

WOMEN'S HEALTH

TLC REHAB

COMMONLY USED TO:

- ◆ Decrease Inflammation
- ◆ Decrease Pain
- ◆ Reduce Spasms
- ◆ Muscle Re-Education
- ◆ Increase Blood Flow
- ◆ Reduce Swelling
- ◆ Muscle Relaxation
- ◆ Promote Healing

DIAGNOSIS FREQUENTLY ADDRESSED

- ◆ Peripheral Neuropathy
- ◆ Pre/Post Operative Conditions
- ◆ Orthopedic
- ◆ Osteoporosis
- ◆ Rheumatology
- ◆ RSD/Pain Management

When something is wrong, you want nothing more than to get back to your life. Whether you are dealing with the difficulty of osteoporosis, the frustration of incontinence, or any other condition that can be improved by the right form of therapy. TLC Rehab provides both physical and hand therapy services, all expertly designed to get you back on track as soon as possible.

Our Therapists address medical conditions or diagnoses including:

- ◆ Orthopedic conditions
- ◆ Arthritis (osteoarthritis and rheumatoid arthritis)
- ◆ Degenerative disc/joint disease
- ◆ Prenatal lower back pain
- ◆ Fibromyalgia
- ◆ Generalized weakness/deconditioning
- ◆ Gait and balance disturbance

SPECIAL PROGRAMS INCLUDE:

AQUATIC THERAPY: The unique properties of water (*buoyancy, hydrostatic pressure, viscosity and fluid dynamics*) provide an excellent rehabilitative environment. Aquatic therapy is a union of aquatic exercise and physical therapy. It is a comprehensive therapeutic approach that uses aquatic exercises designed to assist in the rehabilitation of various conditions.

BACK, BONES & BALANCE: For women with thin and brittle bones caused by osteoporosis, even the slightest fall can result in fractured or broken bones. Our program is designed for women who have osteoporosis, are at risk for osteoporosis, or simply would like to improve their balance.

FUNCTIONAL CONDITIONING WITH CARDIAC PRECAUTIONS: Women experiencing a decline in their cardiac output, will also experience painful joints, muscular weakening, balance deficits and most importantly a decline in their abilities to perform activities of daily living.

INCONTINENCE PREVENTION: With development of certain muscles and education on timed urination, avoiding bladder irritants and increasing water intake, incontinence can be significantly decreased or eliminated.