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Multiple Sclerosis  
Clinic**

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# The MS Messenger

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## Rehabilitation Issue: Improving functioning with the help of therapy services

by Carol Bodenheimer, MD, Medical Director, Specialty Rehabilitation, Memorial Hermann-TIRR

"There is nothing so pointless, or common, as doing the same thing and expecting different results."  
-Gordon Livingston

Over time, the habits many MS patients create for themselves to help them get through hard times and deal with a difficult disease can lead to pain and worsen fatigue. However, the habit of how you move your body day to day can be hard to change. There is no substitute for working with a skilled, trained therapist to rebuild habits that improve your functioning today and protect your joints and muscles for the many years to come. Think of a tennis or golf player changing a tennis serve or golf swing after just one session with a pro. It may help, but it may not be enough. Practice alone does not make perfect but "perfect practice" makes perfect. You need time and consistency of "perfect practice" to make improvements.

For many with multiple sclerosis, pain and spasms are worse at the end of the day, when fatigue may be an issue. While there are specific treatments for pain and spasms, frequently, physical and occupational therapy plans can decrease the need for medications. A combination of appropriate exercise and tools such as canes, braces or wheelchairs can improve your ability to manage. Tools such as these (also called assistive devices) can let you choose how to spend your energy and time instead of letting your disease, fatigue or pain choose how you spend your time.

Rehabilitation is often most effective when it involves more than one type of clinician working together with the patient and other team members. Family and patient education is an integral part of the rehabilitation process. Members of the treatment team may include the following:

**Physiatrist (Rehabilitation Physician):** A physiatrist treats illnesses or injuries that affect how you move and function in everyday life. This in-

cludes treating problems that affect thinking, attention, bladder control, bowel control, walking and pain. Sometimes, treatment includes medications. A physiatrist does not perform surgery.

**Physical Therapist:**

Physical therapists work on mobility skills. They help improve function, joint movement, balance, coordination and strength. They examine how your muscles and bones work together to help you move more efficiently and with less pain. Physical therapists evaluate your need for assistive devices (tools) and orthoses (braces) that will decrease your fatigue and increase your function. Physical therapy can help reduce spasticity as well. Physical therapists can help your walk more safely and easily.

**Occupational Therapist:**

Occupational therapists help with daily living skills. They can train you in "skills for the job of living" to encourage independence. They can help you make changes to your environment to (continued on page 2)

## Meet The Staff: Rehabilitation specialists

**Carol Bodenheimer, M.D.**

Carol Bodenheimer, M.D., serves as medical director of the Specialty Rehabilitation Program at Memorial Hermann/TIRR. The program provides rehabilitative services for individuals with neurological and neuromuscular disorders such as multiple sclerosis, Parkinson's disease and post-polio syndrome, as well as multiple trauma and complex orthopedic diagnoses.

Dr. Bodenheimer is a rehabilitation doctor. She specializes in coordinating the long-term rehabilitation process for people with neurological diseases including multiple sclerosis. Dr. Bodenheimer provides treatments with medications, therapy or self care plans for problems that affect thinking, attention, bladder control, bowel

control, walking and pain.

Dr. Bodenheimer is board certified in physical medicine and rehabilitation and electrodiagnostic medicine. She also has a sub-specialty certification in spinal cord injury medicine. She provides a broad range of treatments for spasticity management. She is an assistant professor in the Department of Physical Medicine and Rehabilitation at Baylor College of Medicine.

Prior to joining Memorial Hermann/TIRR and Baylor College of Medicine, Dr. Bodenheimer was clinical assistant professor in the Department of Physical Medicine and Rehabilitation at the University of Pennsylvania School of Medicine in Philadelphia and a member of the medical staff at Veterans Affairs Medical Center. (continued on page 2)

## Improving functioning... (Continued from page 1)

help you function as efficiently and independently as possible. They help you perform your daily tasks more efficiently and to conserve your energy. Common issues are dressing efficiently, cooking safely, and bathing WITHOUT exhausting yourself! Therapists can help determine if a wheelchair or scooter would help you move better inside or outside of your home. Proper seating for good posture is an important part of choosing a wheelchair or scooter.

