

## OUR SCOPE OF REHABILITATION

**AT FAMILY PHYSICAL THERAPY AND SPORTS CENTER, P.C.**, our staff is committed to providing excellence in rehabilitation to all our patients. Our focus is on the patient and our commitment is providing the highest quality of care to ensure the best possible outcome.

**WE WILL OFFER** a broad spectrum of rehabilitation with experienced therapists, highly trained and committed to meet the specific needs of each patient. Our therapists provide rehabilitation focused on everyone from high school and college athletes to casual and weekend warriors. A factory worker to a senior citizen. A woman recovering from a mastectomy. A child with a learning challenge or an individual with autism. You name it.

**OUR CLINICS** specifically focus on:

- Orthopedics
- Balance and Mobility
- Pediatrics
- Neurological Rehabilitation
- Women's Health
- Speech Therapy
- Occupational Therapy
- Vestibular Rehabilitation

**ALL OF OUR CONVENIENT** locations will continue to offer rehabilitation services for sports injury, spine and neck injury, pre and post surgical as well as work injury management.

## CARE THAT TREATS YOU LIKE A PRO

Family Physical Therapy & Sports Center offers both orthopedic and sports therapy services for individuals having acute or chronic orthopedic and sports related conditions. An evaluation is performed to examine each patient's muscle performance, joint mobility, flexibility, posture, and proprioception.

A rehabilitation program is developed from the results of the initial evaluation. Rehabilitation programs consist of therapeutic exercises, manual therapy, modalities to relieve pain and inflammation, and guidelines for progressive return to prior activity level. We also provide custom sports specific bracing and have certified sole support and practitioners that fit for foot orthotics, which includes an evaluation.

*"I never have to worry about the level of physical therapy my patients will receive with Family Physical Therapy. They have earned that level of trust.*

*They are very skilled at what they do and have surrounded themselves with a staff of that high skill level."*

*Dr. Bradley Rodgers, Kearney*



## MAKING THE BEST BETTER

Women's health issues are not isolated to a particular age group and can affect women during all stages of their life. These issues can affect personal life, social interaction, family life and recreational activities. Serenity Care is committed to helping women regain a normal lifestyle as quickly as possible.

Our Serenity Care services are designed to help women regain a normal lifestyle as quickly as possible.

Serenity Care Treatment Services:

- Pelvic Pain
- Pelvic
- Dyspareunia
- Cesarean Section
- Pregnancy related back pain
- Abdominal
- Osteoporosis
- Episiotomies
- Obstetrical Pain
- Incontinence
- Mastectomy
- Cancer Needs
- Post-Surgical Conditions

Family Physical Therapy offers services for multiple types of cancer patients. Studies show that therapeutic exercises can improve physical and emotional health in patients undergoing chemotherapy and radiation. Physical therapists can evaluate these patients and design a specific program for muscular strengthening and improving cardiovascular function while helping to combat fatigue.

Women who have undergone a mastectomy can benefit from education in scar massage techniques as well as ROM and strengthening for the involved upper extremity. Our staff also performs treatment for upper extremity or lower extremity lymph edema, including manual lymphatic drainage techniques, compression bandaging and compression garments.

## BUILDING BRIGHTER FUTURE FOR KIDS

Our staff provides child-friendly comprehensive therapy services called Leapz 'N' Boundz. The specialized program is designed to provide a rehabilitation strategy for young patients with developmental delays and disabilities. Physical, occupational and speech/language therapists work with each child and their family to maximize the child's functional level to promote the highest level of independence in all environments.

Our therapists specialize in the diagnosis, treatment, and management of infants, children and adolescents with a variety of congenital, developmental, neuromuscular, skeletal or acquired disorders/diseases that may cause limitation in areas such as gross or fine motor development, balance and coordination, eating, feeding, joint mobility or breathing.

Leapz 'N' Boundz program is a clinical therapy that is covered by health insurance, Medicaid, or by the patient. Out-of-pocket expenses for families are generally low as it is typically covered by the insurance industry.

## THE PROFESSIONAL EDGE YOU DESERVE

Maintaining balance is essential for carrying out activities of daily living such as washing, dressing, getting in and out of the car and walking up stairs. Not only might a balance problem affect your ability to carry out these and other tasks, it also puts you at an increased risk for falls.

Our staff is committed to provide quality, effective balance retraining programs designed for the prevention of falls and improvements in balance, mobility and coordination. We will conduct a complete musculoskeletal exam and our therapists will perform an inventory of tests designed to measure gait and balance.

Each patient will receive a highly customized therapy program unique to his or her specific limitations and capabilities. Our therapists will teach the patient strategies to compensate for balance deficits to ensure safe, independent mobility for a healthy lifestyle.

## GETTING PATIENTS BACK IN THE GAME

Work Plus is a comprehensive and cost-effective program designed to provide a continuum of services for the industrial and work setting. Through this service, our therapists will assist employers in reducing injuries and overall costs, secondary to workers compensation claims and lost time at work.

Work Plus Programs include: • **Pre-work Screen** – to determine ability to perform a certain job; • **On-site Assessment** – to identify and correct impairments before work injuries occur; • **Work Conditioning** – to provide rapid recovery to a safe return to work; • **Job-site Analysis** – to evaluate components of a job's requirement to determine the required capabilities; • **Functional Capacity Evaluation** – to test and measure the physical abilities of an injured worker

The Work Conditioning Program speeds recovery time and reduces the likelihood of re-injury upon return to work. Work conditioning is highly structured, individualized, goal orientated program designed to maximize the individual's ability to return to work.



