

News From



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Real life, real people, real stories ... a patient determined to succeed!

CIRCLEVILLE, OHIO — Meet a man who truly believes in the ability to overcome obstacles and defy the odds. Charlie Rhodes has been a patient of Circleville Physical Therapy for the past few years, coming to the practice after major, devastating surgery and a long hospital stay. The staff of this private practice has been the lead partner on his recovery journey and have watched him each step along the way.

"I came to Circleville Physical Therapy in a wheelchair and just released out of a long term hospital facility. I was looking for a physical therapist partner that would offer intense therapy of all types and that would be willing to take me on as a project," Charlie shares. "Thanks to this great team, my next 50 years will be healthier than the first 50. If I would have gone to any other physical therapist, my guess is they would have been done with me by now. I now have a new and different purpose to life."

Charlie's journey began more than two years ago, when a sudden, excruciating lower back pain led to the sudden loss of feeling in his leg and he was taken to the Adena Medical Center emergency room. Lucky for him, an ER doctor diagnosed an abdominal aortic aneurism and he was immediately transferred to The Ohio State University Medical Center where the next morning he underwent severe, radical surgery to try to save his leg and his life. Post-surgery, he spent six days in the surgical intensive care unit in a drug-induced coma. Doctors were unsure if he would live and expected him to lose the use of his leg. He survived the first weeks and spent over a month at OSU's Dodd Center continuing to recover and receive occupational therapy, physical therapy and speech therapy. He then spent time in a nursing and rehabilitation facility in Chillicothe further recovering and receiving rehabilitative therapy and skilled care. While Charlie did not lose his leg, he did lose much of the use of the leg and experienced right side paralysis, as well as suffered the loss of speech and thought process, had balance issues, permanent spinal cord damage and some brain damage.

Having been an active part of the community as a businessman, friend and family member, upon release from the long term care facility in Chillicothe, Charlie and his family began looking for the right therapists to help him with the long road ahead of ongoing healing. He was receiving in-home therapy, but felt that this wouldn't be enough. He and his family were searching for a physical therapist partner that would offer intense therapy of all types and when he rolled up to Circleville Physical Therapy in a wheelchair with his sister in tow, his first words to Rick Bergman were "I want to walk again". Rick and the entire staff accepted the challenge and have made Charlie their project.

"It was important for my therapists to know that I had to fix the whole picture," Charlie notes. "If we could deal with the physical issues, then I was sure that the rest, like talking and thinking, would come too and I would be able to fully return to my life."

While Charlie's journey isn't over, three years later, he has made remarkable strides. Even with setbacks along the way, with three surgeries that forced him to cut back on the amount and intensity of the therapy he received, he remained determined to get back to progressing to where he wants to be physically and mentally. A former builder and general contractor, he also held a real estate sales license. Through the Social Security Administration and State of Ohio JOBS programs, he is participating in a back to work program. He is also now living in his own home and has lost 80 pounds during this recovery period, two milestones that he speaks proudly of. "Now, I'm looking forward to finding a career," he adds.

Real life, real people, real stories (cont.)

"I've tended to be an overachiever my entire life and the staff at Circleville Physical Therapy has guided me on the best way to recover for the long term. I come here for therapy three times a week and at least weekly this staff has to keep me in check and make sure that I am recovering in a healthy way."

"Circleville Physical Therapy has a vast knowledge of what best to do to achieve my goals for recovery. They use the latest therapy techniques and equipment and they offer a hands-on approach as we work together," he describes. "I am now standing, am stronger and am more physically fit than when I came out of the military service all those years ago."

Charlie recalls the past few years of this interesting journey of recovery and the handful of friends, as well as his mother and sister who were at his side within days of post-surgery and coming out of the coma. This support system has never left his side and has never stopped believing in his recovery and quest to become healthy. He fondly adds his team at Circleville Physical Therapy to that important support group. As he continues to gain emotional, physical and mental strength through his physical therapy routine, he talks about how fun it is to see what his body can now do and how far it can recover from such a devastating injury that came out of nowhere. "My next 50 years will be healthier than my first 50," he exclaims. "And Circleville Physical Therapy will be the reason."

"Charlie is the perfect example of what can be accomplished when a patient is dedicated and willing to do what is necessary to overcome an injury," enthuses Rick Bergman, PT. "Rehab is a team effort with the therapist playing the role of coach. We've simply given Charlie the direction and motivation he needed while he's put in all the hours of determined exercise that has led to the tremendous changes in his body and functions."

Charlie Rhodes is just one real story about a real individual who is living healthier as a result of the services received from Circleville Physical Therapy. The staff examines each individual patient and develops a plan of care using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. Physical therapists also work with individuals to prevent the loss of mobility by developing fitness and wellness programs for healthier and more active lifestyles. Circleville Physical Therapy is one of the area's leading providers of outpatient rehabilitation services, specializing in treating a variety of orthopedic and neurological medical conditions for nearly two decades. Their specialty programs and equipment include vestibular rehabilitation, aquatic therapy, spinal decompression back machine, custom orthotics, massage therapy, and personal training and fitness.

Take advantage of the many services offered by Circleville Physical Therapy. For more information, or to schedule a free initial consultation, call 740.474.9318 or, to learn more, visit www.circlevillephysicaltherapy.com.

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Photo caption: Patient determined to succeed through his work with Circleville Physical Therapy.

Questions about this release should be directed to Ann Freeman at 740.474.9318.