

REHABILITATION SERVICES



SOUTHWEST
WASHINGTON
MEDICAL CENTER

clinical
excellence

PHYSICAL MEDICINE & REHABILITATION SERVICES

Life is often experienced as a contrast between joy and despair, pleasure and pain, love and loss. Whether it is caused by a stroke, a spinal cord injury or a broken hip, physical disability may make people lose sight of how precious and special our lives are no matter what challenges lie ahead.

Each step on the road to recovery is carefully planned by a team of specialists at Southwest Washington Medical Center (SWMC). Whether the patient needs acute or inpatient services or requires outpatient care, our team works hand-in-hand with the patient and their family to restore function as optimally as possible.

Our rehabilitation efforts are always focused on providing compassionate personal care and achieving the highest degree of improvement in the shortest amount of time.

As a full service Physical Medicine and Rehabilitation program the road to recovery may include:

INPATIENT/HOME-BASED SERVICES

Acute Care Services
Inpatient Rehabilitation Unit
Sub-acute Care Facility Partnerships
HomeCare Southwest

OUTPATIENT SERVICES

Rebound Rehabilitation (Orthopedics, Sports Medicine)
Neuro Rehabilitation Outpatient Services
Physical Medicine & Rehabilitation (Physician Practice)

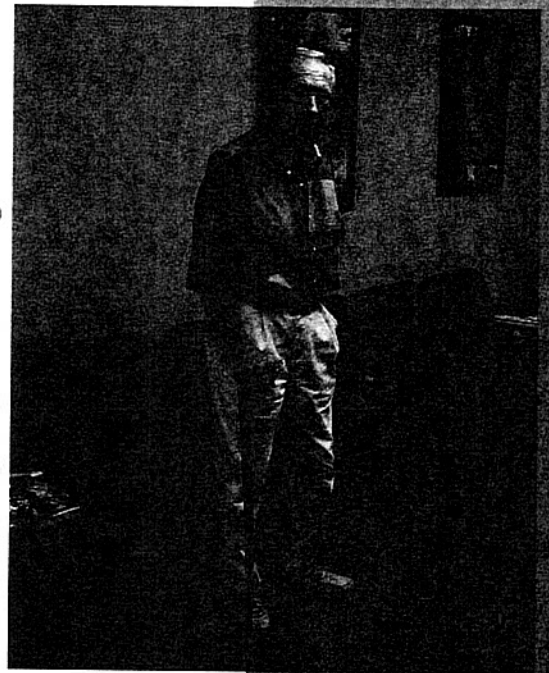
SPECIALIZED PROGRAMS

Fall Prevention Program
Low Vision Program
Drivers Safety Evaluation Program
Vestibular Program
Women's Health Programs
Acute and Chronic Pain Management
Sports Medicine
Orthopedic Rehabilitation Programs

The following pages profile some of the amazing individuals that we have been honored and privileged to serve at Southwest Washington Medical Center.

*Clinical excellence and
compassionate care are the
hallmarks of the Physical
Medicine and Rehabilitation
Services program at
Southwest Washington
Medical Center. Our
comprehensive inpatient
and outpatient services allow
patients to receive highly
specialized care all in one
place - right here in our
community.*

compassionate care



ROBERT WIESMANN

When Robert Wiesmann developed severe back pain, he had no idea it would nearly kill him — not once but three times. A staphylococcus infection took this 70+ year old avid skier from the slopes of Mt. Hood to SWMC for 120 days fighting it.

“They say I am a miracle patient,” he says. “I don’t remember a lot of it, but they say they lost me three times. The hospital and its staff saved my life. The therapists helped me learn how to get back on my feet.”

“It was a slow process but every member of the staff, especially the rehab staff, were very good,” he said.

“They helped me sit up then transfer from the bed to a wheelchair to get around.”

Robert went from a wheelchair to a walker to crutches and now uses a cane. “I can take a few steps without assistance. I’m getting my strength back but I have a ways to go.”

While he was at the medical center, he had several transfusions, kidney dialysis and even needed a pacemaker to keep him alive.

Robert was anxious not only to get back on his feet but also to get back to his skis. He started a ski school in 1958 at Ski Bowl on Mt. Hood. He still owns it and is its director with 35 staff members.

