



OCCUPATIONAL, PHYSICAL
& SPEECH THERAPY

OUTPATIENT REHABILITATION SERVICES



WHY CHOOSE McLAREN?

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

McLaren is a fully integrated healthcare system including 13 hospitals and countless outpatient sites in Michigan, and we have over 400 employed primary and specialty care physicians.

We also operate Michigan's largest network of cancer centers and providers. Our Karmanos Cancer Institute is one of only 54 national cancer institute designated comprehensive cancer centers in the US.

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.

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.

OFF-ROAD DRIVER EVALUATION

Our Off-Road Drive Evaluation services are comprehensive. We conduct an extensive interview including medical history and assessments of range of motion, muscle strength, reaction time, vision, attention span, memory, and more. Typically, the evaluation takes up to 2 hours. Our Occupational Therapists take the results of that comprehensive interview to make recommendations to the referring physician.

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; desensitization; 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

LSVT BIG AND LOUD

LSVT Big and Loud 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 and Loud, physical or speech 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.

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 therapist coordinates 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.

SPEECH THERAPY

At McLaren, speech therapists assess and treat language and communication challenges and help with the development or recovery of good communication skills. Speech therapy also can help people with swallowing, eating and voice deficits by providing an in-depth assessment and recommendations for treatment. Our speech therapists assess and treat swallowing difficulties using advanced methods, including the use of a Modified Barium Swallow Study.

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.



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