



**INDIANA  
TOTAL THERAPY**

*"World Class Rehabilitation Care"*

## **Return-To-Work Program**



### ***Management of Work Place Injuries***

In coordination with medical providers, we provide seamless and comprehensive Industrial Rehabilitation services.

**Phone: 724-349-2276**



[www.IndianaTotalTherapy.com](http://www.IndianaTotalTherapy.com)

# WELCOME TO INDIANA TOTAL THERAPY



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# Rehabilitation Provider Directory

## Director of Rehabilitation

- Dennis A. Schultz, PT

## Physical Therapy

- Tracy Arone, PT, ATC
- Amy Bencic, PT, DPT, OCS
- Lori Bozzer, DPT
- Jamie L. Chichy, DPT
- JoAnn Farabaugh, PT
- Julie Fairman, PT
- Thomas Horchar, MPT, ATC
- Paul Pohley, MPT
- Eric Cullen, PTA
- Susanne Baird, PTA
- Lacy Hoffman, PTA
- Lorraine Knapp, PTA
- Mary Beth Rine, PTA
- Tom Trunzo, PTA
- Erin Craig, PTA

## Sports Enhancement

- Stephen Wunz, MS

## Occupational Therapy

- Christopher J. Hudock, OTR/L
- Darlene Shephard, OTR/L
- Lynn Ferguson, COTA/L
- Sharon Lishka, COTA/L

## Speech Therapy

- Jennifer Cunningham, MS, CCC-SLP
- Heather Baileys, MS, CCC-SLP
- Heather Haverilla, MS, CCC-SLP
- Linda McCoy, MS, CCC-SLP

## Athletic Trainers

- Rocky A. Fatino, ATC, ACI
- Trisha Gerus, ACT
- Robert T. Rupert, ATC

# Office Locations & Hours of Operation

## **ITT West**

**2010 Shelly Drive**

**Indiana, PA 15701**

**Phone: 724-349-2276**

### **Days and Hours of Operation:**

**Mon, Wed, Thur 7am-7pm**

**Tue & Fri 7am-5pm**

**Sat 8am-12pm**

## **ITT Homer City**

**2354 Route 119**

**Homer City, PA 15748**

**Phone: 724-479-2259**

### **Days and Hours of Operation:**

**Mon, Wed, Thur 7:30am-6pm**

**Tue & Fri 7:30am-12pm**

## **ITT East**

**835 Hospital Road**

**Indiana, PA 15701**

**Phone: 724-357-7068**

### **Days and Hours of Operation:**

**Mon-Fri 8am-5pm**

## **ITT Blairsville**

**25 Colony Boulevard**

**Suite 104**

**Blairsville, PA 15717**

**Phone: 724-459-1770**

### **Days and Hours of Operation:**

**Mon, Wed, Thur 7:30am-6pm**

**Tue & Fri 7:30am-12pm**

# Practice Overview

## Indiana Total Therapy

A joint-venture between Center for Orthopaedics and Sports Medicine and Indiana Regional Medical Center, is committed to providing our community with a highly skilled, dedicated, and caring team of professionals providing the best possible rehabilitation care available.

We provide:

- Industrial Rehabilitation
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Sports Enhancement Services
- Orthotics and Prosthetics
- Contracted Home Health Services
- Contracted Athletic Training Services



Physical Therapy



Industrial Rehabilitation



Hand Therapy/Occupational Therapy



Sports Enhancement



# Return-To-Work Program Overview

## Purpose

The Indiana Total Therapy Return-To-Work Program provides physicians and employers with specific programs designed to help prevent and manage work-related injuries.

## Goal

The goal of the Return-To-Work Program is to provide physicians, employers and their employees with a well-managed, comprehensive treatment plan to allow injured workers to successfully and safely return to work and to assist employers with identifying potential risk areas to effectively reduce the incidence of injury at the worksite.

## Program Services

- Physical and Occupational Therapy Recovery Programs
- Work Conditioning
- Functional Capacity Evaluations
- Preventative Injury Management
- Ergonomic Assessments
- Education and Wellness Programs
- Job Site Analysis
- Orthotic and Prosthetic Programs



# Programming

## PREVENTION PROGRAMS

### ERGONOMICS

Ergonomic analysis provides a comparison between the current work environment and the ideal scenario. The therapist makes recommendations regarding work station redesign and/or work method changes. Personal work habits, sit-and-stand options and alternative materials handling methods are analyzed. Additionally, instruction in preventive stretching, posture relief and task rotation are provided. The objective is to identify changes/modifications and provide instruction that can reduce the overall incidence of future injury.

### EDUCATION AND WELLNESS

Individual or group customized programs/presentations provide workers and employers with basic anatomy, instruction in proper body mechanics, material handling techniques/safe lifting techniques, and environmental concerns and how to recognize injury risk factors. Job specific training sessions such as Back School, Cumulative Trauma and Stretching programs are available.