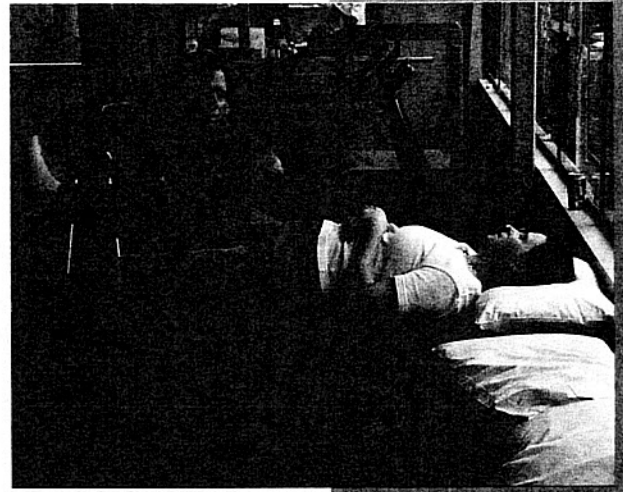
“I don’t go uphill unless it’s on a chair lift,” he jokes. “You have to keep your sense of humor. This happened to me and with help, I’m getting back to the way I was.”

Robert Wiesmann

“They say I am a miracle patient. I don’t remember a lot of it, but they say they lost me three times. The therapists helped me learn how to get back on my feet.”

Surrounded by posters of European Resorts, Robert Wiesmann takes a break from therapy at home.

skilled staff



*Lori Bachmeier with
therapist Steve Kinkaid*

LORI BACHMEIER

Lori Bachmeier knows about caring for people. With four foster children ages 2, 7, 9 and 11, she needed to get back home to care for them. At 35, she never expected to have a stroke but she did after undergoing an operation. She could barely walk or use her right arm.

She spent almost three weeks in the SWMC inpatient rehabilitation unit and continued with outpatient therapy three times a week to regain her fullest abilities.

"The staff at Neuro Rehab were absolutely wonderful," she says. "They worked really hard and were patient and caring." Lori is up and walking again. She says she needed a little bit of every kind of therapy to get home to her husband and children.

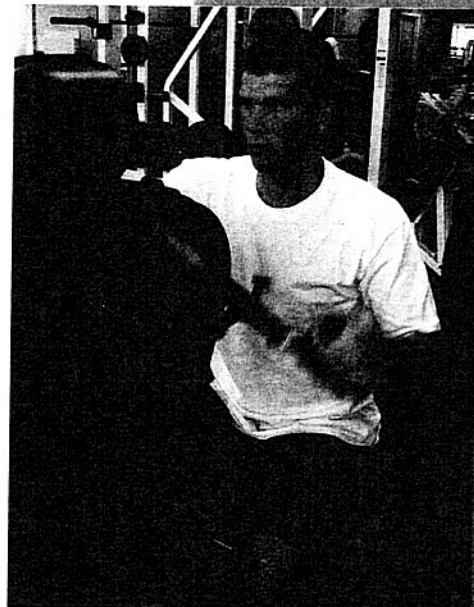
"Everyone at Southwest (Washington Medical Center) was so caring. They supported and helped me physically and emotionally."

"They have helped me to become as independent as possible. They got me home with a lot of hard work. I was really reassured."

*"The staff at Neuro
Rehab were absolutely
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They supported and
helped me physically
and emotionally."*

*To get her strength back,
Lori Bachmeier uses a
recumbent bicycle at
Neuro Rehab.*

specialized treatment



Ty Ponciano

TY PONCIANO

As the star pitcher for Hudson's Bay High School, Ty Ponciano ignited his teammates and interested professional baseball scouts with his pitching. He helped his team to the Class 3A title game and was named Player of the Year by The Columbian newspaper.

Throughout last season, he was bothered but silent about the pain in his pitching arm. Once he got through the season, he came to Rebound Rehabilitation at Southwest Washington Medical Center to get better.

"Everyone here has been really good to me," he says. "I've almost made a full recovery. Every time I've come here it has been great. A few of my friends have come to Rebound and they bounced back."

