

# Health Fitness



### Rehab brings VerHuel back

It was the day before Thanksgiving, everyone was in a hurry to get their turkeys from the supermarket and to start Christmas shopping the following day. But for Nora VerHuel this day would bring something unexpected, something that would change her fife forever.

For Nora, a driver with a local van service who transports children with special needs to schools in the Wilkes-Barre district this was not a regular day. It began as a normal school morning just like any other, but when Nora was loading one of the children onto the van, suddenly her hand and index finger were crushed in the wheelchair lift.

Nora was rushed to the Wilkes-Barre, General Hospital and under the supervision of Thomas Byron, M.D., Orthopedic Surgeon, who had Nora lifeflighted to Thomas Jefferson Hospital Philadelphia for emergency surgery. After seven long hours of extensive surgery a team of surgeons from Thomas Jefferson repaired her injury, but could not save Nora's



Nora VanHuel works on one of the special exercises that helped her recover from an injury to her fingers.

index finger on her right hand. In several days Nora returned to the specialized care of Dr. Byron for surgery to have her finger removed. Nora would now only have three fingers and thumb on her right hand.

Dr. Byron sent Nora to Riverside Rehabilitation Center, Plains, to start therapy with Linda Latoski, Registered and Licensed Occupational Therapist. Her uphill battle would begin, things that

all of us take for granted, buttoning a shirt tying a shoe, holding a cup of coffee, writing a letter, would all seem impossible for Nora.

Nora is slowly returning to work as a driver for the van company, and continues to attend occupational therapy. She says after everything she has gone through it does not bother her to work the wheelchair lifts, working with the children makes her forget the pain

## • One-to-One adds facilities

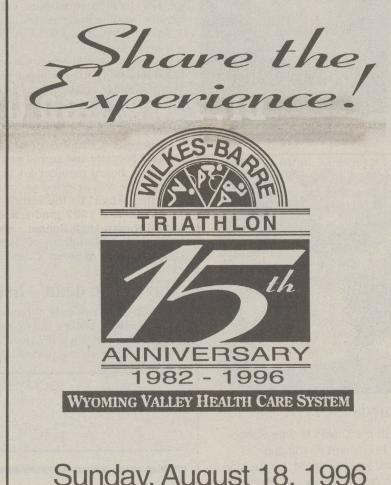
As health care struggles to achieve affordability and accessibility to the masses, Bill Ranieri, CSCS and President of One to One Fitness & Rehab Center has developed a medical/fitness model which primarily serves to educate and motivate patients and clients through a seemingly endless maze of obstacles toward good health and fitness.

"One to One's mission has always been to help people through their injuries and into a self-sustaining fitness program. By inmedicine cluding chiropractic, we have been able to reach a whole segment of pain patients who might not have been able to tolerate even the slightest movements previously," says Bill.

A patient would mistake any of the facilities as high tech fitness centers, but with x-ray equipment, medical/chiropractic treatment rooms, physical therapy modalities and massage tables and therapists it's clear that this group is determined to help you.

One to One Fitness Center now operates under the growing shades of N.E. pain and Rehabilitation facilities in Dallas, Tunkhannock and plans to open in Kingston and Scranton by the

end of the summer. The purpose of providing such a comprehensive service at convenient locations is to guide people into a productive fitness lifestyle, according to Ranieri. If you'd like more information regarding pain relief, rehabilitation and/or fitness you can contact Bill at (717) 836-2535 or 1-800-837-1271



Sunday, August 18, 1996

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PENNSTATE

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symptoms

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✓ not sleeping at night

✓ other unidentified

✓ difficulty with walking





## Office adds non-surgical alternatives

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Liposuction, the permanent removal of localized areas of fat, is the most commonly-performed aesthetic surgery. The procedure is popular in removing the fullness of saddlebags and hips. inner thighs, abdomen, and neck. The tumescent method involves the subcutaneous infusion of large-volume, dilute lidocaine with epinephrine so that liposuction can be performed without general anesthesia and with minimal blood loss.

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Plastic & Reconstructive Surgeons is the oldest and largest plastic surgery group in Northeastern Pennsylvania. The group is comprised of C. K. Chung, M.D.; George F. Speace, M.D.; Ira C. Krafchin, M.D.; and Gerald J. Levandoski, Jr.,

The group is located at The Plastic Surgery Center at 1130 Highway 315 in Wilkes-Barre, and at 241 Northern Boulevard in Clarks Summit.

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Permanent eyebrow, eyeliner, and lip enhancement is also available

Call for information and appointment.



C.K. Chung, M.D. George F. Speace, M.D. Ira C. Krafchin, M.D. Gerald J. Levandoski, Jr., M.D.

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