

SENIOR HEALTH SERVICES

TLC REHAB

SPECIALITY PROGRAMS:

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

TLC Rehab has developed a program catered directly to seniors. Our Healthy Seniors program focuses on maximizing functional independence through an array of programs specific to each patient's need.

THERAPEUTIC APPROACH:

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

- **Evaluation of the Skeletal and Musculoskeletal System**
- **Balance and Gait Assessment**
- **Joint Protection Techniques**
- **Pain Management**
- **Therapeutic & Strengthening Exercise**
- **Modalities such as:** Aquatic Therapy, Ultrasound, Electrical Stimulation, Infrared-Light Therapy, Iontophoresis, TENS, Traction and Biofeedback.

THE GOALS OF THERAPY:

- ◆ Improve Balance
- ◆ Increase overall range of motion of affected areas
- ◆ Minimize risk of falls/injury
- ◆ Decrease pain of affected areas
- ◆ Increase activity level and safety, promoting optimal quality of life
- ◆ Improve functional endurance for performance of all daily living skills
- ◆ Patient education and self-management skills

FREE SERVICE TO 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.