MedStar NRH Punishers Wheelchair Rugby Team
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But hazards can await and not just from stinging insects. Gardeners can put themselves at risk for injury, explains Lorie Theisen, OT, clinical director and certified hand therapist at MedStar National Rehabilitation Network, Pasadena, Md. “I see a number of unexpected injuries among gardeners at the center—everything from overuse to puncture wounds. But we can all help prevent these problems with the right equipment and the right body mechanics.”

Theisen offers these tips to a safe summer in your garden:

**THE RIGHT EQUIPMENT**

- **PROTECT YOUR HANDS WITH GARDEN GLOVES.** “I like leather for their flexibility, but whatever is most comfortable is fine.”
- **USE TOOLS WITH WIDER HANDLES.** “These can help prevent overuse injury and joint pain because you don’t need to grip them as tightly as small-handled tools.”
- **MAKE SURE YOUR TOOLS ARE THE RIGHT SIZE FOR YOU.** “When a rake or a broom, for example, is too short, we have a tendency to bend over at the waist to control them. That can cause back pain.”
- **KEEP YOUR TOOLS CLOSE AT HAND.** “Have a small basket or other container handy to hold all the tools you need within reach.”

**THE RIGHT MOVES**

- **SQUAT.** “Bending at the waist or sitting on your heels puts a strain on your back and legs.”
- **KEEP YOUR TOOLS CLOSE TO YOUR BODY.** “When you are sweeping or raking walk into the tool and keep it close to your body to lighten the load and put less strain on your spine.”
- **TAKE BREAKS.** “Stretching your hands and body can help prevent aches and pains after hours in the garden.”
- **PUSH, DON’T PULL.** “When you are sweeping or raking pushing the debris away from your body is less stressful on your body.”
- **HAVE A SPOTTER ON HAND WHEN YOU CLIMB.** “If you must use a ladder, have someone hold it still for you when you climb. But use common sense—most jobs should be left to the professionals.”
- **KEEP HYDRATED, WEAR A HAT AND USE SUNSCREEN.”**

If you do have an injury, Theisen says common sense self-care may be ok for some issues but others require a professional. “Puncture wounds can lead to infection and chronic pain may benefit from a therapist’s evaluation and treatment plan.”

*To find a therapist near you, visit MedStarNRH.org/locations.*
Enriching Rehab Care in the Baltimore Region

I’m delighted to report that in early June, MedStar NRH officially became partners with MedStar Good Samaritan Hospital’s inpatient rehabilitation unit, in the northern section of Baltimore. The partnership is the completion of a months’ long transition to align clinical services and administrative functions under the banner of MedStar National Rehabilitation Network. The busy unit provides comprehensive rehab services for a range of orthopaedic and neurological illness including stroke, brain injury and spinal cord injury—and we will soon be adding programs for interventional pain, concussion care and sports medicine. In addition, the MedStar NRH outpatient center at the hospital will continue to grow and diversify during the coming months.

We are also thrilled to welcome Parmod Mukhi, MD, to our MedStar NRH medical staff. Dr. Mukhi is the new chair of physical medicine and rehabilitation at MedStar Good Samaritan Hospital and is responsible for all physiatry operations on the MedStar Good Samaritan campus, including inpatient programs, inpatient consults and outpatient practices. He will lead the hospital’s rehabilitation team of physicians, neuropsychologists, nurses and therapists. He is also serving as the medical director of stroke services at the hospital.

Dr. Mukhi brings a breadth of clinical and administrative experience to his role, most recently serving as vice chief of staff and physical medicine & rehabilitation program director at Vibra Healthcare—a national network of rehabilitation hospitals and long-term care facilities.

We are also excited to report that Scott Lepre, MD, is the new associate medical director of regional physiatry in Greater Baltimore. In this role, Dr. Lepre is now overseeing the expansion of inpatient physiatry consult services to all four of MedStar’s Baltimore hospitals, and is also directing all Network Outpatient Physiatry Services, except those at MedStar Good Samaritan.

Dr. Lepre, nominated by his peers as one of Baltimore’s Top Doctors by Baltimore magazine in 2016, will see his role in our network expand during a time of growth and consolidation throughout the Baltimore region. Most recently, we have brought together programs provided at two centers to offer extensive services in one convenient location. The Northpoint MedStar NRH outpatient center will close and by this fall, all of its services will be provided in one central location at MedStar NRH Rehabilitation Network, Dundalk. The center will provide comprehensive neurorehabilitation, spine and orthopaedic therapies, and feature the full contingent of sports medicine expertise.