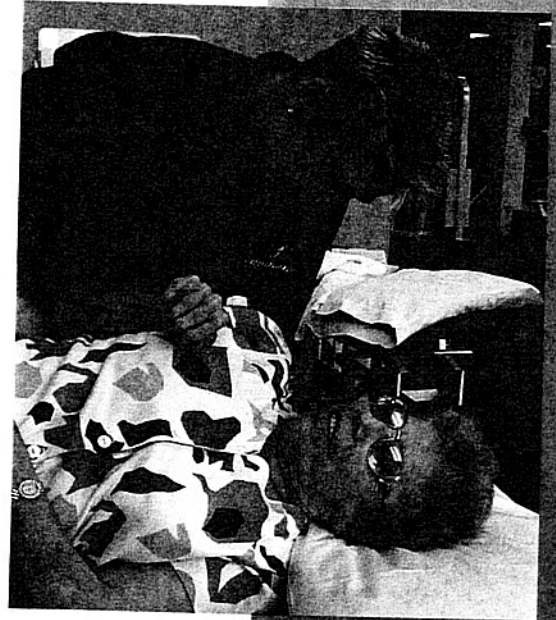
After diagnosis by Dr. Edward Lipp, therapists worked with Ty and developed customized exercises for him to get his arm pain free. They continued to work with him to strengthen his arm and legs to prevent any further injury.

"This is the first time I've been injured and Rebound is a real positive atmosphere. Everyone cares about me getting back to playing ball. They make you feel special."

"Everyone here has been really good to me. I've almost made a full recovery. Every time I've come here it has been great. A few of my friends have come to Rebound and they bounced back."

Star baseball player, Ty Ponciano looks forward to getting back on the pitcher's mound.

tailored therapy



*Katheryn Angelo with
therapist Ellen Shanley*

KATHERYN ANGELO

Katheryn Angelo admits to waiting too long for her shoulder surgery. After two knee replacements, her right shoulder had “just got to hurting too bad.”

Katheryn had a full career, working in her husband’s construction and land development business and raising four sons and a daughter. She lost a lot of function in her right shoulder and needed to have the joint replaced with a new titanium and stainless steel one.

Katheryn came to SWMC for her surgery in early April, was in the hospital for three days and began coming to Rebound Rehab later that month.

“I’ve been happy with my shoulder and happier with the therapy at Rebound,” she said. “It’s a fabulous place. I want to keep coming because it is much more than I can do by myself.”

Everyone, including her orthopedic surgeon, Dr. Edgar Ragsdale and her therapist, Ellen Shanley, is surprised with the range of motion and the function that she has been able to recover with her rehabilitation.

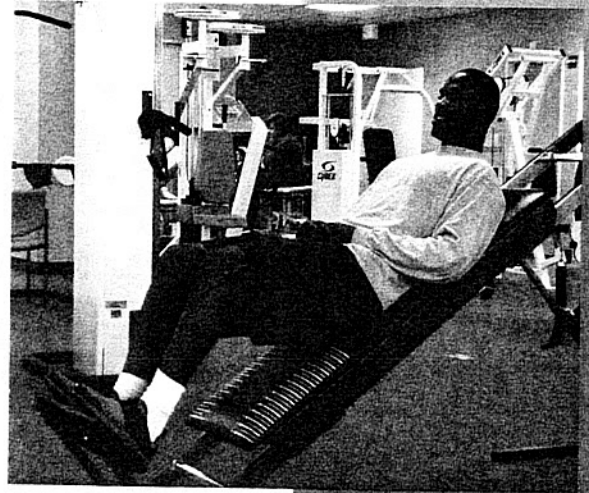
“She comes twice a week and never missed until her husband had a heart attack in June,” said Ellen. “She has been so fabulous to work with.”

“I was fortunate,” says Katheryn. “I’m all for rehab. The therapists, especially Ellen, helped me with my new shoulder.”

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shoulder and happier with
the therapy at Rebound.
It’s a fabulous place.
I want to keep coming
because it is much more
than I can do by myself.”*

*Katheryn Angelo with her
daughter, Kathy Barber.*

rapid improvement



LaMont Woods

LAMONT WOODS

As a defensive corner back for the Arena Football League's Oklahoma Wranglers, it's LaMont Woods' job to be in top physical shape. So when he ruptured his Achilles tendon, he came to Rebound (for the second time).

"Everyone at Rebound is very positive and focused on what it will take to get me back to the team," says LaMont. "I worked with Steve (Rocereto) and Ellen (Shanley) when I had some nerve damage to my shoulder and they got me back for last season."

This time, playing in a pre-season game resulted in his injury to his Achilles. "I was back pedaling and it just snapped. I didn't even have contact with anyone."

The Wranglers' team doctor operated on him in Oklahoma but when it came to rehabilitating his leg, he wanted to come back to Rebound. "At Rebound, they keep my mind focused. In the last few weeks, I've seen great gains. I take it day-to-day looking towards next season which starts next April."

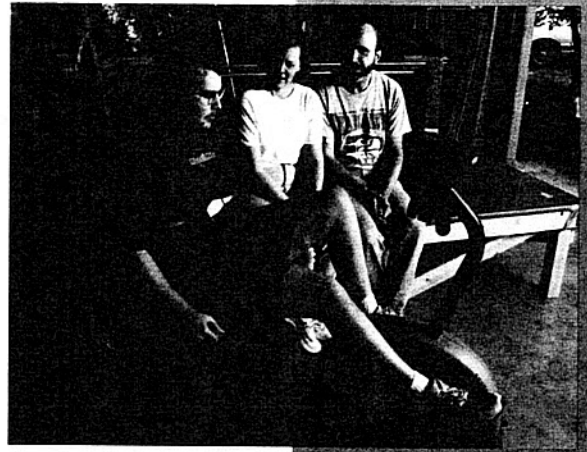
LaMont, who lives in Vancouver during the off season, is looking forward to getting some time before the season starts to chase his daughter, Kira, who is two.

"I could not ask for better people to work with than the ones at Rebound. They helped me build up my strength which is definitely a blessing."

"Everyone at Rebound is very positive and focused on what it will take to get me back to the team. I could not ask for better people to work with than the ones at Rebound."

LaMont Woods blows bubbles with his daughter, Kira.

Impressive results



*Ben Gramprrie with parents
Jerry and Kathy Gramprrie*

BEN GRAMPRIE

When Ben Gramprrie came to Southwest Washington Medical Center, he could only move his eyes. To communicate, he blinked his eyes or glanced in the direction of what he wanted.

Ben, 21, sustained an injury to his brain stem. He came to the inpatient rehabilitation unit at SWMC and stayed 120 days, a record for the unit. "They couldn't get rid of me," says Ben. "By the time I left, I could talk and look around."

Ben went from a motorized wheelchair to a manual one. Before he left the hospital, he would walk about 10 steps with help from therapists, sit on the side of the bed, talk and feed himself.

"Ben has made an amazing transformation over the last year. With the help of the inpatient and outpatient rehab staff, his parents and his own will, he has been able to emerge from being essentially locked in his body," says Dr. Robert Djergaian.

It's been a year filled with challenges for Ben's parents, Kathy and Jerry Gramprrie. Their involvement and help at home, according to a number of therapists, has made a monumental difference in the progress that Ben has made.

He continues to improve and workout at home with periodic checkups with Dr. Djergaian and the therapists at Neuro Rehabilitation Outpatient Services at SWMC.

"Now I'm a lot better," Ben said at a recent checkup. "I put my shoes on and tied them today. I'd have never guessed that I'd be excited about that."

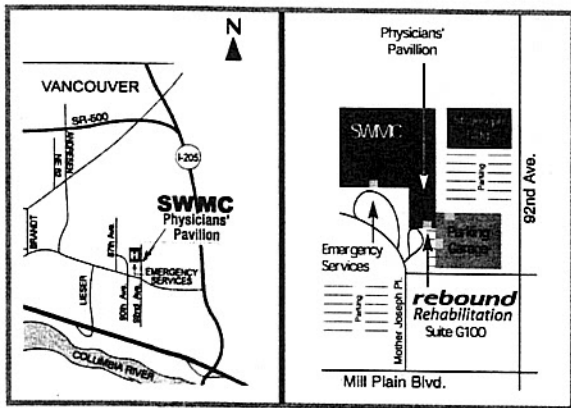
"Ben's got a great sense of humor," says Jerry, his dad. "It's made all the difference."

When Ben Gramprrie came to Southwest Washington Medical Center, he could only move his eyes. "Now I'm a lot better, I put my shoes on and tied them today. I'd have never guessed that I'd be excited about that."

