



OUTPATIENT
**REHABILITATION
SERVICES**

McLaren offers complete occupational, physical, and speech therapy services at several convenient locations throughout the area.

Physicians and patients choose McLaren Rehabilitation Services for our expertise using advanced, hands-on manual therapy techniques and developing ongoing exercise programs to address any strength and flexibility limitations.

OUR OUTPATIENT SPECIALTIES INCLUDE:

Balance and Mobility

Balance requires good vision, strong muscles, flexible joints, and good vestibular function (inner ear function). If any of these are not working properly, you may be at increased risk for falling. Physical Therapy improves balance and postural control, stabilizes your gaze, increases overall endurance and muscle strength, and builds flexibility and independence. At the same time, therapy decreases feelings of vertigo or dizziness as well as reduces the risk of falling. Our patients feel safer and more confident after therapy.

Functional Capacity

Evaluation With the help of a specialized assessment program, our therapist systematically evaluates each individual's ability to perform work tasks. Using these findings, McLaren's therapists can design work conditioning, and work hardening programs to help individuals successfully return to work.

Hand Therapy Hand injuries and problems can change your life. That's why we offer comprehensive skilled services for a wide variety of hand and upper extremity conditions. We successfully treat traumatic hand injuries; carpal tunnel syndrome; fractures; dislocations;

tendon, ligament, and nerve injuries; neuromuscular disorders; trigger finger; sprains; strains; amputations; arthritis; joint replacements; and more. Our advanced treatment techniques include custom splint fabrication; exercise; manual therapy; edema management; thermal/electrical modalities; de-sensitization; sensory re-education; and more.

Low Vision Rehabilitation

Conditions such as macular degeneration, diabetes, strokes, and brain injuries can lead to vision problems that interfere with daily life. In this program, our Occupational Therapists collaborate with eyecare specialists to provide education as well as recommending adaptive equipment or environmental modifications to restore independence to people facing low vision challenges.

LSVT Big LSVT Big helps people with neurological diseases such as Parkinson's Disease lead more independent lives. Often people with neurological diseases lose the ability to dress themselves, brush their teeth, or other activities of daily living. In LSVT Big, therapists customize each person's treatment plan to meet specific goals. We work with patients for about a month, both in our clinic and by suggesting at-home exercises. After that, we ask that

patients practice about 10 to 15 minutes a day to retain their skills. BIG therapy can be effective for 6 months or longer. After that time, some patients return for occasional refresher courses to preserve independence as long as possible.

Lymphedema Treatment

Our team of Occupational and Physical Therapists are certified in lymphedema management, including Complete Decongestive Therapy (CDT). CDT is proven as a safe, non-invasive, and cost-effective treatment for lymphedema by reducing limb volume. Our customized plans of treatment include Manual Lymph Drainage, which is a technique to move fluid to areas where the body can re-absorb it, and Multi-Layer Bandaging, which relies on compression bandages to move fluid and decrease swelling. In addition, we teach patients how to prevent problems through skin care, manual lymphatic drainage, compression, and home exercises.

Pediatric Therapy Children bring special needs to therapy. Our Pediatric Occupational Therapists specialize in helping children gain independence while strengthening the development of fine motor skills, sensory motor skills, and visual motor skills. Pediatric Physical Therapists improve children's motor development, strength, range of motion, endurance, balance,



coordination, gait, heart and lung endurance, and overcome delayed motor development to help children achieve new skills and build confidence.

Pelvic Health Incontinence, pain and discomfort aren't a normal part of pre/post-partum or aging. Sadly, though, many people believe these conditions are inevitable. At McLaren, our therapists know how to effectively treat pelvic floor muscle dysfunction. The pelvic floor is the system of muscles that support the urinary, bowel, and reproductive tracts in both men and women. When those muscles don't work as they should, people experience urinary and bowel problems, back pain, and other concerns. Our therapist use biofeedback, exercise, manual techniques and education to restore pelvic floor strength and relieve issues.

Seating and Positioning Evaluation When it's time for assistive technology, such as a wheelchair, it's time to consult our specialists. Our occupational and physical therapist coordination with assistive technology professionals (ATP) to evaluate each individual's mobility status, independence, and ability to perform self-care. That information helps identify the best style wheelchair for comfort and independence. With the right chair, it's possible for some users to gain more independence.

Vestibular Rehabilitation

After a stroke, traumatic brain injury, or vestibular hypofunction of one of both ears, people commonly experience Benign Paroxysmal Positional Vertigo (BPPV), which is more commonly known as vertigo or positional vertigo. Our experts use a variety of techniques to relieve vertigo symptoms. For difficult-to-treat cases, McLaren is one of the only providers in the area to offer specialized glasses with video lenses to record eye movements during positional testing.