We at Indiana Total Therapy are committed to *setting healthcare standards* in Industrial Rehabilitation services. Indiana Total Therapy will provide workers with a one-on-one experience along with individualized care from our skilled therapists.

# **ANALYSIS AND TESTING PROGRAMS**

## **JOB SITE ANALYSIS**

This in depth evaluation documents the specific job tasks and identifies the postures, movements, forces, repetitions, loads, skill requirements, knowledge and stressors for those tasks which are necessary for successful job performance. Job site analysis reviews risk factors associated with the job task, work flow, physical environment and individual performance such as identifying improper work habits/techniques. The goal of the analysis is to increase safety of the existing job by modifying the work area and educating both the employee and employer.

## **FUNCTIONAL CAPACITY EVALUATION (FCE)**

A FCE is an objective assessment that matches current employee performance levels to the demands of a specific job or work activity of an occupation. Assessments include but are not limited to a person's physical, cardiovascular, motivation and functional status. Proper body mechanics are observed and documented as well as consistency of effort and reliability. Our Functional Capacity Evaluations include components from the employee's actual job, so we are able to evaluate performance in real work situations. The FCE is further utilized to set goals for a comprehensive rehabilitation program.

## **POST OFFER SCREENINGS/PRE EMPLOYMENT TESTING**

Indiana Total Therapy offers Post Offer/Pre Employment screening to all types of industries. This type of screening demonstrates safe work practices of an employer, by ensuring new employees are able to perform essential job functions for which they are being hired.

Screenings may include lifting and carrying, as well as strength, coordination and/or agility tasks. All tasks are job specific and are developed in conjunction with the employer. Physician physical and referral are required.



# **POST INJURY REHABILITATION PROGRAMS**

## **PHYSICAL THERAPY**

Physical Therapists provide a comprehensive evaluation of musculoskeletal dysfunction. Treatment consists of manual therapy techniques combined with physical agent modalities and therapeutic exercises. Each program is tailored to individual needs to facilitate healing and progression to normal function.

## **OCCUPATIONAL THERAPY**

Assesses the physical, psychophysical and biomechanical function of persons engaged in occupation or activity. Comprehensive upper extremity functional assessments are also available. Occupational Therapists have expertise in function and emphasize teaching skills for the job of living.

## **HAND THERAPY**

This program includes functional rehabilitation of the hand and upper extremity with emphasis on cumulative trauma injury. The goal is to promote restoration of function and reversal of injury to maximize performance of daily activities.

## **WORK HARDENING/INDUSTRIAL REHABILITATION**

Individualized treatment regimen that is structured and goal oriented to improve the overall performance of an injured worker. The program consists of performing work related duties in a controlled clinical setting. Programs incorporate aerobic conditioning, total body strengthening, job simulation activities, correct body mechanic instruction and overall education. The objective is to maximize the injured workers ability to safely return to the work force as soon as possible.

## **ORTHOTIC/PROSTHETIC**

Custom splinting and bracing are available to protect from injury or additional impairment.

## **WORK REINTEGRATION**

A trained therapist will observe the employee as he or she performs tasks required on the job. Problems will be addressed and corrected to prevent injuries and lost time.

# Benefits

The Indiana Total Therapy Return-To-Work program provides the following:

## Benefits for the Employer

- Decreased cost of workers' compensation claims
- Reduced lost days
- Maximized productivity by the returning worker
- Improved employee relations; workers see employer's commitment to worker safety
- Valued employee returns to productive work rather than "busy work" often associated with light duty
- Safety work techniques demonstrated by trained clinicians can be shared with other workers who may be at risk
- Safety recommendation for work station of returning worker can be applied to other workers' stations

## Benefits for the Employee

- Increased self confidence; employee returns to productive, meaningful work
- Improved relations with co-workers; a safe and timely reintegration into the work force reduces isolation
- Timely return lessens financial burden and stress for worker and family
- Increased confidence as the returning worker is under the observation of a clinician; fear of re-injury is reduced



# MEET THE STAFF

## Occupational Therapists

### ***Christopher J. Hudock, OTR/L***



- Graduated from University of Pittsburgh with a Bachelor of Science Degree in Occupational Therapy
- Over 16 years experience
- Extensive training in Orthopaedics and Hand Therapy
- Guest lecturer for St. Francis University in the field of Occupational Therapy
- Licensed by the Pennsylvania State Board of Occupational Therapy and the National Board for Certification in Occupational Therapy (NBCOT)