In addition to Dr. Lepre and Dr. Mukhi, the MedStar NRH Network welcomes Rajat Mathur, MD, an interventionalist and physiatrist who will see patients at the MedStar NRH/MedStar Good Samaritan Outpatient Clinic in Baltimore.

At MedStar Franklin Square Medical Center, MedStar NRH will be a critical component of an expanded outpatient center on its campus that will focus on orthopaedics and sports medicine. Our rehabilitation experts will work hand-in-hand with the hospital’s medical specialists to provide the full scope of services.

These are exciting changes aimed at extending quality rehabilitation services to reach more of the region’s growing community. Some change, however, is bittersweet. In July, we will bid farewell to Michael Yochelson, MD, MedStar National Rehabilitation Hospital’s vice president for medical affairs and chief medical officer. Michael has been a beloved and respected member of the MedStar NRH team for more than a decade. He has not only been a truly inspiring leader, he has touched the lives of hundreds of grateful patients who sing his praises. In addition to his administrative duties, Michael continued to care for patients with brain injury. In conversations with them over the years I have heard time and time again, “Dr. Yochelson gave me back my life.” While we wish him great good luck in his new adventure, we will miss him greatly.
MedStar NRH Punishers Wheelchair Rugby

Eight players aggressively move with speed across the court—four against four in a full contact sport that’s not for the faint hearted. They move the ball toward the goal defending their teammates with quick moves in wheelchairs built like armored vehicles. Take the best of basketball, ice hockey and soccer and put them together. That’s Wheelchair Rugby.

The MedStar NRH Punishers is one of the nation’s best—a Division One team ranked third in the U.S. The 10-person team is made up of very competitive athletes who all share one thing in common: a combination of upper and lower body extremity impairment.

“Our team members are a mix of athletes with spinal cord injury, genetic disorders, and amputations,” explains Tricia Nelson, senior recreation therapist. “Those with good hand function are the ball handlers. They move the ball toward the goal. The defenders protect them from the opposing team in wheelchairs specially designed with front pickers.”

Originally called “Murderball” (named for the 2005 movie by the same name), the sport is fast moving and challenging. It’s the fastest growing wheelchair sport in the world—25 countries have teams and it’s now a competitive summer Paralympic sport.

“Our team began in 2006,” explains Nelson. “Our first team was made up of MedStar NRH patients. We introduce the game and other sports to patients when they are hospitalized for rehab. They watch practice and want to get involved,” she says. “It’s a great motivator. They begin the process with an ‘I can’t do that,’ mind-set. But exposure to sports and team members changes that.”

There are both physical and mental benefits of the game, Nelson adds. “It helps build upper body strength and improve endurance and overall health. But it also creates a real comradery between team members—they are friends on and off the court. It’s also a safe place to ask questions. Those who are new to injury look to others who have been living with physical challenges as mentors.”

The team competes in games up and down the east coast in the Atlantic Conference, and earned a shot at the national title in the championship tournament in Phoenix this past spring. They gave a trophy-winning performance, taking third place.

“We travel via van or fly when we can to play teams from across the U.S. and we rely on sponsors and big and little fundraising to do it, including the annual Super H 5 K race,” she explains.

The Punishers new season starts in September and the team will be traveling in style. The Craig H. Nielsen Foundation has generously provided a new van to take the rugby team—and other MedStar NRH sports teams—to competitions throughout the Atlantic region. “We’re really grateful to the foundation for this gift,” says Team Captain Mike Heron. “Without it, we would have trouble getting to our games—and it’s great to travel in the comfort of a brand new vehicle.”

For more information on the Punishers, please contact Tricia Nelson at 202-877-1427 or patricia.e.nelson@medstar.net.
Mike Heron’s easy-going teenage life took a 180-degree turn in the summer of 1992 when he dove into shallow water and suffered a spinal cord injury. After a three-month inpatient stay at MedStar NRH and outpatient therapy, the then-17 year old faced his new normal with resolve, graduating high school and moving on to college. Before his injury, Mike played soccer. While he understood that life in a wheelchair presented unique challenges, he wanted to stay active. He tried a variety of sports, but when he discovered Wheelchair Rugby two decades ago, he was hooked. In 2006, he helped found the MedStar NRH team—and today he serves as its captain.

“This is a fast moving, highly competitive sport,” he says. “We’re traveling across a 80 plus-foot court, tossing and dribbling the ball toward the goal, where you need to get two wheels across the line to score. It’s not uncommon for players to topple over in their chairs,” Mike adds.