Work Conditioning Restoring employee health and getting them back on the job are the two goals of our Work Conditioning program. When a worker is injured, send them to our experts for a comprehensive baseline assessment of the injury and how it affects the individual's ability to meet the demands of specific job tasks. After the assessment, we create a highly-structured, individualized rehabilitation plan with the goal of getting your workers feeling better and safely on the job once again.

WHY CHOOSE McLaren?

At McLaren, we are committed to doing what's best for our patients by delivering the highest quality evidence-based care. We offer a multitude of educational classes, support groups, screenings, seminars, and other special events to benefit you and your health.

When you choose McLaren for your health care needs, you are gaining access to a fully integrated health care delivery system including 13 hospitals in Michigan and a nearly 500-member employed primary and specialty care physician network.

We also operate Michigan's largest network of cancer centers and providers, anchored by the Karmanos Cancer Institute, one of only 56 National Cancer Institute-designated comprehensive cancer centers in the U.S.

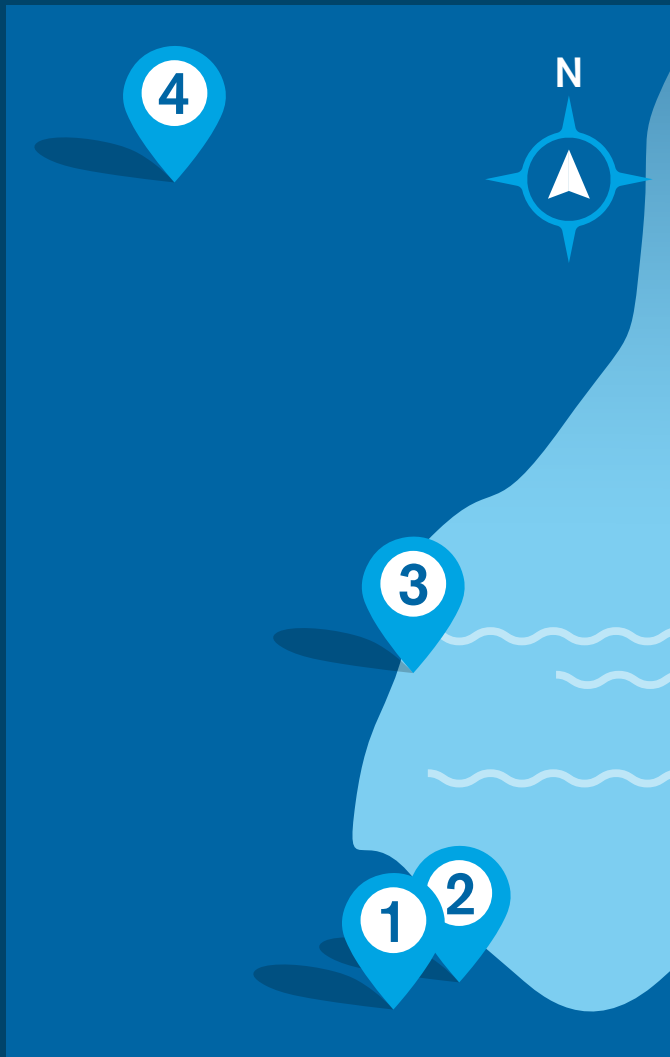


McLAREN OUTPATIENT REHABILITATION SERVICES

*For all questions or referrals,
please contact:*

Phone 989.667.6600

Fax 989.667.6610



4 CONVENIENT LOCATIONS!

1. McLaren Bay Region Center for Rehabilitation

3190 E. Midland Rd., Bay City, McLaren Bay Region's West Campus

OPEN: Monday – Friday

DISCIPLINES PROVIDED: Occupational Therapy, Physical Therapy

SPECIALTY SERVICES: Pediatric Therapy, Work Conditioning, LSVT BIG, Hand Therapy, Pelvic Floor Rehabilitation, Seating and Positioning Evaluation

PROGRAMS: AfterTrack

2. McLaren Bay Region West Side Medical Mall Physical Therapy

4175 N. Euclid Ave., Bay City

OPEN: Tuesday – Friday

DISCIPLINE PROVIDED: Physical Therapy

SPECIALTY SERVICES: Vestibular Rehabilitation

PROGRAMS: Free Balance Screenings

3. McLaren Pinconning Physical Therapy

4293 N. Huron Rd., Suite 2, Pinconning

OPEN: Monday – Friday

DISCIPLINE PROVIDED: Physical Therapy

PROGRAM: AfterTrack

4. McLaren West Branch Outpatient Rehabilitation

2110 M-76, Suite 2, West Branch

OPEN: Monday – Friday

DISCIPLINES PROVIDED: Occupational Therapy, Physical Therapy

SPECIALTY SERVICES: Lymphedema, Vestibular Rehabilitation, Hand Therapy, Women's Health, Functional Capacity Evaluation, Work Conditioning, Pediatrics, LSVT BIG, Seating and Positioning Evaluation

PROGRAMS: AfterTrack, Free Balance Screenings