

# CHRONIC PAIN

**TLC REHAB**

## **Risk factors contributing to the prevalence of CVD**

- ◆ Physical Inactivity
- ◆ Overweight and Obesity
- ◆ Tobacco Smoke
- ◆ Cholesterol and other lipids
- ◆ Diabetes Mellitus

## **DIAGNOSIS FREQUENTLY ADDRESSED**

- ◆ Congestive Heart Failure
- ◆ Post CABGS
- ◆ Post MI
- ◆ CAD
- ◆ Angina Pectoris
- ◆ Post Angioplasty
- ◆ Post Cardiac Transplant
- ◆ Valve Replacement Surgery

Complaints of pain are reported by 25% to 50% of community-dwelling seniors and 45% to 80% of residents in long-term care facilities. Untreated pain has serious consequences, including depression, decreased socialization, sleep disturbances, impaired ambulation, slowed healing and increased health care costs.

Physical Therapy addresses the musculoskeletal aspects of chronic pain problems. When PT is ordered, a thorough evaluation is performed by therapists who have years of practical experience with people of all ages, all diagnoses and disabilities. Following the evaluation, an individualized treatment plan is developed, incorporating manual therapy, pain-relieving modalities, and an easy, effective exercise program. At each visit we discuss status, review strategies, work on unresolved problems and progress the program appropriately. We help clients integrate exercises and functional changes into their life, giving them specific helpful information to meet daily demands.

## **TLC REHAB HAS THERAPISTS WITH SPECIFIC EXPERTISE IN TREATING:**

- Arthritis and Degenerative Joint Disease
- Back and Neck Strain
- Shoulder and Arm Problems
- Rotator Cuff Injuries
- Low Back Pain
- Pelvic Pain
- Gait and Balance Problems
- Stroke Rehabilitation
- Motor Vehicle Injuries
- Work Injuries / Work Comp Rehabilitation

## **FREE SERVICE TO THE COMMUNITY:**

Proper body mechanics are essential in preventing muscle strains, sprains and/or fractures. Through a free screening, our specialized physical therapists can analyze a person's body mechanics, risk of injury, and identify if the person may benefit from physical therapy.