

# NEWSLETTER

July 2022

## Last Chance Stampede and Fair July 27-30



*Summer is the time of year when the fair rolls into town. With the fair comes fair food, good music, visiting the 4H barns and various amusement rides that can induce feelings of excitement, exhilaration, anxiety, fear and at times dizziness.*

The **vestibular system** makes it possible for us to move and negotiate our way through our environment. It helps provide our brain with details about our head position, motion and spatial awareness, which in turn helps keep us balanced, stabilizes our head and body while moving and maintains our upright posture. At the fair, many go on amusement rides. This can disrupt the vestibular system for a short period to bring on short-lived feelings of excitement, exhilaration, anxiety, fear, dizziness or whatever else we may describe it as. Now imagine having these feelings nonstop, every time we moved our head through a particular movement, or by just looking a certain direction with our eyes.

### The vestibular system can be effected by:

- Medicines
- Infections
- Inner ear issues
- Poor circulation to this area
- Movement of calcium debris in our vestibular system
- Brain issues (tumors, strokes, traumatic brain injuries)

### Some of the symptoms you may notice are:

- Dizziness
- Feeling off-balance
- Feeling like spinning or floating
- Nausea
- Anxiety
- Blurred vision
- Disorientation
- Falling or stumbling.

**Physical therapists** can provide vestibular rehabilitation to help treat these issues. In many cases, we can help individuals get rid of these issues. We can also help them cope with any ongoing or residual symptoms, to be able to safely get around, to balance better and get back to prior levels of function and independence

**Call 406-444-2340 for Physical Therapy Referral Information Today!**

## Therapist Highlights:



**Korey Danielson,**  
Physical Therapist,  
Regional Medical Center

*When he is not working, you can find Korey spending quality time with family. They take full advantage of everything Montana has to offer including camping, fishing, rafting, running, mountain biking, kayaking, hunting, boating and hiking.*

Korey is a physical therapist at the Regional Medical Center. He splits his time between outpatient and inpatient patient care. He specializes in vestibular and neurologic conditions, but also enjoys back, neck and orthopedic conditions. His knowledge, patience, and dedication to his patients are a huge asset to our rehab team!

### What are your personal and professional aspirations?

“To continue to become as well rounded a PT as I can to serve the needs of my patients. To really take in these last couple of years with our daughter before she leaves us as empty nesters.”

### Interesting facts about Korey:

“I am an identical twin. I was born with clubfeet and stayed at the Shriners Hospital in the Twin Cities until the age of three. I wore lots of braces, orthotic shoes and bars growing up and had multiple surgeries until about 4<sup>th</sup> grade.”

## July is Juvenile Rheumatoid Arthritis Month



*"Arthritis is not just a disease for your grandparents."*

### *A note from a patient's family:*

Juvenile arthritis (JA) is an autoimmune disease that can develop from the time a child is an infant all the way up to age 18. JA occurs when the immune

system erroneously attacks the body and can affect nearly all the joints in the body. There are over 300,000 children in the United States diagnosed with some form of JA – that is a more than the number of children diagnosed with Juvenile Diabetes.

Our family has four kids diagnosed with JA. This article provides a small glimpse in to our lives. Our oldest daughter started showing signs of JA when she was in the fifth grade. We did not immediately recognize the issue, thinking she was just experiencing normal growing pains and aches associated with playing volleyball and swimming. Visits to her doctor, also did not immediately indicate something wrong. As a result, our daughter was not diagnosed with JA until the end of her 6<sup>th</sup> grade year. By that time, arthritis has already developed in all her joints including the micro-joints in her rib cage. Once our oldest daughter was diagnosed, it was easier to quickly schedule evaluations and pursue diagnoses when our three other children began to exhibit signs of JA.

All four of our children have been diagnosed with a form of JA and have been working the past couple several years to learn to manage the disease. JA is an autoimmune disease, so it is common for children to develop other autoimmune related diseases as well. There currently is no cure for JA, but medications help manage the joint pain and discomfort and attempt to delay the degradation of their joints to avoid more debilitating impacts in mobility and comfort in the future. The prescriptions our children take are necessary to help them manage their respective diseases and ensure their continued mobility and functioning, but the side effects of their medications can be just as detrimental and damaging as the original diseases.

In addition to prescriptions, our children utilize regular **occupational and physical therapy** sessions at St. Peter's to help them manage their symptoms, attempt to strengthen their bodies and remain active and mobile. At this point, we have been using OT and PT sessions for years and the **wonderful staff at St. Pete's** have been instrumental in supporting our children's care and management of their diseases. In our household, the saying *"motion is lotion"* is used all the time to keep reminding the children that movement, PT and OT exercises are a critical key to managing their diagnoses and treatments.

## Therapist Highlights:



**Sarah Maxell,**  
Occupational Therapist,  
Regional Medical Center

*When she is not working, Sarah enjoys spending time with her energetic 11 year old. She enjoys volunteering at her child's school to support him, the students and the teachers. She also enjoys reading, scrapbooking, skiing, running, camping, hiking and gardening.*

Sarah has 26 years of experience in pediatric occupational therapy! She has specialized training in feeding using the SOS (Sequential Oral Sensory) approach. She also has experience working with children with sensory challenges, autism, feeding disorders, developmental delays, motor delays, motor coordination difficulties, brain injuries, cerebral palsy, Down syndrome, congenital disorders, and juvenile arthritis.

### **What is the best part of your job?**

*"I love children of all ages! I love the relationships that I build with both the kids and their families as I help support them in all different areas of their life. Sometimes very small changes make a big difference in a child and their families' life that gives me great joy. I particularly love working with children who have sensory challenges that impact their daily life skills including: play, self-help skills, feeding, motor skills, and emotional regulation."*

### **What is your life aspiration?**

*"Do Good and Be Kind"*