

PHYSICAL THERAPISTS:

Helping joint replacement patients get back to living without joint pain

In 2023 more than 1,500 people had joint replacement surgery at Sarah Bush Lincoln. When the surgery is done, the road to recovery is just beginning.

Post-surgery physical therapy is important to help strengthen the body and regain mobility. Sarah Bush Lincoln physical therapist Beth Jensen said doing physical therapy before the procedure is also important. "People shouldn't push themselves to the point that they're in pain, but they should familiarize themselves with the exercises to be as active as they are within their pain limits," she explained.

Sarah Bush Lincoln offers a joint class that educates people on what to expect, what kind of equipment they'll need for recovery and instructions on how to exercise and manage the pain.

Jensen said people are surprised at how much is involved post-surgery. Many people think that because the replacement is complete, they won't experience pain and will regain their mobility. "That's not necessarily the case," she said. "There's a lot of hard work that needs to be done after surgery, but it's very rewarding because they're going to feel much better."

If someone undergoes the surgery and returns home the same day, a physical therapist will visit them after surgery to establish a recovery plan before they leave the hospital. The therapist will go on a short walk with them and review exercises and other tips for a good recovery.

Following the physical therapy plan post-op is the most important part of the process, Jensen said. Even if you have the best doctor, the best technology and best replacement, failing to exercise after the procedure will drastically hinder you. "There's a huge responsibility on the patient to do the exercises to regain that range of motion, strength and mobility," she explained. "I tell people that they may not like what I have to say, but later on they'll appreciate working this hard on their recovery."

It can be difficult, even uncomfortable and slightly painful, to do the exercises after surgery, but doing so early on will help them in the long run. Jensen said the people who recover the best do their exercises and attend therapy consistently

Sarah Bush Lincoln offers PT services in Altamont, Arthur, Casey, Effingham, Mattoon, and Sullivan. For more information, call **217 258-2530**.



Physical Therapist Beth Jensen helps people regain strength and mobility.

On The Move



Sarah Bush Lincoln Home Care and Hospice and Child Psychiatry, Employee Assistance Program (EAP), Integrated Behavioral Health, Neuropsychology, and Psychiatry and Counseling Clinic have moved from the main

campus to Charleston. The SBL Lincoln Avenue Building is located at 700 West Lincoln Avenue.



The Mattoon Walk-In Clinic will be moving to the Emerald Acres Sports Connection facility later this fall, which is just down the road from the current location. It will be open for use by the general public. The address is 1220 Wooddell Way, Suite B. Hours will remain the same as well as the phone number.



Construction is nearly complete on the SBL ENT Clinic, which will move from the west end of the Health Center to the second floor of Prairie Pavilion 1 in November.



WELCOME

Manas Upadhyaya, MD

Vascular Neurologist

Vascular Neurologist Manas Upadhyaya, MD, has joined the SBL Neurology staff. Vascular neurologists diagnose, treat and manage conditions that affect the blood vessels in the brain and spinal cord. As a neurohospitalist, Dr. Upadhyaya treats people who need immediate medical attention for seizures, brain infections and strokes, among other illnesses.



Because Dr. Upadhyaya is especially passionate about stroke education and care, he is pleased that Sarah Bush Lincoln is an accredited stroke-ready hospital. The accreditation means not only that SBL staff members are well educated and trained to treat people with strokes, but that SBL has the resources necessary to provide the best care possible. “We are invested in maintaining and growing the stroke program,” Dr. Upadhyaya said. “Strokes are such a common issue people face, and we want to be at the forefront of stroke care.”

Neurological diseases and disorders are life-altering, and even fatal, so Dr. Upadhyaya makes sure that he not only treats people to the best of his ability but that he educates them, so they understand what’s happening to them.

“Neurology can be difficult because you can’t always prevent harm from happening, so what we strive to do is limit the amount of harm done to a person,” he said. “We also equip people with the knowledge to manage what they’re suffering from because their lives can change drastically.”