### Speech-Language Pathologist:

Speech-Language pathologists help improve speech and thinking skills. They use exercises to improve breath support, and vocal quality. Speech therapists help with memory improve-

ment strategies. They also check swallowing effectiveness. For those with swallowing problems, they can recommend exercises and strategies to improve swallowing.

### Psychologist and Neuropsychologist:

Psychologists and Neuropsychologists assist with the emotional adjustment to illness or injury, and assess thinking skills.

### Rehabilitation Nurse:

Specially trained nurses can teach skills you will need to care for yourself at home, including bowel and bladder care.

### Social Worker:

Social workers help you and your caregivers understand and participate in the rehabilitation process. They can help you adjust to changes in your life. In addition to providing counseling, they can also assist you in finding community resources & services.

Rehabilitation professionals have a variety of treatment choices to help with the problems people with multiple sclerosis face. At the end of a well-designed program, you should leave therapy with all of the tools you need to continue your program at home.



**Carol Bodenheimer, M.D.**

## Carol Bodenheimer, MD (Continued from page 1)

Dr. Bodenheimer received her medical degree from Temple University School of Medicine, completed her internship in internal medicine at Pennsylvania Hospital, and her residency in physical medicine and rehabilitation at Temple University Hospital and MossRehab Hospital. She has held hospital appointments on the medical staff at Johns Hopkins Hospital in Baltimore and the Veterans Affairs Medical Center in Houston. Dr. Bodenheimer is the author of several book chapters in medical textbooks.

### Carrie Herman, P.T.

Carrie Herman attended Ohio

University for both her undergraduate and graduate degrees. She received her Bachelors of Arts in Psychology /Pre-Physical Therapy in 1995 and her Masters of Science in Physical Therapy in 1999. During college breaks, Carrie worked as a rehabilitation aide at an inpatient rehabilitation hospital and in an affiliated outpatient rehabilitation facility. Her first post-graduate role was in an outpatient therapy clinic in rural Southeastern Ohio. During her two years there, she treated a variety of diagnoses and realized her passion for treating people with neurological disorders. Carrie moved to

the Houston area six years ago and has been employed since that time with Memorial Hermann/ The Institute for Rehabilitation and Research. Carrie began her career at MHHS/TIRR on the Brain Injury and Stroke Team. As she developed her neurological skills, she began to focus on treating patients with multiple sclerosis and moved to the Specialty Rehabilitation Team. Currently, Carrie is the O.T./P.T. supervisor for the Specialty Rehabilitation therapy team. Carrie has been an active member of the Consortium of Multiple Sclerosis Centers for the past four years.



**Carrie Herman, P.T.**



**Teresa Kaldis, M.D.**

## Teresa Kaldis, M.D.

Teresa Kaldis, M.D., Director of Physical Medicine and Rehabilitation at The Methodist Hospital, has long been associated with the Maxine Mesinger Multiple Sclerosis Clinic as a Rehabilitation Specialist and patient advocate. Dr. Kaldis is a member of the Consortium of MS Centers and has participated in numerous educational events benefiting patients with Multiple Sclerosis.

medical staff appointments at several respected facilities in Houston and acted as Medical Director for TIRR LifeBridge from 2000-2001. Her current clinical focus is on hospital-based rehabilitative care, especially for patients with neurologic and orthopedic diagnoses. She has special interests in multiple sclerosis, polio, Parkinson's and neuromuscular disorders.

Dr. Kaldis graduated from UT Health Science Center in 1995. She has held a number of

## Driver Rehabilitation

Do you or your family have concerns about driving? If so, driver rehabilitation may be helpful. The process is two part: an evaluation to determine appropriateness for driving followed by training sessions and/or vehicle modification recommendations. Driver rehab services are usually private pay unless you are working with DARS (Department of Assistive and Rehabilitative Services.)

Currently, these organizations provide driver rehabilitation:

**Strowmatt Rehabilitation Services, Inc. 713/722-0667**

**www.driverrehabservices.com**

Charges are \$125 per hour for the evaluation and \$95 per hour of training. This hourly charge is reduced to \$70 for retired clients. Mr. Strowmatt can also provide a home evaluation for a nominal mileage fee.

**The Healthsouth Center for Neurological Research & Recovery 713/383-0429**

The ADEPT Program involves two evaluations (clinical evaluation and a behind the wheel evaluation) plus training sessions. The clinical evaluation is usually covered by insurance and Medicare but the second evaluation and subsequent training sessions are not. The cost per hour at this facility is \$280.