*with a personal touch.*

*Progressive, professional care*

*"Physical therapy goes beyond just healing the body. At Family Physical Therapy they try to help you have the mental edge. They make you want to keep going – to be successful.*

*From the moment you step in the door, all these people know you. And as I watch them work with other patients, I know they treat everyone with that same care."*

*Ross Armstrong, Kearney*

## SPECIALIZING IN YOU

Family Physical Therapy provides outpatient services for both Speech and Occupational Therapy Services. Our highly trained and specialized staff will assist in finding optimal solutions to each specific patient's rehabilitation needs.

Each patient's Occupational Therapy (OT) program will be designed according to his/her individual needs. Our occupational therapists are skilled and qualified in the evaluation and treatment of adults and children. Hands-on techniques and modalities as prescribed by referring physicians will be implemented.

Patients who can benefit from occupational therapy include:

- Rheumatoid Arthritis
- Burns
- Tennis Elbow
- Tendon and Nerve Injuries
- Boutonniere
- Mallet Finger
- Total Shoulder
- Tendon Laceration
- Osteoarthritis
- Trigger Finger
- Tendonitis
- Activities of daily living rehabilitation

Our speech therapists are specially trained in the use of VitalStim therapy. This treatment uses small electrical currents to stimulate the muscles responsible for swallowing. At the same time, trained specialists will help "re-educate" the patient's muscles through rehabilitation therapy. This combination of techniques will improve the ability of the patient to functionally swallow.

**"The therapists at Family Physical Therapy make your therapy feel like it's a team process. They don't say 'this is what you need to do' instead they say 'this is what we need to do.' And they mean it.**

**Programs are tailored to each patient and their needs. They work with you as an individual to make a program specifically for me as a patient. And it works."**

*Colin Wilke, Kearney*



### KEARNEY

**Main Clinic:**  
211 West 33rd, Suite A  
(located in lower level of Kearney Clinic)  
Kearney, NE  
308.236.5884

**Rehab Clinic:**  
615 W. 39th Street, Suite A  
Kearney, NE  
308.698.2820

### BERTRAND ELM CREEK

100 Minor Avenue  
Bertrand, NE  
308.236.5884

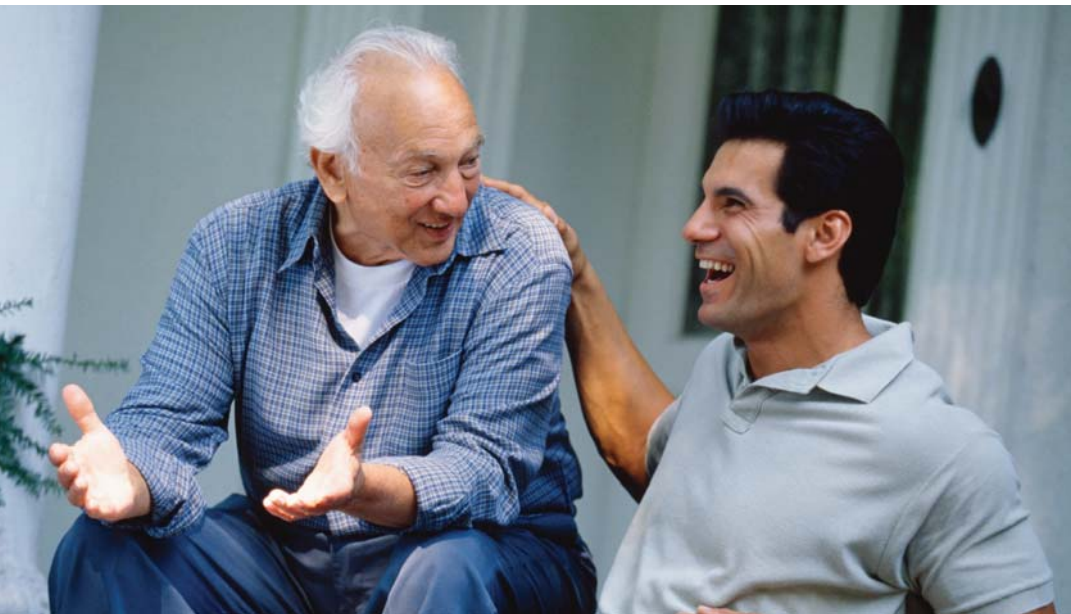
118 Front Street  
Elm Creek, NE  
308.236.5884

### RAVENNA

710 Grand Avenue  
Ravenna, NE  
308.452.7154



*Excellence in Rehabilitation...*



## COMPASSIONATE CARE COMES FIRST

Above all, Family Physical Therapy will continue their intense dedication to providing compassionate, personalized attention to each patient. We care about our patients and listen to their concerns. It's something we're proud of and are dedicated to continue.

Our patients will never feel rushed or confused about their treatment because we go the extra mile in getting to know and understand each and every one. We teach our patients about their conditions, their options, how to take better care of them and how to avoid re-injury.

We're Family Physical Therapy & Sports Center.... advanced, compassionate care that gets you back to work and play and helps to build brighter futures.

