercise and other manual therapy techniques, such as soft tissue and joint mobilization/manipulation. TDN as a stand-alone treatment can provide temporary pain relief; however, the pain will probably return if contributing factors such as muscle weakness, joint stiffness, and poor posture, nutrition and sleep habits are not addressed.

If you have questions about this technique or want to learn more, contact Bluegrass Outpatient Center at 270-796-6800.

*It's that time!*

**CHC Annual Open Enrollment ends March 9. Enroll by going online to MyHRaccess.**

**Check your email or [click here](#) for more information.**

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.



## Women-In-The-Arts Call For Entries

The 24th Women-In-The-Arts call for entries has been announced. This year the deadline to enter is March 21. Two pieces of artwork are allowed per artist, and a \$20 fee covers all art entered. The Women-In-The-Arts Exhibit will feature artwork in the following categories: painting, sculpture, ceramics, works on paper, fiber works, and photography. Entries are open to all women 18 years of age or older residing in Kentucky.

Entry forms may be obtained by calling 270-745-1010 or 1-800-624-2318, online at [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org),

or by stopping by The Medical Center Health & Wellness Center.

The public Exhibit will take place in The Medical Center Auditorium Friday, April 11 through Sunday, April 13. Everyone is invited to stop by and look at the artwork as well as purchase art, as many artists will have their work available for sale to the public.

The Special Purchase and Merit Award winners will have their artwork displayed in the classroom at The Medical Center Health & Wellness Center April 15 through May 2.

### *Reminder:*

## Scholarship Applications now being Accepted for 2014–2015 Academic Year

Applications for the following scholarships are now being accepted for the 2014–2015 academic year: the Floyd Ellis Scholarship and the Helen Dinning Scholarship. **The deadline for submitting application(s) for these scholarships is April 14.** To request a list of guidelines and application for one or more scholarships, please contact Sara Freeman, Marketing and

Development Coordinator, at extension 1543 or [FreeSE@chc.net](mailto:FreeSE@chc.net).

As a reminder, the deadline to submit applications for the Carrel K. Sumner Family Memorial Scholarship, the Charles M. Stewart Scholarship, the Herbert A. Oldham Scholarship and The Medical Center at Scottsville Scholarship is **March 14**.

### *Save the Date*

## Franklin-Simpson Chamber of Commerce Community Health Fair

*presented by The Medical Center at Franklin*

**Saturday, March 1 • 7:30 to 11:30 a.m.**  
**Franklin-Simpson Middle School Gym**

**March is National Colorectal Cancer Awareness Month**  
**Dress in Blue Day For a Future Free of Colon Cancer**  
**Friday, March 7**

## Welcome new CHC employees!



Back row: Azlynn Thomas, 4C; Shawna Hester, 5C.  
Front row: Megan Markham, 4B; Charles Whitaker, Food Services.



Back row: Kayla Coursey, 4D; Alexis Burnette, 4A.  
Front row: Leslee Bumps, 3D; Melissa Mandrell, MCS LTC.

# 90 seconds TO BETTER HEALTH

Watch WBKO for these upcoming segments of *90 Seconds to Better Health*, a medical news program presented by The Medical Center.

**Karen Lyons, M.D.**

**Endometrial Ablation**

Tuesday, March 4, 5 p.m. News  
Wednesday, March 5, *AM Kentucky*

**David Ciochetty, M.D., M.B.A.**

**Clinical Training with  
Patient Simulation**

Tuesday, March 11, 6 p.m. News  
Wednesday, March 12, *AM Kentucky*  
Tuesday, March 18, 5 p.m. News  
Wednesday, March 19, *AM Kentucky*

You can view all the segments at  
[TheMedicalCenter.org](http://TheMedicalCenter.org).



# Get Fit Club Corner

A benefit that partners with me.

## *Witness to Wellness January 2014* Nathan Johnson

by Derek Reeder, RN, BSN



Emily Davenport, Rehab Manager, Nathan Johnson, and Derek Reeder.

Congratulations to Nathan Johnson! He is the *Witness to Wellness Award* recipient for January 2014. Nathan works at Bluegrass Outpatient Center as a Physical Therapist. He was nominated because he encouraged his department to increase their physical activity by creating a fitness game.

Nathan decided to create the Points to Champions UK Fan Fitness game because he wanted to motivate himself and others to improve their fitness during the holidays and throughout the New Year. The college

basketball season runs from early November until the end of March, so it was the perfect time to come up with the fitness game. He based his idea on UK basketball since most of the employees are UK fans. He believed that the fitness goals of the game would motivate each individual to increase their fitness level and to hold each other accountable during the basketball season. He believes that a friendly competition helps fuel the motivation to exercise. Many employees who are participating in the game have told him it did increase their motivation to exercise more regularly.

He finds that his fitness program has worked very well, and his fellow co-workers talk about it during the day and before each UK game. They like finding difficult tasks to make it harder on each other. He has found that group text messages have helped update people on the upcoming challenge. He does give the following suggestions for anyone trying to change their lifestyle: "It is important to find an activity that is fun for you or is something that you won't think of as a have-to-do routine. It always helps to have someone to participate with and help hold everyone accountable. In our case, a competition makes it more fun. Most of us have competitive personalities, and we don't want our other co-workers to beat us."

*If you know someone who deserves to be recognized for following a healthy lifestyle, go to the GET Fit Club's website on Citrix and nominate them for the Witness to Wellness Award. If you need additional information, contact Employee Health Services at (270) 745-1263.*

## Nathan's Points to Champions Fitness Game

Fitness challenges do a great job motivating people to increase their exercise, eat better, and live healthier lifestyles. Nathan Johnson, at Bluegrass Outpatient Center, has created a Fan Fitness game for the employees of their department.

Nathan is a huge University of Kentucky basketball fan, so he based his fitness game on UK basketball. Each participant is required to do an exercise activity for every University of Kentucky point scored. Before each game, a staff member comes up with a fitness task and a bonus fitness task. If that person chooses to do push-ups, then the group would do a push-up for every point scored. For the bonus point challenge, they randomly pick a stat to focus on. For example, if UK hits 20 free throws they would do 20 sit-ups. You would have until UK's next game to complete their exercise assignment. If you successfully complete the challenge, you would give yourself a point, and if you complete the bonus challenge you would receive another point. After the participant completes their challenge, they put a point on the board posted in their department.

This game is a great and fun way to encourage and challenge everyone in the department to increase their physical activity. If your department has a creative fitness game, please send it to Employee Health and we may feature it in an *Intercomm* article. For more information, call Derek Reeder, Employee Health, at (270) 745-1263.

Get Fit Club: <http://chcintranet01/getfitclub/>

Get Fit Portal: <https://chc.provantonline.com>

Get Fit Club Calendar: [http://www.themedicalcenter.org/for\\_employees/documents/GetFitClubCalendar.pdf](http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf)