

Rehab Professionals of Cleveland, Inc. Offers

- Aquatic Therapy
- Functional Capacity Evaluations
- Massage
- Personal Training
- Post Partum
- Women's Health Services
- Work Conditioning
- EMG biofeedback
- Myofascial Release
- Back & Arthritis classes
- Strength Training

The overall goal of physical therapy is to facilitate and expedite successful recovery following an orthopedic or neurological injury or surgery.

Many physically therapeutic modalities and procedures available to the patients of Rehab Professionals of Cleveland, Inc...

Post surgical management is a critical determinant of the success rate of many surgeries.

Prior to the initiation of a physical therapy program, a thorough evaluation should be performed.

Physical Therapy Modalities and Procedures:

Cold Therapy (hypothermia) decreases the messages sent through the nerves, thereby creating mild pain reduction. It produces blood vessel constriction in localized tissues to decreasing swelling while relaxing the skeletal muscles.

Electrical Stimulation of individual muscles is a means of providing exercise to muscles that the patient is unable to contract voluntarily. If the muscle has lost its physical connection with its nerve supply, electrical stimulation can maintain nutrition of the muscle through promoting blood flow. Electrical stimulation can be used on muscles that have healthy nerve supplies to strengthen, prevent or reverse disuse atrophy while maintaining and improving mobility. There are various types of electrical stimulation in use today. The type of electrical stimulation used and the specific application are based on the goals of treatment.

Heat Therapy (hyperthermia) increases tissue temperature, by enhancing local blood flow and decreasing edema. Localized heat may enhance subsequent soft tissue massage and exercise therapy, and should precede these supplemental therapies.

Hydrotherapy (Aquatic Therapy) is an ideal form of active and active assisted exercise. The buoyancy effect of the water provides gravity-eliminated environment, which improves movement of affected limbs.

Iontophoresis is a means of delivering steroids deep into the skin. The steroid is applied to the skin and an electrical current is applied aiding the medicine to penetrate the deep muscle tissues producing an anti-inflammatory effect in the general area that is causing pain. This modality is especially effective in relieving acute episode of pain like bursitis.

Traction is the therapeutic use of manual or mechanical tension created by a pulling force producing a combination of distraction and gliding to relieve pain and increase tissue flexibility. Indications for traction therapy include, but are not limited to, decreased muscle tone that is reduced with manual traction, extremity pain or tingling that is temporarily relieved with manual therapy, spinal nerve root impediment due to bulging, herniated or protruding disc, and established by a Physical therapist. Individual home programs are written, taught and monitored closely by the therapist through the duration of ones therapy with progressive modifications that are based on the individual's needs, progress and established goals.

Ultrasound therapy involves an electrical energy converted into high frequency sound waves by means of piezoelectric crystal, thermal effects; probably the most useful in helping are beneficial for musculoskeletal problems, such as muscle spasms, adhesions, and tendon and ligament injuries. Ultrasound is particularly useful in helping to decrease soft tissue contracture of musculature that has been affected during the surgical process, and assisting in breaking down scar tissue.