



Andy Tocco

FHCN PHOTOS BY BOBBY BAIRDEN

"AUTO & PERSONAL INJURY CASES WELCOME"

therapy for both Andy and Draker. "Andy's accident was like having a pressure washer hit his hand but driving poisonous petroleum products into his body," explains Heidi Watson, PTA, CLT. "Obviously, he didn't want to lose his hand. We began with the deep tissue laser and HIVAMAT® 200 electrical stimulation, and we saw an immediate favorable response in the hand."

It turned out that the infection had affected Andy's lymph nodes, and he had developed lymphedema. Fortunately, Heidi is the only certified lymphedema therapist in Hernando County, so he was in good hands.

"It still has some swelling, but Andy's hand looks beautiful now," assures Heidi. "Everything is fully healed, and he can functionally use it. It's been an amazing process of literally saving his hand."


Draker's treatment has been highly beneficial as well.

"The main goal of the therapy was to increase functional range of motion and strengthening," explains Heidi. "We did a fair amount of laser therapy and HIVAMAT with him as well, and a lot of manual stretching. Draker's doctor wasn't sure whether he was going to get his full range of motion back, but he has. It's been a very successful treatment plan."

"A great bunch of people"

In fact, both patients agree that the success of their therapies has far exceeded their expectations.

"I'm very pleased with the results so far," says Draker. "The doctor wasn't expecting



Charles C. Donley, PT, is director of Regional Rehab. He earned his Bachelor of Science degree in physical therapy, graduating cum laude, from the University of Pittsburgh, PA. He is a member of the American Physical Therapy Association, Florida Physical Therapy Association, and International Academy of Dance Medicine and serves on the board of the Hernando County United Way, the board of directors for Touching Nations Today, Inc., and he is the Staff PT for Dance Revolution.

me to get full range back," he confirms, "but I'm back to one hundred eighty degrees. I'm going to make a full recovery."

"The results are a hundred times better than what they were before," emphasizes Andy. "I can't say enough about the people at Regional Rehab. It seems like everyone in the entire facility has just bent over backwards to help me."

"I've never had anyone give me anything in my life," he adds. "I'm the guy who is always trying to do everything I can for everyone else, and this is the first time someone's done something for me. Everybody else said I needed an amputation, whereas Regional Rehab is doing everything possible to make sure I don't lose my hand. They're a great bunch of people."

"They're top-notch: hard-working, very friendly, and courteous," agrees Draker, "and they really take an interest in you. It's a very casual environment, yet professional at the same time. I'm very impressed with them." *FHCN—Michael J. Sabno*

Class IV Laser Heals

State-of-the-art laser and deep tissue stimulator lead to rapid healing ... amputation canceled!

The aftermath of a serious accident can require not only surgical intervention, but also the need for physical therapy. Such was the case for Andy Tocco and Draker Raulerson.

"I had an accident with a hydraulic line," says Andy. "Basically, the hydraulic line had a leak in it, and while I was looking for the leak, it blew up in my hand. It actually injected hydraulic fluid into my hand and arm."

"This was two-hundred-and-fifty-degree oil at twenty-six hundred pounds per square inch of pressure," he explains. "It only took a split second, but it filled my arm up."

A trip to the emergency room led to surgery to flush the hand and arm of the toxic petroleum products.

"I went to St. Joseph's in Tampa," recalls Andy, "and had a procedure on the hand to try to flush it and get as much of the hydraulic fluid out as possible. They put me on antibiotics, but after ten weeks, my hand wasn't cooperating."

"The accident was in the second week of October, and by the second week of November the surgeon was pretty adamant about amputating the hand because of the extensive damage, how it had burned and scarred."

Draker's accident was serious as well. "My buddy and I were driving to see a friend when we had a head-on collision. The other driver just wasn't paying attention, and drifted into our lane," he describes. "We walked away from the accident, but my right arm was broken just above the elbow."

At the hospital, Draker found out he would require surgery to repair the damage.

"The break was in such an awkward spot that I had to have a plate inserted along with twelve screws to hold it in place," explains Draker. "I was on my back for about a month while everything was healing up, and then they put me in a brace."

Ultimately, both patients were referred to Regional Rehab in Spring Hill: Draker, to get range of motion back in his arm, and Andy, to see if his battered hand could be saved.

Personalized treatment

"In August 2008, Regional Rehab acquired the new deep tissue Class IV therapeutic



CHARLES C. DONLEY, PT

laser," reports Charles C. Donley, PT, director of Regional Rehab, "and it has completely changed the way we do things."

With nearly 23 years of experience working with virtually every type of pain and injury, Charles assures that each patient receives a comprehensive evaluation followed by a customized physical therapy program. Deep tissue laser therapy is now an essential part of that program for many patients.

"Over the years, we have used modalities such as low level laser therapy (LLLT), electrical stimulation, and ultrasound to help patients reduce inflammation and stimulate soft tissue healing," he explains. "But we found that low level laser wasn't much different than any of the other traditional modalities. Consequently, we were interested in trying the deep tissue Class IV laser, which is FDA-approved for wound care and reduction of pain and inflammation."

The results have been dramatic, fast, and lasting, adds the experienced therapist.

"This type of laser is used for burn patients as well as for all the different musculoskeletal issues we typically treat in physical therapy, including acute, chronic, and post-surgical pain," says Charles. "The deep tissue Class IV laser is amazing."

Whereas some lasers create a mechanical change, such as those used in surgery, Regional Rehab uses the Class IV laser for a photochemical change in conditions such as carpal tunnel syndrome, bursitis, and soft tissue injuries.

To date, deep tissue laser has proven its worth in more than 80 percent of Regional Rehab's 11,000 patient treatments.

"This laser will effectively lessen symptoms quickly, reducing the need for pain medications, injections, or possible surgery. We're getting lasting results, particularly in the extremities and the neck area."

The laser was an essential part of

Charles welcomes requests to speak to groups and demonstrate the deep tissue Class IV laser. Videos, photos, and patient testimonials from Regional Rehab available upon request.



Draker Raulerson

Proven results

The experienced therapists at Regional Rehab look forward to working with you. Outpatient facilities are located in the newly expanded location at **465 Mariner Blvd.** in Spring Hill, phone **(352) 688-8066**, and the Hernando County YMCA, **1300 Mariner Blvd.**, in Spring Hill, phone **(352) 686-9970**.

YES! I would like more information. Spring 2010

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