



Henderson Health Care

# The Pulse



Phase 1 - Exterior

Phase 1 of the Hospital/Surgery Expansion & Renovation Project is nearing completion. This phase includes construction of nutritional services, materials management, electrical and mechanical rooms, laundry, and a main connecting corridor. Following the completion of Phase 1 in late July, the old long term care facility will be demolished unveiling the new addition to the Henderson Health Care Campus.

Phase 2 of the three phase plan is set to begin in August and will see the construction of a brand new surgery suite equipped with two operating rooms, four pre/post operation rooms, a post-anesthesia care unit, and a nurses station. Phase two is anticipated to take 15 months from start to finish. With the addition of this state-of-the-art surgical suite, HHCS will continue to expand the procedures available across many specialties, positively impacting the care our patients receive close to home. All three phases will run consecutive of one another. The Hospital/Surgery Expansion & Renovation Project should conclude in late 2024/early 2025.

Renovation work continues in the Henderson Community Hospital and Henderson Family Care. The specialty clinic wing of the hospital has been fully remodeled and was occupied in late June. The clinic patient area will also be receiving a face lift beginning in July. All work pertaining to these two projects should be completed in Summer 2022.



Phase 1 - Interior



New Specialty Clinic Room



Clinic Waiting Room



# 13th Annual Golf Tournament



**August 12, 2022**  
Galaway Creek Golf Course  
Henderson, NE

4-Person Scramble  
Registration Begins at 9am  
Shotgun Start at 10am  
Lunch Will Be Served

Contact Luke Fochtman at (402) 710-3036  
or Lfochtman@hendersonhealth.org

- Flag Prizes
- Flight Prizes
- \$500 Hole-in-One Prize
- Putting Contest
- Golf Package Raffle To:



## Specialty Clinics, Surgery, & Services

Henderson Health Care  
www.HendersonHealthCare.org

Legacy Square Long Term Living  
Rosewood Court Assisted Living  
Henderson Community Hospital  
Henderson Family Care  
Sutton Family Practice

Dr. Christopher Vanderneck  
Dr. James Ohrt  
Dr. Lindsey Nelson  
Allison Bauer, PA-C  
Cortney van den Berg, PA-C  
Joshua Reiners, PA

This institution is an equal opportunity provider and employer.

### Allergy, Asthma, & Immunology

Dr. Sullivan ... Allergy, Asthma, & Immunology Assoc.

### Cardiology

Dr. Friesen..... CHI Health Nebraska Heart

Dr. Anchan ..... Bryan Heart Institute

Dr. Jain..... Bryan Heart Institute

Dr. Johnson..... Bryan Heart Institute

### Ear, Nose & Throat

Dr. Pflug

Dr. Robinson ..... CHI Health

### Endocrinology

Dr. Jones-Ryan ..... Complete Endocrinology

Dr. Ward..... Complete Endocrinology

### Mental Health

Sherry Kropatsch, APRN ..... Mental Wellness

### Nephrology

Dr. Marple..... Inpatient Physician Associates

### Neurology

Dr. Morcos ..... St. Anne's Hospital

### Neurosurgery

Dr. Bixenmann.....Nebraska Neurosurgery Group

### Obstetrics/Gynecology

Dr. Adam.....Obstetricians & Gynecologists, P.C.

### Oncology

Dr. Ramaekers ..... NE Cancer Specialists - St. Francis

### Orthopaedics

Dr. Bigelow ..... NE Orthopaedic Center

Chad Springer PA-C ..... NE Orthopaedic Center

Dr. Bott ..... NE Orthopaedic Center

### Podiatry

Dr. Dodson ..... Prairie Orthopaedic

Dr. Krejci..... Prairie Orthopaedic

### Pulmonology

Lauren Klein, APRN ..... CHI Health St. Francis

### Urology

Dr. Brush ..... Urology P.C.

### General Surgery and Wound Clinic

Dr. Growney ..... York Surgical Associates

Dr. Ye ..... York Surgical Associates



# Chad Springer, PA-C

12 years of providing stellar orthopaedic care to the patients of HHCS

Did you know that injuries to the musculoskeletal system (bones, joints, muscles, ligaments, tendons) or conditions like arthritis, osteoporosis rank number one in visits to physicians' offices? At Henderson Health Care, we provide Orthopaedic care close to home!

Orthopaedic specialists from Nebraska Orthopaedic Center hold weekly clinics at the Henderson Community Hospital. A talented and knowledgeable Orthopaedic Physician Assistant, Chad Springer, holds bi-weekly orthopaedic clinics on our campus. "My goal as a Physician Assistant is to explain a disease to a patient in terms that all of us can understand. A way that makes them feel comfortable and confident in the treatment we choose together. Being able to share the knowledge that I have learned fulfills every reason I chose to be in the medical field."

Springer uses medical, physical and rehabilitative methods in all aspects of his care for orthopaedic patients. He has the ability to treat an immense variety of diseases and conditions, including fractures and dislocations, torn ligaments, sprains and strained tendon injuries, pulled muscles, ruptured disks, sciatica, low back pain, scoliosis, arthritis, osteoporosis, bone tumors, muscular dystrophy, cerebral palsy, club foot, unequal leg length, abnormalities of the fingers and toes, growth abnormalities, and much more. Springer does not perform surgeries himself, but he does assist on surgeries within his practice.