### ***Darlene M. Shephard, OTR/L***



- Graduated magna cum laude from College Misericordia with a Bachelor of Science Degree in Occupational Therapy
- Over 22 years experience in Occupational Therapy
- Over 15 years experience in out-patient therapy with clinical focus on hand/upper extremity rehabilitation, neurological rehabilitation, lymphedema and post mastectomy care and work related programming
- Lymphedema certification from the Academy of Lymphatic Studies
- Speaker for the American Cancer Society
- Licensed by the Pennsylvania State Board of Occupational Therapy and the National Board for Certification in Occupational Therapy (NBCOT)

## Occupational Therapist Assistants

### ***Lynn M. Ferguson, COTA/L***



- Graduated from Mount Aloysius College with an Associates of Science Degree for Occupational Therapy Assistant
- Over 27 years experience
- Licensed by the Pennsylvania State Board of Occupational Therapy and the National Board for Certification in Occupational Therapy (NBCOT)

### ***Sharon Lishka, COTA/L***



- Graduated from Mount Aloysius College with an Associates of Science Degree for Occupational Therapist Assistant
- Over 15 years experience
- Licensed by the Pennsylvania State Board of Occupational Therapy and the National Board for Certification in Occupational Therapy (NBCOT)

# Physical Therapists

## Dennis Schultz, PT



- Graduated summa cum laude from University of Pittsburgh with a Bachelor of Science Degree in Physical Therapy
- Over 19 years experience
- Extensive training in Orthopaedics and Sports Physical Therapy as well as total joint rehabilitation
- Clinical instructor for the University of Pittsburgh, Chatham College, Gannon University and Slippery Rock University of Pennsylvania
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Licensed by the Pennsylvania State Board of Physical Therapy and maintains a Direct Access License

## Jamie Chichy, DPT



- Graduated magna cum laude from Slippery Rock University with a Doctorate in Physical Therapy Degree
- Graduated magna cum laude from Indiana University of Pennsylvania with a Bachelor of Science Degree in Natural Science and minor in Chemistry
- Over 7 years experience
- Extensive orthopaedic background specializing in women's health as well as vestibular and balance rehabilitation programs
- Presented various lectures for peers and community members on topics such as falls prevention and vestibular and balance rehabilitation
- Clinical instructor for Gannon University, Penn State DuBois and University of Pittsburgh
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Licensed by the Pennsylvania State Board of Physical Therapy and maintains a Direct Access License

## Amy S. Bencic, DPT, PT, OCS



- Graduated magna cum laude from Chatham College with a Doctorate in Physical Therapy Degree and specialty in Sports and Orthopaedics
- Graduated from University of Pittsburgh with a Bachelor of Science Degree in Physical Therapy
- Over 26 years experience
- Orthopaedic Certified Specialist through the American Physical Therapy Association
- Clinical instructor for the University of Pittsburgh, Penn State Dubois, and Gannon University
- Extensive training in balance/vestibular rehabilitation, aquatic therapy, industrial rehabilitation, and manual therapy
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Licensed by the Pennsylvania State Board of Physical Therapy and maintains a Direct Access License

## Lori L. Bozzer, DPT



- Graduated summa cum laude from Slippery Rock University with a Doctorate in Physical Therapy Degree
- Graduated summa cum laude from Slippery Rock University with a Masters Degree in Physical Therapy
- Over 19 years experience
- Extensive orthopaedic background and experience in aquatic physical therapy as well as vestibular and balance rehabilitation programs
- Clinical instructor for Indiana University, St. Francis University and the University of Pittsburgh
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Licensed by the Pennsylvania State Board of Physical Therapy and maintains a Direct Access License

### **Tracy A. Campbell, MPT, ATC**



- Graduated from Gannon University with a Masters Degree in Physical Therapy
- Graduated from Lock Haven University with a Bachelor of Science Degree in Health Sciences and concentrations in Pre-Physical Therapy and Athletic Training
- Over 7 years experience as a Certified Athletic Trainer
- Over 4 years experience as a Physical Therapist
- Extensive background in industrial rehabilitation and experience in FCE's and Ergonomic Assessments
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Member of the National Athletic Trainer's Association and Pennsylvania Athletic Trainers' Association
- Licensed by the State Board of Physical Therapy
- Licensed by the Pennsylvania State Board of Medicine and National Athletic Trainers' Association Board

### **Paul Pohley, MPT**



- Graduated from University of Pittsburgh with a Masters Degree in Physical Therapy
- Graduated summa cum laude from Indiana University of Pennsylvania with a Bachelor of Science Degree in Physical Education and Sport Science
- Over 15 years experience
- Extensive training in sports and orthopaedics
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Licensed by the Pennsylvania State Board of Physical Therapy and maintains a Direct Access License

### **Thomas Horchar, MPT, ATC**



- Graduated from Saint Francis University with a Masters Degree in Physical Therapy
- Graduated from Indiana University of Pennsylvania with a Bachelor of Science Degree in Physical Education and Sport
- Graduated from Butler County Community College with an Associates of Science Degree for Physical Therapist Assistant
- Over 9 years experience as a Physical Therapist
- Licensed by the Pennsylvania State Board of Physical Therapy
- Licensed by the Pennsylvania State Board of Medicine and National Athletic Trainers' Association Board