“We compete all across the East Coast and we’re dependent on the generosity of sponsors and donors.” Mike is proud that the team has been at the top of its division for some time. “This year going to the nationals was a real treat. We fought hard playing five games and landing in third place—in my almost 20 years of playing, it’s our team’s greatest achievement to date.”

At just 9-months old, Kevin Crombie was diagnosed with transverse myelitis—a rare inflammatory disease that causes damage to the spinal cord. “I was left with an incomplete spinal injury,” he explains. “It’s simply the way I always have been, and I have lived a normal life despite it,” he says. An aerospace engineer with the Federal Aviation Administration, Kevin says he “helps make rockets get into space.” It’s a disarmingly simple way to describe a highly complex profession. He approaches his work—and the rest of his life—with passion. His long-held fascination with flight led him to a pilot’s license and his own plane. And when he discovered Wheelchair Rugby in 2003, he found a team in Virginia. “We beat the Punishers handedly,” he says. Ultimately he joined the team that was once a competitor. Today he is an accomplished player who nearly won a spot on the 2016 U.S. Paralympic Team, and who serves as vice president of the United States Quad Rugby Association.

“I think of myself as a mentor, encouraging people with physical challenges to be active. I’ve taken some people up in my plane early on in their rehab so they can see that nothing is out of reach. If I can fly, they can do whatever they want. After all, the sky’s the limit.”

Twenty-one-year-old Jimmy Ludwick is the youngest member of the MedStar NRH Punishers. The college sophomore was just 18 when a summer swim ended in a spinal cord injury—and his new life on wheels. “It was Memorial Day when I dove into water and broke my neck. I was left with quadriplegia,” he explains. “Initially I suffered total body paralysis. But I slowly gained some motion. I can clearly remember the day I was able to shrug my shoulders for the first time.” Ultimately Jimmy recovered his strength, and began his college career with the same tenacity he has on the rugby court. “I was introduced to the game while I was an outpatient at MedStar NRH. When I went to my first practice, they had to place me into position on the court. But I got stronger and stronger. Now I play defense and I love it.

“Rugby has extremely beneficial physical effects,” he says. “Using the rugby chair made me strong enough to transition to a manual chair day-to-day.”

“The game has absolutely played a big part in my recovery. And being part of this team made me feel normal again,” Jimmy says.
Expanding Services: MedStar NRH Rehabilitation Network, Clinton

The Clinton, Maryland, outpatient center is expanding services, providing the full scope of orthopaedic-related rehabilitation therapies. The center is staffed by a team of five physical therapists with years of training and experience in treating patients with a wide range of disorders from cervical spine to the foot, as well as sports injuries.

"Members of the team specialize in foot and ankle injury and post-surgery rehab," explains Brigitte Henry, PT, DPT, COMT, clinic director. "We also boast a PT with athletic training background, and a certified orthopaedic manual therapist to provide specialty relief for patients with spine and musculoskeletal dysfunctions."

Patients are often referred by their primary care physician, Henry notes. "But we take self-referrals as well and provide complete orthopaedic evaluations. Most often therapy will resolve a patient’s issues, but we work closely with a team of orthopaedic and neuro specialists when referral is needed."

The center is conveniently located in the heart of Prince George’s County, MD, and serves the entire Upper Marlboro, Clinton, and Camp Springs area as well as close-in Washington, D.C., communities. "Easy parking and no wait times for appointments is a real draw for our clients," Henry adds. "We also pride ourselves on a great atmosphere in the clinic, creating an overall healing environment."

MedStar NRH Star’s Memoir: Lauro Halstead, MD

In his memoir, An Unexpected Journey: A Physician’s Life in the Shadow of Polio, Lauro Halstead tells the story of his remarkable life—filled with tragedy, acceptance, triumph and love. At just 18-years-old, Dr. Halstead was hitchhiking on the roads of Europe when he fell ill. It was 1954, the polio epidemic was raging and soon the healthy young college student was tethered to a wooden lung in a strange city very far from home.

His memoir recounts his struggle and recovery—and the decades that followed as Dr. Halstead went to medical school, earned a master’s degree in public health, and established a remarkable career in rehabilitation medicine. Ultimately he suffered a physical setback that reshaped his future. He diagnosed his own post-polio syndrome, and within a few short years, became one of the nation’s top experts in its diagnosis and treatment. In 1986, he brought the program to MedStar NRH and developed a model of treatment still being used today.