*Ben walks in his gym
in the family garage
under the watchful
eye of his father.*

**Rebound Rehabilitation and
Physical Medicine & Rehabilitation**

200 N.E. Mother Joseph Place, Suite G100
Vancouver, WA 98668
(360) 514-2048



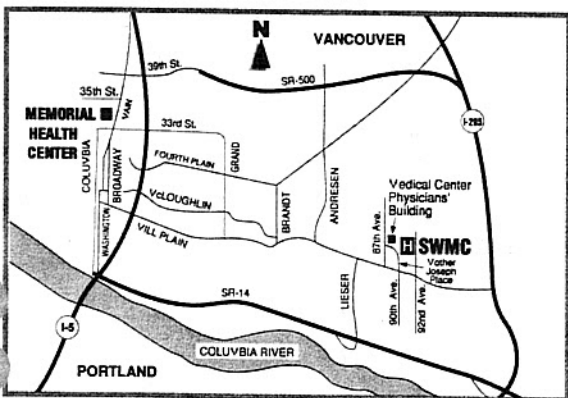
**TO REBOUND REHABILITATION and
PHYSICAL MEDICINE & REHABILITATION**

From Interstate 5, exit eastbound onto Highway 14 toward Camas. Proceed on Highway 14 to the Lieser Road exit. Turn left onto Lieser Road at the end of the off ramp. Continue on Lieser until it ends at Mill Plain. Turn right on Mill Plain and turn left at the second stop light (Mother Joseph Place). The Physicians' Pavilion will be off to the right. Park in the parking garage next to the Physicians' Pavilion. Rebound Rehabilitation and Physical Medicine & Rehabilitation are on the ground floor of the Pavilion.

From Interstate 205, take exit 28 for Mill Plain Blvd. This is the second exit north of the 1-205 bridge. Follow the exit toward west-bound Mill Plain. Turn right onto Mother Joseph Place. The Physicians' Pavilion will be off to the right. Park in the parking garage next to the Physicians' Pavilion. Rebound Rehabilitation and Physical Medicine & Rehabilitation are on the ground floor.

Rebound Rehabilitation Memorial Health Center

100 33rd E. Street, Suite 101
Vancouver, WA
(360) 696-5350



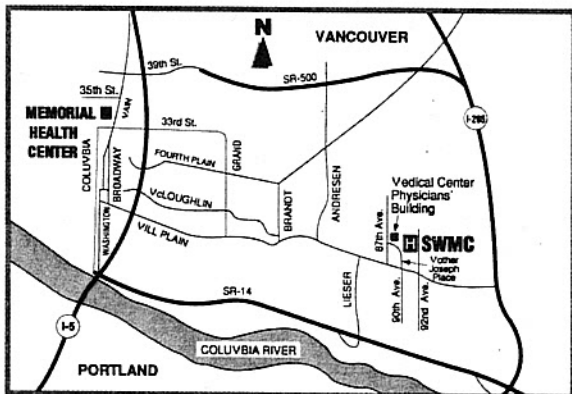
TO MEMORIAL HEALTH CENTER

From Interstate 5, take the 39th Street exit. Head west on 39th Street. Turn left onto Main Street and proceed south to 33rd Street. Turn right onto 33rd. Turn right into the main driveway into Memorial Health Center. Parking is provided.

From Interstate 205, take the Highway 14 west exit toward Vancouver. Once on Highway 14 take the Interstate 5 north exit. From Interstate 5, take the 39th Street exit. Head west on 39th Street. Turn left onto Main Street and proceed south to 33rd Street. Turn right onto 33rd. Turn right into the main driveway into Memorial Health Center. Parking is provided.

Inpatient Rehabilitation

400 N.E. Mother Joseph Place, Fourth Floor
 Vancouver, WA 98668
 (360) 514-3294



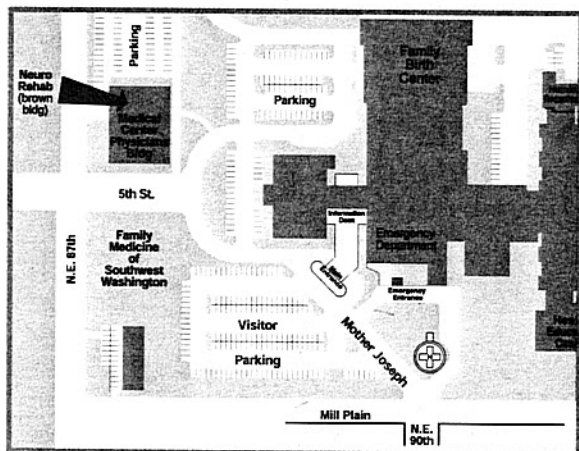
TO SOUTHWEST WASHINGTON MEDICAL CENTER

From I-5, exit eastbound onto Highway 14. Proceed on Highway 14 to the Lieser Road exit. Turn left onto Lieser at the end of the off-ramp. Continue on Lieser until it ends at Mill Plain. Turn right on Mill Plain and left at the second light (NE Mother Joseph Place). Inpatient Rehab is located on the Fourth Floor.

