

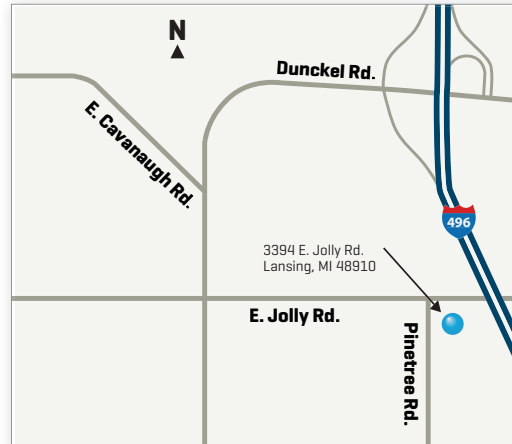
Reclaim Your Lifestyle

When daily life is adversely affected through aging, trauma, or disease, occupational and physical therapy can help you regain strength and skills. Physicians and patients choose McLaren Greater Lansing for our expertise in treating both the most complex and most common conditions relating to illness and injury. Our rehabilitation program helps individuals lead more independent and fulfilling lives. Staff exemplify the skills, compassion, and professionalism to work with patients of all ages.



A variety of conditions and diagnoses treated include but are not limited to:

- Back and neck pain relief and prevention
- Strains, sprains, and fractures
- Arthritis
- Osteoporosis
- Nerve and ligament injuries
- Joint and soft tissue injuries
- Stroke
- Parkinson's disease
- Repetitive stress injuries
- Sports injuries
- Plantar fasciitis
- Pelvic pain and incontinence
- Post-surgical rehabilitation—joint replacements, tendon repairs
- Amputations

