

It's Your MOVE

Jason Cleveland gets back to life with help from Salina Regional rehabilitation

BY BETH VINSON

We all have that one motivating factor in our lives that keeps us working harder—that one thing that makes us stretch further than we thought possible. For Jason Cleveland, that motivation was his 2½-year-old daughter, Jaydrah.

“As I was lying in my hospital bed, my wife laid my daughter next to me. When I looked at her, it was all the motivation I needed right there,” Jason says.

Jason, 22, grew up around the racetrack watching his father, Joe Cleveland, race cars and had recently begun racing as well. Climbing behind the wheel was something Jason had

always wanted to do, and he was happy when he finally got the chance. After a race this past summer, Jason and Joe brought their cars to Joe’s house to wash them for the next week’s race.

➔ WHEN THE UNEXPECTED HAPPENED

While Joe and the rest of the family were inside the house, Jason decided to get started. As he stood on the back bumper of the semitrailer and pulled the rear door down so the cars could be driven off the ramp, he expected it to catch in a winch about 6 inches down. But the winch cable was not properly connected to the 1,200-pound door and the door continued to fall.

Jason was knocked to the ground and the door landed on his back. Lying on his stomach in severe pain, Jason managed to get his cellphone from his pocket and call his wife, who was inside the house.

“The door hit me so hard I had no air to talk,” he says. But his wife heard enough on the phone to know something was wrong. She and Joe ran out of the house and saw that Jason was in trouble. They called for an ambulance and Jason was taken to Salina Regional Health Center. He was transferred to Wichita, where he spent the next four days before doctors there determined that surgery was not necessary. He then returned to Salina to begin rehabilitation at Salina Regional Health Center.

➔ DETERMINED TO WALK AGAIN

With five fractured bones in his pelvis and two fractured vertebrae in his lower spine, Jason wasn’t sure he would walk again. But he was determined to try. He worked hard during his



Dirk Hutchinson, MD, medical director for the rehabilitation program, checks on progress made by Jason Cleveland during a therapy session. Also pictured are clinical coordinator Lorelle Boxler (left) and occupational therapist Tiffany Dean.

Physical therapist Tamra Hauserman works with Jason during a session as he recovered from injuries after an accident.

therapy sessions with physical therapist Tamra Hauserman, just trying to improve, little by little, each day.

“So many times I was ready to throw in the towel, but Tamra kept me motivated. If it weren’t for her I wouldn’t have come as far as I did. She kept my spirits up with her laughter and encouragement.”

Hauserman says each patient is motivated differently. “Some respond well with gentle coaxing; some respond better to tough love; while others enjoy humor to get them through it. Either way, we get to know our patients and what their goals are, and then we help them work toward those goals,” she says. “Jason’s motivation was to walk out of the hospital on his own and be home with his daughter and wife. He worked hard to meet those goals.”

Occupational therapists taught Jason to get dressed on his own by using modified techniques and devices. Physical therapists worked with him on getting in and out of bed on his own, getting in and out of a car and taking steps with the assistance of a walker.

“Pain management played a big part in his rehab. We had to manage his pain in order for him to tolerate his therapy,” Hauserman says.

➔ A TEAM APPROACH

Salina Regional’s rehabilitation services offer a team approach, including physical therapy, occupational therapy, speech therapy, recreational therapy, nursing and social services, as well as a medical director on staff. The entire team meets biweekly to discuss the patient’s progress, barriers and discharge planning.

Patients receive a minimum of three hours of intense therapy per day, five days out of seven, while they are in the program.

“We have a great rehab program here. We have patients who come back and visit us just to say thank you. It really makes us feel good knowing we did our job well,” Hauserman says. After nearly three weeks in the hospital, Jason was released to return to his family at their Minneapolis home, where he will continue with outpatient therapy. He met his main goal of walking out of the hospital on his own two feet. And waiting for him at home was his biggest fan and motivator, Jaydrah. ■



➔ Website

**IS REHAB
FOR
YOU?**

Find out about all of the types of rehabilitation Salina Regional can provide, from aquatic to speech and swallowing to pulmonary. Go to srhc.com, and under “Services,” click “Rehabilitation.”