From I-205, take exit 28 for Mill Plain Road. This is the second exit north of the I-205 (Glenn Jackson) bridge. Follow the exit toward westbound Mill Plain. Turn right on N.E. Mother Joseph Place. Inpatient Rehab is located on the Fourth Floor.

Neuro Rehabilitation Outpatient Services

805 NE 87th Avenue, Suite 207
 Vancouver, WA 98664
 (360) 514-2910



TO NEURO REHABILITATION OUTPATIENT SERVICES

From Interstate 5, exit eastbound onto Highway 14 toward Camas. Proceed on Highway 14 to the Lieser Road exit. Turn left onto Lieser Road at the end of the off ramp. Continue on Lieser until it ends at Mill Plain. Turn right onto Mill Plain Blvd. At the next stoplight (87th Ave.), turn left. Once on 87th Ave., turn right into the driveway immediately after 5th Ave. Park in the parking structure next to the Medical Center Physicians Building. Neuro Rehabilitation Outpatient Services is on the second floor in Building B (the brown building).

From Interstate 205, take exit 28 for Mill Plain Blvd. This is the second exit north of the I-205 bridge. Follow the exit toward west-bound Mill Plain. Turn right onto 87th Avenue (seventh stoplight). Once on 87th Ave., turn right into the driveway immediately after 5th Ave. Park in the parking structure next to the Medical Center Physicians Building. Neuro Rehabilitation Outpatient Services is on the second floor in Building B (the brown building).

NEURO REHABILITATION OUTPATIENT SERVICES

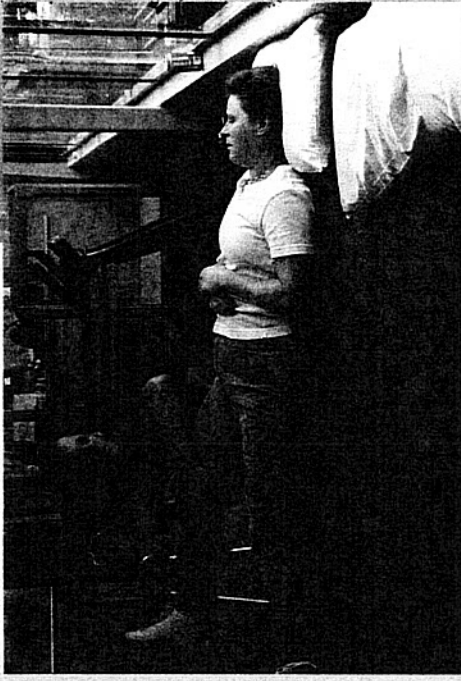
Neuro Rehabilitation Outpatient Services (Neuro Rehab) provides care for patients with neurological injuries or illnesses. Individuals who may benefit from our services include those who have suffered a stroke, experienced a head injury or need speech, physical and/or occupational therapy. Our team of specially-trained therapists work hand-in-hand with physical medicine and rehabilitation physicians to provide exceptional, hands-on care.

Specialized Staff and Programs

Our rehabilitation physicians and therapists specialize in many areas of physical rehabilitation. Specialized programs are offered through Neuro Rehab including the Fall Prevention Program and the Vestibular Therapy Program.

Coordinated Care

Neuro Rehabilitation Outpatient Services is located in the Medical Center Physicians Building adjacent to the Southwest Washington Medical Center campus. Here, our rehabilitation doctors and therapists work together with primary care and other specialty physicians to manage neurologic disability. Thus, patients receive outstanding coordinated care in one convenient location for any kind of neurological disorder.



