



NEWS RELEASE

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Electrical stimulation therapy benefits Madonna patient

Lincoln, NE – A quick trip for a soda turned into a long road to recovery for 27-year-old Nick Dorcey of Hubbard, Neb. On Dec. 29, 2007, Dorcey was traveling on a paved county road to the local convenience store when he lost control of his pickup. The next thing he recalls is talking to his neighbor, a former EMT, who came upon the accident scene and called 911.



Holly Schifsky, occupational therapist and Madonna pediatrics program manager, checks a reading during Nick's therapy.

Dorcey was stabilized at South Sioux City Mercy Medical Center and transported via ambulance to Creighton University Medical Center (CUMC) in Omaha. Along with a concussion, Dorcey sustained a broken pelvis and left arm, and damage to both legs. The skin on Dorcey's right arm was "degloved" or torn away from the underlying tissue, severing its blood supply and requiring multiple skin grafts.

Dr. Marcus Balters, a vascular surgeon at CUMC, transplanted a healthy vein from Dorcey's right leg to his damaged right arm. "I have a great respect for Dr. Balters in that he was able to save my arm," Dorcey stated.

Dr. Balters realized Dorcey would need extensive therapy and recommended Madonna Rehabilitation Hospital in Lincoln, Neb. Almost six weeks post accident, Dorcey was admitted to Madonna and his first visitor was Dr. Sharon Balters, his surgeon's mother and one of Madonna's registered dietitians. Dorcey said, "The fact that she sought me out spoke highly of Madonna's staff."

After weeks of being bed-ridden, Dorcey was apprehensive about therapy, knowing his muscles had atrophied. "I didn't know what to expect out of my body," he said. Dorcey's therapy team eased his worries, had him standing by the second day and soon helped him make consistent gains.

Holly Schifsky, occupational therapist and pediatric program manager, designed a therapy program to address his damaged arm. Dorcey wore a compression arm garment to decrease the swelling and an electrical stimulation device was used to slough off dead tissue and promote healing. According to Schifsky, one of the main advantages to using electrical stimulation after a traumatic limb injury is the pain control it provides. The low current electrical impulse emits a soothing vibration to the patient. "This reduces the need for oral pain medication and allows a patient to complete exercises during the treatment," Schifsky said. Following Dorcey's 30-minute treatment, therapists would use intensive manual therapy on his elbow. Schifsky noted his muscles were relaxed and his anticipation of pain was dramatically lowered.

"My role as an occupational therapist is to help people maximize their independence and provide treatment techniques to enable them to get back to their lives and the things they want to be able to do," Schifsky stated. She shared that Dorcey was highly motivated to gain the skills that would enable him to renew his life roles and occupational pursuits.

Dorcey credits his nurses and therapy team for encouraging him. "I gazed around the Therapy Gym and was impressed by the wide demographic of patients Madonna serves," Dorcey said.

Dorcey, an agricultural chemical sales rep, is anxious to get back to work. "I also help my family on the farm and thanks to Madonna, I'm getting back to my old routine," he said.

This year, Madonna Rehabilitation Hospital celebrates 50 years of providing hope and healing to thousands of people whose lives had been interrupted by traumatic events or illness. Madonna's approach to rehabilitation is much more than just therapy, it's rebuilding lives and families; and putting hopes and dreams back together. Through highly specialized programs and services, Madonna offers individualized rehabilitation treatment to help every patient heal in mind, body and spirit – and ultimately live life to the fullest. Madonna Rehabilitation Hospital is located at 5401 South Street in Lincoln, Nebraska, 68506; 402-489-7102; www.Madonna.org