For more information about Dr. Upadhyaya and his practice, call the SBL Neurology Clinic at **217-258-4096**.

Missing or lost your discount card or parking tag? Call **217 258-2422** or email **advantage50@sblhs.org** for a replacement.



NO MORE SUFFERING IN SILENCE

Hemorrhoids will affect 75 percent of the population at some point in their lives. Traditional banding is a technique that uses metal clamps to grasp the hemorrhoid, which can be painful. Sarah Bush Lincoln Gastroenterologist Jaymon Patel, MD, provides a new method for the removal of hemorrhoids that is far less painful than traditional methods. He uses the CRH O'Regan System® which uses a smaller, gentler, single-use and disposable suction device to minimize discomfort and complicated procedures. The CRH O'Regan System® eliminates surgery and recovery time.



- **Quick, effective, and painless**
- **No prep, no sedation**
- **Return to work and activities the same day**

The CRH O'Regan System® is a simple, painless and highly effective procedure (99.1percent) that can be performed in less than a minute at the SBL Gastroenterology Clinic, not in an operating room. A tiny rubber band is placed around the base of the hemorrhoid. The banded tissue shrinks and falls off within day or so. Once the hemorrhoid is treated, so are symptoms and the use of messy ointments, creams or suppositories.

Procedure	Average Procedure Time	Average Time Off Work	Pain Medication Required Pre/post
CRH O'Regan System®	30 seconds - 1 Minute	0 - 1 Day	No
Conventional Rubber Banding	5 - 10 Minutes	0 - 3 Days	Often Prescribed
Infrared Coagulation	30 Seconds - 3 Minutes	0 - 1 Day	Yes
Stapled Hemorrhoidectomy	15 - 90 Minutes	1 - 10 Days	Yes
Conventional Hemorrhoidectomy	45 - 90 Minutes	10 - 14 Days	Yes

The use of the CRH O'Regan System® results in the lowest incidence of pain of any of the non-surgical hemorrhoid treatments. In fact, most people are able to return to work and activities the same day.

The CRH O'Regan System® may not be appropriate for all people. You and your primary care provider will determine an appropriate treatment for your diagnosis during your examination.

The CRH O'Regan System® is the gold standard for banding and has a less than 1 percent complication rate.

Sarah Bush Lincoln is proud to announce that it has earned the Magnet Recognition designation, the highest and most prestigious distinction a healthcare organization can receive for nursing practice and quality patient care.

Magnet designation, considered the gold standard in patient care, signifies that SBL has exceeded the threshold for improvements in patient care. Awarded unanimously by the American Nurses Credentialing Center (ANCC), it is the top national honor for professional nursing practice and distinguishes hospitals and healthcare organizations that meet rigorous standards for nursing excellence.





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WALK-IN CLINICS

Charleston

2040 Lincoln Ave., Suite 100
217-345-2030

Effingham

1303 West Evergreen Ave.
Entrance B, Suite 103
217-540-6123

Mattoon

200 Dettro Drive*
217-238-3000

*moving to 1220 Wooddell Way, Suite B

Tuscola

1100 Tuscola Blvd.
217-253-4764

7 am – 7 pm

Monday through Friday

8 am – 3 pm

Saturday and Sunday

Join us from 5 to 7 pm, Thursday, November 14 , for **Night of Lights**. View the light displays, take a photo, and then stop in the Heart Center lobby at Entrance H for a visit with Santa, cookies, hot chocolate and more. The SBL therapy dogs will be there too. This **free** event is a great way for the entire family to get in the holiday spirit. The light displays will be on throughout the holiday season.



Holiday Festival

Holiday Festival

returns November 13 to 17 with an online auction, Friends' Night out, Gala and

Live Auction. Beautiful holiday displays will be available to view in the SBL Education Center, from 10 am to 8 pm, November 15. Proceeds from this annual event benefit projects and services at Sarah Bush Lincoln. For more details visit www.sarahbush.org/holidayfestival.