Springer was born in Seward, Nebraska and has practiced as a Physician Assistant in orthopaedics since his graduation from the University of Nebraska Medical Center in 1997.

# Clean Slate Healthy Weight: A Weight Loss Program for Life

Clean Slate Healthy Weight is the dedicated resource to helping you create lasting weight loss while optimizing your health. Hosted by Registered Dietitian, Ashley Freeman, this podcast provides you with actionable and simple information to help you move forward and stay on track with your weight loss. Ashley bases her program on the award-winning Mayo Clinic Diet which was recently named the #1 Diet Program in US News & World Report's 2022 Best Diets.

Immerse yourself in a 12-week weight loss program that teaches a common sense, medically-sound approach to making smart decisions about eating — whether you're dining in or out.

One former participant said, "The program was perfect for my lifestyle. Ashley is so on mark with the help needed to be successful. I was very happy with my new "Clean Slate Healthy Weight". I surpassed my goal and couldn't be happier." On average, participants of Clean Slate Healthy Weight have lost over 14 pounds and 6 inches off their waist!



The cost of the program is \$99 and includes 12 weeks of podcasts via email, accountability sessions, and a hardcover copy of the Mayo Clinic Diet. Learn more by scanning the QR code to the left.



## What is FDN?

Functional Dry Needling proves effective for pain and more

Functional Dry Needling (FDN) is a manual therapy technique that is used by physical therapists to reduce local, referred, or widespread pain, restore range of motion and muscle activation patterns, and normalize the chemical environment of an active myofascial trigger point. Myofascial trigger points (MTPs) are hyperirritable spots in skeletal muscle associated with palpable nodules in the taut bands of muscle fibers.

Physical therapist, Whitney Rathke, reports that this technique can be used for treatment on a variety of musculoskeletal diagnoses. Some common ones are low back pain, muscle spasms, upper shoulder pain, headaches, and neck pain. FDN helps to jump start a patient's progress by decreasing pain and improving function. Patients tend to see quick results from FDN when coupled with other manual therapy techniques and exercise. Patients who have struggled with tension headaches have reported a decrease in headaches in as little as two treatments. Henderson Health Care has two physical therapists, Whitney Rathke and Tanner Steingard, who are Level 1 FDN Certified. If you are curious if this treatment could help you, ask your primary care physician or physical therapist. Schedule your first FDN session with Rathke or Steingard by calling (402) 723-4005.

What is Functional Dry Needling used for?

- Low Back Pain
- Muscle Spasms
- Upper Shoulder Pain
- Headaches
- Neck Pain



Whitney Rathke, DPT



Tanner Steingard, DPT

## SCHEDULE YOUR CHILD'S PHYSICAL TODAY!

SCHOOL: \$80

SPORTS: \$60

A SCHOOL PHYSICAL WILL HELP IDENTIFY ANY CHRONIC MEDICAL CONDITIONS OR ACUTE ILLNESSES THAT COULD BE AFFECTING YOUR CHILD'S ACADEMIC PROGRESS. IT IS ALSO A GOOD TIME TO TALK TO A MEDICAL PROFESSIONAL ABOUT ANY EATING DIFFICULTIES OR SLEEP PROBLEMS YOUR CHILD MIGHT HAVE. STUDENTS GOING INTO KINDERGARTEN AND JUNIOR HIGH SCHOOL ARE REQUIRED TO HAVE A PHYSICAL.

IN THE SPORTS MEDICINE FIELD, THE SPORTS PHYSICAL EXAM IS KNOWN AS A PRE-PARTICIPATION PHYSICAL EXAMINATION (PPE). THE EXAM HELPS DETERMINE WHETHER IT'S SAFE FOR YOU TO PARTICIPATE IN A PARTICULAR SPORT. A SPORTS PHYSICAL CAN HELP YOU FIND OUT ABOUT AND DEAL WITH HEALTH PROBLEMS THAT MIGHT INTERFERE WITH YOUR PARTICIPATION IN A SPORT. YOUR DOCTOR MAY HAVE SOME GOOD TRAINING TIPS AND BE ABLE TO GIVE YOU SOME IDEAS FOR AVOIDING INJURIES. ALL STUDENTS GRADES 8-12 PLANNING TO PARTICIPATE IN SPORTS DURING THE 2022-23 SCHOOL YEAR MUST RECEIVE A PHYSICAL.



## ASK THE DOC

### How can I protect myself against colon cancer?

First and foremost, adults 45 and above should begin undergoing colon cancer screening. The screening process helps identify cancers at an early and potentially curable stage. A colonoscopy can remove up to 90 percent of polyps (small clump of cells that forms on the lining of the colon), reducing ones risk of developing colorectal cancer significantly.

The three main screening procedures used by HHCS include:

- Colonoscopy – Allows clinician to see the lining of the rectum and entire colon.
- Stool Tests – Can detect blood one's stool.
- Cologuard – A special kit for testing DNA, which should be performed on a three year basis.

Colorectal Cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death. Nearly 1 in 20 will be diagnosed with colorectal cancer in his or her lifetime.



"It is crucial that all adults 45 and above schedule some form of colorectal cancer screening. It can save your life."

- Dr. James Ohrt