The book is filled with Dr. Halstead’s personal encounters with fascinating people and travel to distant places. Still among the most touching passages of his memoir are those dedicated to his strong friendships and his family—his beloved parents, children, granddaughter and wife. He doesn’t spare us the tough times either. And in the end, the book is an honest and satisfying journey into a life well lived.
Dr. Turkeltaub’s research focuses on stroke-induced aphasia, an impairment of language that affects the ability to read, write and understand or express speech. He is the principal investigator for several clinical research studies testing new interventions to improve aphasia recovery—and to better understand what brain structures and functions are used to perform language in healthy people and those with aphasia. More data about the differences may lead to more effective treatment.

Dr. Turkeltaub is also a practicing clinician who sees first-hand how patients struggle with communication—and reach road blocks in recovery. “Today a person with aphasia doesn’t have too many options after traditional speech therapy,” says Dr. Turkeltaub. “Stroke takes away their abilities. But involvement in a clinical trial is a way to give something back. It’s ironic, but the stroke gives them an opportunity they would not have had before—they are in a unique position to contribute in a way the rest of us can’t.”

A graduate of the Georgetown University School of Medicine, Dr. Turkeltaub went on to the University of Pennsylvania for residency and a fellowship in neurology and cognitive neurology.

“At Penn, I studied under Dr. H. Branch Coslett,” he says. “He was my mentor. But an entire generation ahead of me was trained by Norman Geschwind. It’s a special privilege to receive this award named in his honor, and I’m very grateful to the AAN for this recognition of my work.”

Montel Williams Visits MedStar NRH

Former talk show host and multiple sclerosis (MS) sufferer Montel Williams visited MedStar National Rehabilitation Hospital in March, during Brain Injury Awareness Month, to discuss a clinical trial taking place at MedStar NRH and sites across the country to test the effectiveness of the Portable Neuromodulation Stimulator or PoNS™ device. Researchers are testing the device’s effectiveness in assisting patients who have had mild brain injuries, such as concussion patients, with balance issues.

Williams himself is a big believer in the device and has used it during his years’ long battle with MS. He said the device played a big role in helping him combat the effects of his disease. Williams, who appeared during a Grand Rounds talk about MedStar NRH research, spoke to Team Members, as well as current and former patients about the device.
The site is also serving as the training facility for the Washington Valor, the region’s new Arena Football League Team. MedStar is the official medical team for the Valor—and MedStar Sports Medicine’s Casey Carter, ATC, has been named athletic trainer for the team,” Koch adds.

The API campus is home to more than 28 youth sports teams representing 10,000 athletes who participate in everything from soccer, golf and lacrosse—to baseball. The facility offers more than 90,000 square feet of space, including indoor and outdoor turf fields, tennis courts, baseball and softball studios and a sports performance and fitness center.

**Expanding Sports Medicine Services**

“This exciting new partnership will provide expanded sports medicine services, including athletic training, to the newest professional sports team on the MedStar Sports Medicine roster, and also provide sports medicine, injury prevention, performance enrichment and physical therapy services to young athletes and a growing number of ‘weekend warriors’ in the region,” says John Brickley, PT, MA, vice president for ambulatory services and network development.

“At the API campus, we have access to all of the advanced equipment we need to treat injuries, evaluate sport performance and provide strategies to help athletes prevent further injury,” Koch adds.

In addition, clients who need additional services have access to medical specialists at the nearby Waugh Chapel outpatient center location. “MedStar Health orthopaedic surgeon Dr. Milford Marchant and Dr. Jeffrey Mayer, a primary care sports medicine specialist, provide expert care at the Waugh Chapel site, which is just down the road,” Koch explains.

“This type of collaboration is the keystone of our related services,” Brickley adds. “Our partnership with API is just one of a number of efforts to expand these services to greater numbers of people throughout the region.”

“We also are providing the full scope of orthopaedic physical therapies for non-sports related problems at the site,” explains Lee Koch, PT, clinic director. “But our primary focus is on sports injury rehabilitation and injury prevention.”

**Focus on Injury Rehab, Prevention**

Meghan Dawson, PT, DPT, MTC, SFMA, an experienced therapist specializing in orthopaedic conditions and sports injury rehab, is providing physical therapy services at the center 20 hours a week. Services will be expanded with growth to 40 hours per week, and beyond.

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Lilian had suffered a serious stroke. After she had been stabilized at a hospital near her home, she was transported to MedStar Georgetown University Hospital. The stroke occurred in her brain stem, leaving Lilian paralyzed on the left side of her body, and unable to speak or swallow. After days of specialized care at MedStar Georgetown, Lilian was discharged and admitted to MedStar NRH for inpatient rehabilitation.

