



Physical therapists celebrate their profession

By Loraine McClish
staff writer

bruise or an ache. The Chinese used rubbing as a therapeutic measure as early as 3000 B.C. Hippocrates advocated it in his writings in 400 B.C. But it wasn't until about eight or nine years

ago that the first physical therapist went into private practice in the metro area.

Now Luis Kahanovsky, director of Farmington Physical Therapy, and executive director of Physical Therapists in Private Practice, joins with the 35 physical therapists in private practice in the tri-county area to celebrate Physical Therapy Week.

"Our aim is to call the public's attention to our profession as an alternative to out-patient rehabilitative services at a hospital," Kahanovsky said. "And since we are geared solely to the outpatient, that is our primary concern."

Farmington Physical Therapy, 23800 Orchard Lake Road, accepts referrals from doctors for orthopaedic and cardiac rehabilitation, sports injuries, pain for its back clinic and school, for bio-feedback performed in re-education of neuro-muscular disorders, for speech problems, and in some instances from dentists.

"Often we can see them the same day they are referred to us," Kahanovsky said. "Our goal is to help the patient, resume normal activities as quickly as possible, and train him to help himself."

A ROW of closed-off rooms line the halls of Farmington Physical Therapy for consultation and treatment that is always given in privacy, a factor Kahanovsky is quite strict about and one that is not generally offered in a hospital setting.

In the gym, a half-dozen patients at any one time will be working with a staff technician on a one-to-one basis, reviewing exercises or movements that are given to be done at home.

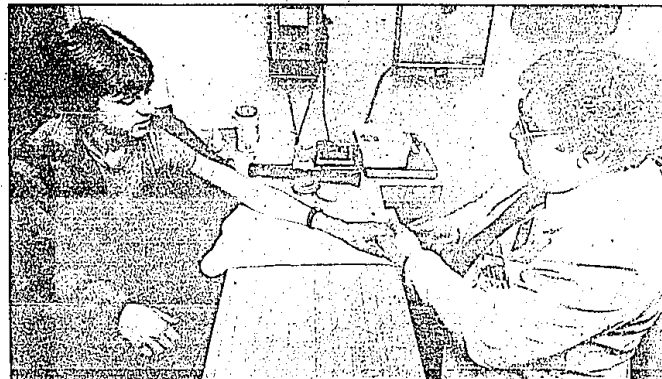
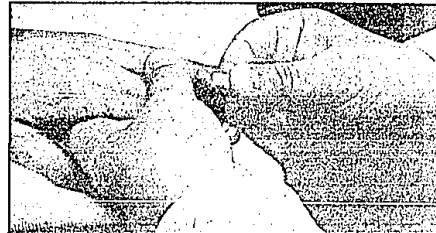
"Treatments alone don't do much," Kahanovsky said. "Every one gets an at-home exercise program and they have to do their homework. When motivation falls off, my staff is trained for that."

Kahanovsky explained that deep depression is not uncommon with some of his patients who have suffered so long with a problem they are just short of the giving up. The additional stress caused by being unemployed, for example, or a death or a divorce will add to the depression and the at-home exercises will suffer.

"I expect my staff to be alert to these things. Every one of my technicians have personally been trained by me and they work with our patients individually. They get to know them personally and get to sense what is wrong at home that is hampering progress," he said.

"That's probably the best reason I can think of for choosing a private

Steve Maloga of Birmingham is learning how to use two fingers which were severed and reattached to his hand in surgery at Harper-Grace Hospital. Luis Kahanovsky helps with rehabilitation now that the pins are out and the cast is off. Maloga says factory work is behind him and he'll be going back to school as soon as possible.



physical therapist. It is certainly the reason I left working in a hospital to go into private practice. Every patient is individually supervised every step of the way.

KAHANOVSKY has been a therapist for 18 years — in South America, in the Middle East, in Canada, and at Henry Ford Hospital before opening Farmington Physical Therapy — and says he has never stopped learning.

"I attend at least five or six conferences a year," he said, "to keep up with

new equipment, new theories. That wouldn't be too easy if I were working for a hospital and I also couldn't purchase a new piece of equipment any time I wanted to. If I thought it could help one particular type of disability, this freedom has also bought a little more optimism Kahanovsky can pass onto his patients.

One young patient was told by her doctor she would be on crutches for three to six months. Kahanovsky is adamant he can reduce that to from two to four months.

He also successfully reduced a back-injury recovery from a predicted six-week period to between three and four weeks.

Further, Kahanovsky states, "The price is right. As the patient's strength increases, the time in the gym increases and the price is the same if you can be in there working out 10 minutes or 90 minutes. Take as much time as you need."

"The aim is to improve the quality of life by returning the patient to the highest level of independent function."

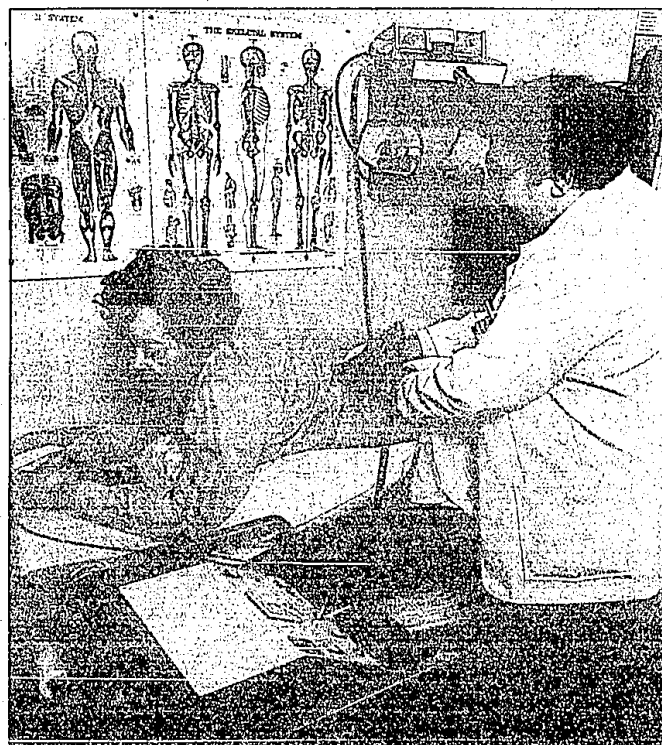


Barbara Denny is enjoying almost full range of mobility in a shoulder that refused to respond to treatment for bursitis, after six weeks of exercise in the gym with a technician as well as at home. The West Bloomfield resident sought help from Farmington Physical Therapy when pain prevented her from writing for studies at Oakland Community College. In addition to restored strength, she said the pain is "down to practically nothing."

Staff photos
by Randy Borst



A skiing accident in Colorado put Sandra Stavenik, an Orchard Lake resident, in a cast, then a brace for another seven weeks. The day after the brace came off she started therapy treatments with Luis Kahanovsky, after calling "about 18 places," she said, which wanted to put her on a waiting list. Stavenik's doctor said she would be walking as usual in about 3-6 months. Kahanovsky said it will be more like 2-4 months.



After a fall that injured her back, Bobbie Monroe was told that an operation might be life threatening and there was no guarantee the pain would be lessened. When she turned to physical therapy for help she could not stand up straight or bend over to put on her own shoes. Her surprising treatments are so relaxing she now brings a book with her to read during her treatment.