**Services require a detailed prescription so if you are interested, please notify the medical team.**

### On The Bookshelf:

**300 Tips for Making Life with Multiple Sclerosis Easier** by Shelley Peterman Schwarz.

As a person living with MS, Ms. Schwarz has compiled a number of helpful tips in areas of living such as home safety, personal care, mealtime and travel. If you are interested in her book, some inexpensive used copies can be found on [www.amazon.com](http://www.amazon.com) or new copies can be ordered online from Demos Publishing at [www.demosmedpub.com](http://www.demosmedpub.com) or by calling **1-800-532-8663**.

## Community Events

### New Approaches in MS

Presentation given by George Hutton, MD and sponsored by MS ActiveSource.

When: Thursday, April 12th from 6:30-8:00pm.

Where: Marriott Houston W. Loop by the Galleria-1750 W. Loop South, 77027.

Dinner and valet parking pro-

vided. Call 1-866-955-9999 to register.

### Berlex Satellite BP MS150 Team

Are you interested in riding the BPMS150 without leaving Houston? If so, Berlex is offering patients an opportunity to ride a stationary bike in an air-conditioned, indoor location. You will be riding the same

distance as the riders biking to Austin but will be pampered and entertained while you ride. Please contact Yvonne Drew-Alvarez @ 281/851-4777 if you are interested.

## Equipment Assistance

Did you know that the National MS Society (NMSS) and the MS Association of American (MSAA) both provide assistance with equipment and supplies for those in need? Examples included canes, crutches, walkers, beside commodes, manual wheelchairs, tub benches, hospital beds, and incontinence supplies.

Both programs have a brief application process and require a prescription.

For the **NMSS**, call 713/526-8967, select option 2, and ask for Nan Rose. She will complete a brief assessment of your financial situation and the type of equipment needed as well as the vendor you have chosen in some cases.

For the **MSAA Equipment Distribution Program**, go online to download the application or call 1-800-532-7667 ext. 102 for more information.

Another organization providing equipment to persons receiving low income is **Project MEND (Medical Equipment Network for the Disabled)** 1-888-903-6363. (Note: Their website [www.projectmend.org](http://www.projectmend.org) is currently under construction.)

All of these organizations appreciate donations of used equipment in working order so if you have a piece of equipment you no longer use, please consider donating it.

# BCM

Baylor College of Medicine

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Comments or suggestions? Contact  
Tracey L. Reeves @ 713/798-4470.

“Making life livable for persons with MS.”

## **National MS Society Corner**

### **CAMP CAN DO**

Lights, Camera, Action...it is time for Camp Can Do which will be held the weekend of May 11-13th. The theme is Hollywood glamour so come dressed as your favorite screen siren or Academy Award winner.

Camp Can Do is an opportunity for persons with MS to have a weekend away where they can participate in variety of accessible, safe indoor/outdoor activities. Numerous volunteers and trained camp staff members are available to assist those with personal care needs.

If you are interested, call 713/526-8967, select option 2, and ask for Nan Rose.

### **FREE YOGA**

Are you interested in attending a free yoga class? If so, the NMSS offers an adaptive yoga class every Monday from 6:30pm – 7:30pm @ the Jewish Community Center @ 9000 S. Rice, 77096. Yoga is a terrific way to strengthen and tone and can even improve mood! Bring your own towel or mat.

### **STRETCHING SELF-HELP GUIDES**

The National MS Society publishes two guides, **Stretching For People With MS** and **Stretching With A Helper For People With MS**. Stretching can improve flexibility, strengthen muscles, increase endurance, improve balance and coordination and provide relaxation for persons with MS. Both guides are available from the clinic social worker or the

NMSS @ 1-800-FIGHT-MS.

### **BP MS150**

It is almost time again for the MS150 which is the weekend of April 21-22, 2007. Last year the Lone Star Chapter raised almost 14 million dollars for the fight against MS.

Please contact the National MS Society (713/525-8967) if you would like to volunteer for any race activity or support your favorite rider by raising funds or signing their race bandanna.

**George J. Hutton, MD, who is the Assistant Director of the clinic, is riding again this year. Dr. Hutton is a top fundraiser for this event. Let's wish him a safe and successful ride!**