When she arrived at the hospital, Lilian was still relying on a feeding tube for nourishment, she wasn't able to walk and her speech, vision and hearing were impaired. “She communicated with a letter board,” Ronald says. “Despite all of it, plus the multiple sclerosis that she has been battling for years, Lilian was very brave.”

During her three-month stay at MedStar NRH, Lilian made progress. Still she needed additional physical therapy and her swallowing and speech issues persisted so she continued rehab at NRH Rehabilitation Network Waldorf, Md, center. Key to her recovery was resolution of TMJ brought on by the stroke—and a critically important test called FEES—fiberoptic evaluation of swallowing.

Lilian and Ronald Weber enjoy the Grand Canyon.

**Fighting Dysphagia with FEES:**
*Test Zeros-In on Swallowing Problems*

A loud scream and a thump. In Ronald Weber’s memory, the sounds are as clear today as they were more than four years ago. “I found my wife Lilian on the floor by the kitchen,” he remembers. “I immediately called 911.”

**Lingering Consequence of Stroke**

Difficulty swallowing is a fairly common consequence of stroke. Called dysphagia, this complication is the result of damage to the area of the brain that controls the muscles used in both speech and swallowing. In addition to stroke, the disorder can also be the result of other neurological disorders such as Parkinson’s disease, ALS, and traumatic brain injury.

While many patients who suffer dysphagia immediately following stroke recover fairly quickly, for some patients like Lilian the problem lingers. But with a careful evaluation and development of a therapeutic plan by an expert speech-language pathologist patients can and do make improvements.

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**Specialized FEES Expertise**

“FEES is a painless test that helps us identify the anatomy and functionality of the muscles involved in swallowing,” explains Yvette McCoy, SLP, BCS-S, a speech-language pathologist at MedStar NRH Rehabilitation Network, Brandywine, Md. McCoy is a specialist with advanced training and board certification in the evaluation and treatment of swallowing disorders.

“We are observing patients in real time while they are swallowing food to determine how the system is disrupted. That’s critical to the development of effective strategies to help,” she says.

During the test, a very thin flexible, fiberoptic tube with a small camera is threaded through a nostril and moved through the nose into the throat. Patients are given different consistencies of food and drink, which have been treated with green food coloring to make it visible to the camera, which captures video images that demonstrate how food moves through the throat.

“It’s a safe test that requires no advance preparation,” she explains. “It takes just 30 minutes or so.”

The resulting video provides valuable information about the mechanics of swallowing that helps therapists pinpoint the problem and create a plan to foster safe swallowing. “We can help patients learn techniques that will allow them to swallow without the danger of choking or aspirating food into their lungs,” says McCoy.

“Lilian had her swallowing study last November,” says Ronald. “Yvette observed her and made important recommendations. With some simple changes, for instance altering the position of her head, Lilian now can more easily swallow. Over time with practice, what was once involuntary after the stroke is becoming voluntary once again.

“It takes practice, and she is doing the work,” says Ronald with pride.

MedStar NRH Rehabilitation Network, Brandywine, Md., clinic offers the FEES test at its convenient location: 13950 Brandywine Road, Brandywine, MD 20613. Call 301-782-2250 to make an appointment.
It’s an optimistic philosophy that Dr. Davis adopted during years of private practice and it continues to guide his life today. But for Dr. Davis real happiness comes from spreading the joy around through philanthropy—and he has chosen MedStar NRH as the latest beneficiary of his generosity.

His recent $1 million gift establishes the Mitchell E. Davis Patient Assistance Endowment Fund. The Endowment will provide a steady source of funds to supply medical equipment and services to patients in need—everything from wheelchairs, transportation and medications to home care.

Filling Gaps in Need

Dr. Davis’s charitable inclinations began long before he had the means to support them. “I did my internship and residency at MedStar Washington Hospital Center,” he says. “I was moved by those patients I knew had taken multiple buses to get to the hospital, and often didn’t have the financial resources to pay for medications or other care they needed,” he added.

“I was a young physician just starting out and didn’t have the funds to help then. But I’ve practiced for years and saved and invested. Honestly, I’ve got everything I need so I’m happy to share it with those who don’t.”

He began several years ago when MedStar NRH Vice President for Philanthropy Emily Riffle was working for the Hospital Center. “I asked Emily how I could help—and then funded a number of projects for the hospital, including an endowment to help patients in need. When Emily joined MedStar NRH, I asked her how I could help patients there, as well.”