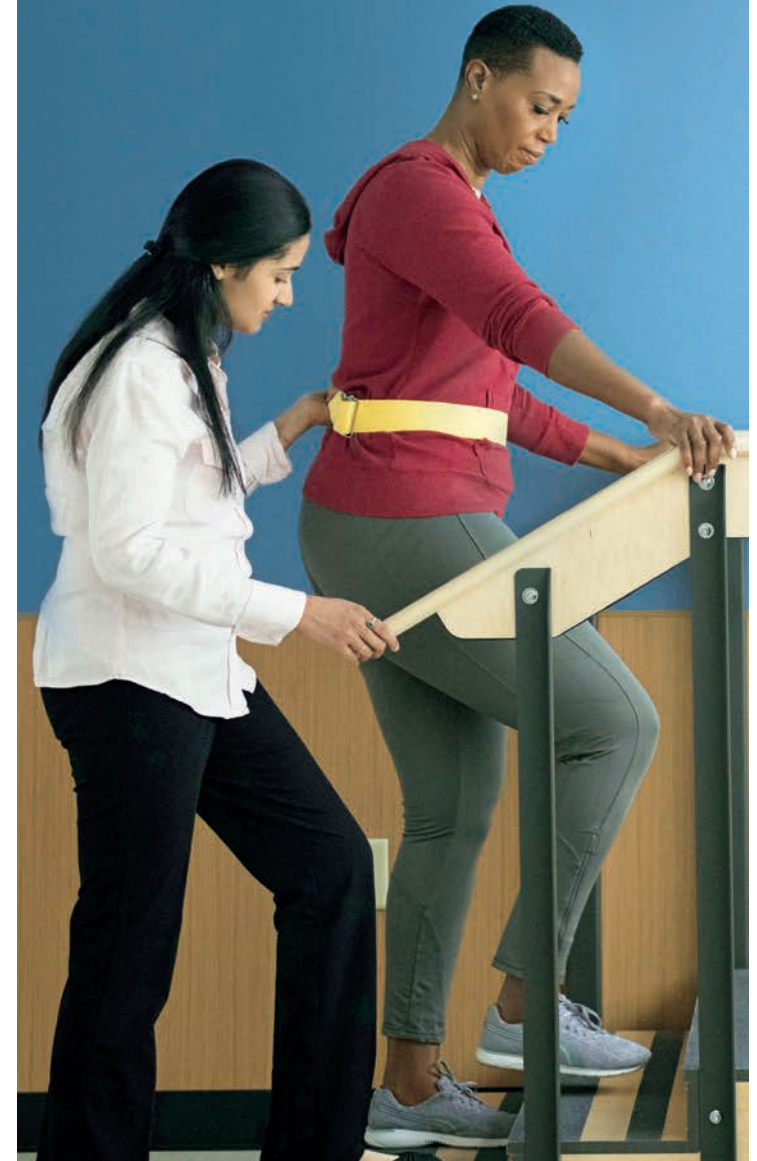


3394 E. Jolly Rd. Suite B (Lower Level)
Lansing, MI 48910
Phone (517) 975-3520
Fax (517) 975-3525

mclaren.org/lansing

MGL-38010 (3.19)
3.19.26000

REHABILITATION SERVICES



 **McLaren**
GREATER LANSING

DOING WHAT'S BEST.

Restore Function and Independence

Occupational Therapy

McLaren's team of occupational therapists and certified hand therapists use treatments to develop, recover, or maintain the daily living and work skills of their patients. Therapists not only help patients improve their basic motor functions, but can also help them learn to compensate for permanent loss of function. The goal is to help clients have independent, productive, and satisfying lives.

Physical Therapy

Our dedicated team uses a diagnosis-specific, evidence-based treatment approach, combining exercise and strength training with manual therapy and other techniques to develop an individualized treatment plan that meets the unique needs of each patient.

Treatment begins with a physician's prescription for therapy and a comprehensive evaluation by an experienced therapist who will work with you on a specific care plan.

Specialized Treatment Options

Hand Therapy

Our hand therapy program was specifically designed to treat patients with hand and upper extremity musculoskeletal injuries. Examples include fracture management, trigger finger, and Dupuytren's contracture releases.

Post-Surgical Rehabilitation

We specialize in rehabilitation to maximize functional outcome following surgery including: spinal surgeries, carpal tunnel surgery, rotator cuff repair, knee ligament reconstruction, knee meniscectomy, and total knee, hip, and shoulder replacements.

Orthopedic Manual Therapy

Specialized joint and soft tissue mobilization, manipulation, and stretching techniques to decrease pain, restore normal joint and tissue mobility, and improve range of motion. These techniques are especially effective in treating cervical and lumbar spinal disorders, frozen shoulder, post-surgical conditions, and all arthritic conditions.

Kinesio Taping

- Provides muscle strain support, joint support, and pain relief due to sports injuries
- Improves muscle, circulation, and lymphatic function by adjusting skin tension
- Provides support and stability without restricting range of motion
- Provides extended soft tissue manipulation prolonging benefits of manual therapy

Instrument Assisted Soft Tissue Mobilization (IASTM) (commonly known as Graston Technique)

- Helps identify areas of tissue dysfunction and breaks up scar tissue to be absorbed by the body
- Along with stretching, strengthening, and ice, the soft tissue injury can be restored to healthy tissue
- Clinically proven to be quicker and produce better outcomes for Achilles tendinosis/tendonitis, carpal tunnel syndrome, fibromyalgia, lumbar sprain/strain, trigger finger, plantar fasciitis, and others

LSVT BIG for Patients with Parkinson's Disease

LSVT BIG focuses on increased amplitude of limb and body movement, especially trunk rotation. It can teach those living with Parkinson's disease how to avoid inactivity and improve ease of movement while engaged in everyday activities, improving their quality of life.



Osteoporosis Therapy

Physical and occupational therapy can be beneficial for the patient with osteoporosis, especially following an acute fracture. Treatment can decrease pain, assist with muscle relaxation, promote increased strength, and improve balance.

Vestibular Therapy—Balance and Dizziness

The vestibular system is part of the inner ear that helps to control balance. Vestibular disorders can result when this system is damaged by aging, disease, or injury. When this happens, therapists can treat the resulting symptoms, which include vertigo, dizziness, imbalance, and visual disturbance.

Pelvic Pain and Incontinence Program

Therapists with advanced training to treat neuromuscular bowel and bladder issues, including incontinence and constipation. Therapists can also treat pelvic/abdominal pain caused by malalignment, scars, adhesions, and muscle imbalance.

Oncology Rehabilitation and Breast Cancer Rehabilitation Clinic

Life-saving cancer treatments can cause medical problems that can interfere with your daily life and well-being.

The Breast Cancer Rehabilitation clinic combines the latest treatments and techniques to help you regain control of your health by regaining mobility and function and managing lymphedema or cording if this side effect is present.