### **JoAnn Farabaugh, PT**



- Graduated from University of Pennsylvania with a Bachelor of Science Degree in Physical Therapy
- Over 35 years experience
- Director of Rehabilitation Services of Indiana Regional Medical Center for 21 years
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Licensed by the Pennsylvania State Board of Physical Therapy and maintains a Direct Access License

### **Julie Fairman, PT, CWT**



- Graduated cum laude from the University of Scranton
- Over 20 years experience
- Clinical Instructor for Penn State Dubois
- Certified instructor for the Arthritis Self-Help program in conjunction with the Arthritis Foundation
- Member of the American Physical Therapy Association (APTA) and the Pennsylvania Physical Therapy Association (PPTA)
- Licensed by the Pennsylvania State Board of Physical Therapy and maintains a Direct Access License



# Physical Therapist Assistants

## Tom Trunzo, PTA



- Graduated from Mount Aloysius College with an Associates of Science Degree for Physical Therapist Assistant
- Over 13 years experience
- Certified Pilates Instructor and Certified with Kinesiotape
- Indirect Supervision Certification by the Pennsylvania State Board of Physical Therapy

## Lorraine Knapp, PTA



- Graduated from Penn State DuBois with an Associates of Science Degree for Physical Therapist Assistant
- Over 13 Years experience
- APTA credentialed clinical instructor
- Clinical Instructor for Penn State DuBois
- Advisory committee member for Penn State DuBois PTA program
- Indirect Supervision Certification by the Pennsylvania State Board of Physical Therapy

## Sue Baird, PTA



- Graduated from Penn State DuBois with an Associates of Science Degree for Physical Therapist Assistant
- Over 9 years experience
- Indirect Supervision Certification by the Pennsylvania State Board of Physical Therapy

## Eric Cullen, PTA



- Graduated from Mercyhurst North East College with an Associates of Science Degree for Physical Therapist Assistant
- Over 2 years experience
- Certified in Jumpstretch Program (High Impact program for athletes)
- Indirect Supervision Certification by the Pennsylvania State Board of Physical Therapy

## Mary Beth Rine, PTA



- Graduated from Central PA Business School with an Associates Degree in Specialized Technology and Physical Therapist Assistant
- Over 5 years experience
- Certified in Lymphedema Therapy
- Indirect Supervision Certification by the Pennsylvania State Board of Physical Therapy



### **Lacy Hoffman, PTA**



- Graduated from Penn State DuBois with an Associates of Science Degree for Physical Therapist Assistant
- Over 1 year experience

### **Erin Craig, PTA**



- Graduated from Butler Community College with an Associates of Science Degree for Physical Therapist Assistant
- Over 1 year experience

### **Nichole Pavelchick**



- Graduated from Mount Aloysius College with an Associates of Science Degree for Physical Therapist Assistant
- Over 1 year experience

# Workers' Compensation Provider Panels

## PENNSYLVANIA PROVIDER PANELS FOR WORKERS' COMPENSATION

Section 306 (f) of the PA Workers' Compensation Act gives employers the right to establish a panel of medical providers to treat injured employees.

The Act allows employers to:

- Establish a list of healthcare providers for the treatment of workers' compensation injuries.
- Select minimum of 6 providers of which 3 must be physicians. (There is no limit on the number of providers).
- Control care with designated panel providers for a period of 90 days.

How Employers can benefit from a panel:

- Cost containment.
- Opportunity to designate a comprehensive list of 6 or more providers giving employees choice & flexibility of where they receive medical treatment.
- Work with providers to develop more specialized treatment approaches, improving return to work ratios.
- Streamlined communications between providers and the employer.
- When a physical therapy provider is included, early and ongoing communications as to patient status in rehabilitation are available. By including Indiana Total Therapy on provider panels, employers have access to multiple service locations and evening hours.

Employers are required to:

- Properly post and provide written communication to employees about the panel.
- List providers that are geographically accessible and reflect specialties for the anticipated work-related medical problems of employees.
- Avoid requiring that employees treat with any one specific provider or restrict employees from switching from one provider to another.
- Permit employees to seek medical treatment from any provider if they do not post a workers' compensation panel.

Employees are required to:

- Promptly notify the employer of a work injury.
- Seek treatment with any provider on the list (unless emergency).

**Panels must be properly posted to be valid. Employers should refer to state guidelines. Complete information about panels can be obtained by visiting [www.dli.state.pa.us](http://www.dli.state.pa.us).**

**We participate on workers' compensation panels under the guidelines stated in our *Workers' Compensation Policy*. A copy of the entire policy is available on our web site. Employers should contact us prior to placement on panels.**