Supporting Advanced Technology

In addition to the endowment, Dr. Davis provided support that enabled the hospital to purchase the next generation Aretech ZeroG®, a robotic body-weight support system that was first installed at the hospital in 2009—the first installation worldwide. It is the keystone of rehabilitation services for a variety of patients with neuromuscular and orthopaedic diagnoses. The technology provides dynamic body-weight support for a host of functional activities including over-ground walking, standing from a sitting position, as well as climbing and descending stairs.

He has also provided funds to purchase equipment for several MedStar NRH outpatient centers that are used in rehabilitation of patients with neurological illness and injury, including devices to improve hand function and walking following stroke.

“I’m so pleased to see the impact my gifts have on patient care,” Dr. Davis adds. “That’s really why I contribute and it’s all the thanks I need.”

MedStar NRH physical therapists express their gratitude for Dr. Davis’s generosity.
In 1998, a car jumped the centerline on a Frederick, Md., road, slamming head-on into the on-duty cruiser driven by Deputy John J. Chance and ending his 30-year career in law enforcement. “They needed to use the jaws-of-life to free me from my car,” John remembers.

The accident wreaked havoc on John’s back. Nearly 20 years later—and multiple surgeries to stabilize his spine—the pain persisted. In April, John made a critical decision to try once again. This time he came to MedStar Washington Hospital Center and the skilled hands of Neurosurgeon Edward Aulisi, MD.

Dr. Aulisi replaced several failing metal rods to align John’s spine, improve mobility and reduce pain. “Dr. Aulisi is a miracle maker,” John says, with great admiration. “But after surgery the real hard part was in front of me.”

Three-Person Cheering Squad

Following his procedure, John was transferred to MedStar NRH for inpatient rehabilitation. While he was able to walk into the hospital, he had a long road ahead to regain strength and independence. “I was apprehensive at the start,” he admits. “But the team of therapists were just fantastic—I owe them a lot.”

His three person cheering squad—and taskmasters—Jayson Christian, PT, DPT; Mandy Summers, OT; and Sonja Boltansky, occupational therapy student, put John to work.

Clad in his lucky “Hot Wheels” cap, John approached rehab as he does most of his life—with a sense of humor and dogged persistence. “On the first day of therapy, I had to walk up these steps—and I hesitated. But I came back the next day and did it. Then I walked up without holding onto the banister.”

“Our goal was to get Mr. Chance strong enough to go home and take care of himself with limited assistance,” explains Christian. “Day after day, he made steady progress with a rigorous routine of physical and occupational therapy.”

“I thought that if I can do this at 72-years-of-age with the help of these great therapists I should share my story. I just wanted to give others facing a difficult situation a little hope—and to say thank you to MedStar NRH for giving me back my life.” — John J. Chance

Mastering the Mountain

Once he had conquered the indoor steps, John moved on to his next challenge. His Everest were the steps leading to the hospital’s Victory Garden, which he named “the 24 steps of hell.”

“What I wanted was to go up and down those steps on my own,” John says. And he did, counting each one aloud as he went. After two weeks of inpatient rehab, John returned home to Hagerstown, Md., to continue outpatient therapy—and pick up his busy life—shopping for 1957 Chevy collectibles, adding to his collection of more than 1,000 Hot Wheels and volunteering as an auxiliary police lieutenant with the Hagerstown City Police Department.

But before putting his experience behind him, John wanted to do one more thing. “I thought that if I can do this at 72-years-of-age with the help of these great therapists I should share my story. I just wanted to give others facing a difficult situation a little hope—and to say thank you to MedStar NRH for giving me back my life.”
Save the Date: SUNDAY, SEPT. 24 SUPER H 5K

MedStar National Rehabilitation Network will be holding its 14th annual Super H 5K Run, Walk & Wheel, Sunday, September 24, beginning and ending at Tysons Sport & Health in McLean, Va.

Registration begins at 7 a.m., and the race begins at 8 a.m. Registration includes a post-race party with food and entertainment. Proceeds from the race will support MedStar NRH's adaptive sports programs, which enable para-athletes, those with disabilities who stay active by competing in various sports, to participate in Paralympic sports, such as wheelchair basketball, wheelchair tennis, sled hockey, quad rugby, boccia ball, hand cycling, rowing and more.

Registration fees:
$30 before Sept. 1
$35 after Sept. 1, until online registration closes on Sept. 21
$40 on race day.

To register go to MedStarNRH.org/SuperHSK.