

# New Year's Resolution!

## If Independence is Your New Year's Resolution...

Then look to us to be your partner! Our team has developed programs specifically for seniors. We focus on maximizing functional independence through an array of programs specific to each patient. We take a team care approach with the patient and the doctor to promote the highest level of independence and return the individual to home successfully

## Our Specialty Programs...

- Post-Operative Surgery
- Orthopedic Conditions
- Post-Stroke
- Parkinson's
- Neuropathy
- Fall Prevention
- Arthritis
- Balance/Gait Assessments
- Vestibular Dysfunction
- Pain Management

## Our Approach...

Our therapists work one-on-one with patients to maximize functional independence, safe mobility and comfort in their daily lives.

- Evaluation of Skeletal & Musculoskeletal System
- Balance & Gait Assessment
- Joint Protection Techniques
- Pain Management
- Therapeutic & Strengthening Exercise
- Modalities such as: ultrasound, icing, moist heat & electrical stimulation

## Therapy Goals Include:

- Improved balance
- Increase range of motion for affected area
- Minimize risk of fall or injury
- Decrease pain of affected areas
- Increase activity level & safety
- Improved functional endurance for performance of all daily living skills
- Patient education & self-management skills