*Exceptional
care to help
patients
become
as fully
functional
as possible.*

Levels of Care

Neuro Rehabilitation Outpatient Services is just one of the many levels of rehabilitative care offered at Southwest Washington Medical Center. Our list of services includes:

INPATIENT & HOME-BASED SERVICES

- Acute care
- Inpatient Rehabilitation Unit
- Sub-acute care facility partnerships
- HomeCare Southwest

OUTPATIENT SERVICES

- Rebound Rehabilitation (Orthopedics, Sports Medicine)
- Neuro Rehabilitation Outpatient Services
- Physical Medicine & Rehabilitation (Physician Practice)

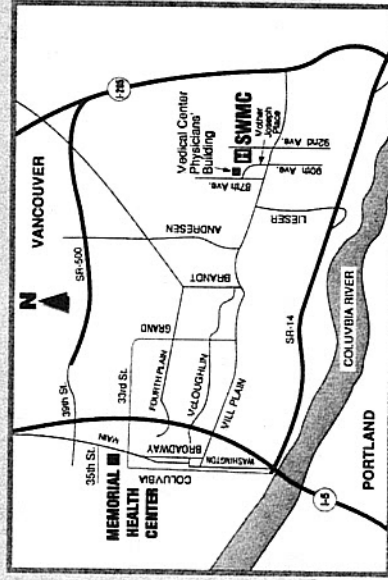
SPECIALIZED PROGRAMS

- Fall Prevention Program
- Low Vision Program
- Drivers Safety Evaluation Program
- Vestibular Program
- Women's Health Programs
- Acute and Chronic Pain Management
- Sports Medicine
- Orthopedic Rehabilitation Programs

Directions to Neuro Rehabilitation Outpatient Services

From Interstate 5, exit eastbound onto Highway 14 toward Camas. Proceed on Highway 14 to the Lieser Road exit. Turn left onto Lieser Road at the end of the off ramp. Continue on Lieser until it ends at Mill Plain. Turn right onto Mill Plain Blvd. At the next stoplight (87th Ave.), turn left. Once on 87th Ave., turn right into the driveway immediately after 5th Ave. Park in the parking structure next to the Medical Center Physicians Building. Neuro Rehabilitation Outpatient Services is on the second floor in Building B (the brown building).

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Medical Center Physicians Building

805 NE 87th Avenue, Suite 207
Vancouver, WA 98664
Phone (360) 514-2910
(360) 514-4180 (TTY)
www.swmedctr.com

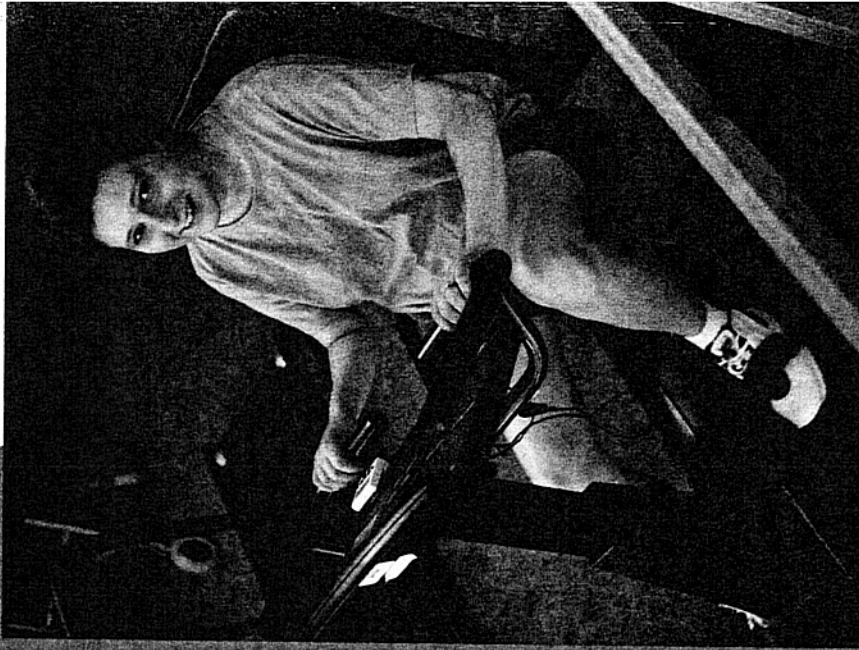


Ranked one of America's 100 Top Hospitals

Southwest Washington Medical Center is an equal opportunity institution which does not discriminate in admission, treatment, access or employment on any basis including disability. Interpreters are available at no charge for the Deaf and Hard of Hearing, or for those who do not speak English. Inquiries, complaints or requests for interpreters may be addressed to the Medical Center's Interpreter and Accessibility Manager, PO Box 1600, Vancouver, WA 98668, (360) 514-2109 (voice), (360) 514-4180 (TTY).

Neuro Rehabilitation

OUTPATIENT SERVICES



PHYSICAL MEDICINE
& REHABILITATION
SERVICES



SOUTHWEST
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