



REHAB RESOURCE, INC
A PLACE WHERE PHYSICAL THERAPY IS EVERY THING

Who Can Benefit

When you're or Some one you know having:
Limited range of motion, Stiffness, Carpal Tunnel,
Loss of Flexibility, Arthritis, Dizziness, Loss of balance,
Walking, Gait problems, An accident, Whiplash, Falls,
Had recent Surgery, A stroke / Closed head injury,
Work injury, Sports injury, Fractures, Sprains, Strains,
Physical limitations in daily activities: Such as bathing,
grooming, dressing, cooking, light housework, even
routine activities can be difficult. To help You recover
fully; Rehab Resource provides physical therapy at
outpatient Rehabilitation clinic in Etown & Radcliff.
Our Therapists are medically trained, licensed
professionals with expertise in all Subspecialties
of physical therapy, focusing on musculoskeletal
dysfunction from injury, disease processes and/or
post-surgical recovery.



Physical therapy can benefit You

The key benefits are to evaluate physical
problems, increase and maintain muscle strength
and endurance, restore and increase joint range
of motion, increase coordination, decrease pain,
decrease muscle spasm and plasticity, decrease
swelling and inflammation of joints, promote
healing of soft tissue lesions, prevent contracture
and deformity of limbs, alleviate walking problems,
educate patients and family and decrease stress.

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ELIZABETHTOWN, KY
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RADCLIFF, KY (The Doctor's Building)
111 N Woodland Drive Ste. C
Radcliff, KY 40160

Tel: 270-351-3511
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www.rehabresourceinc.com

What is Physical Therapy?

Have you been injured at **Work**
or in a **Motor Vehicle Accident**?

Do you suffer from **Neck, Back,**
Shoulder, Knee or **Foot** pain?

Do you have achy
Joints or **Muscles**?

Do you suffer from **Sport, Sprain /**
Strain or **Repetitive** type injuries?

WELCOME TO PHYSICAL THERAPY

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Physical Therapy Specialties:

Pulmonary rehab

**Treatment of Neuropathy
and Wound Care**

Balance / Vestibular therapy

Orthopedic and Spine Care

Auto Mobile Accident Rehab

**Stroke Evaluation and Treatment
of Work injuries**

TMJ Rehab

Pre & Post-Operative Rehab

Work-related injuries

Occupational Therapy Specialties:

Treatment of Neuropathy

**Re-Builder® specializing
in geriatric rehab**

Arthritis

Carpal Tunnel Syndrome

Fibromyalgia

Work related injuries

Stroke Rehab

The objectives of Physical Therapy are to promote body strength, function and mobility and prevent future physical injury. Physical therapy is a dynamic health profession, which utilizes both scientific knowledge and evidence based clinical. A course to focus on prevention of impairments, functional limitations or disabilities by identifying disablement risk factors and providing educational intervention to facilitate a positive change in the health behavior of patients. Physical therapy focuses primarily on those individuals whose potential or actual impairment is related to musculoskeletal, Neuro musculoskeletal, cardiopulmonary, and integument (skin) systems.

Types

Orthopedic Physical Therapy:

Orthopedic therapy usually takes place in an outpatient clinic where patient visit on a daily or weekly basis.

Orthopedic therapy promotes body strength, function and mobility and prevents future physical injury. Orthopedic injuries involve trauma to a bone, such as a fracture, or trauma to soft tissue. People with these types of injuries often have limited mobility because of pain, weakness, and limited range of motion.

Pediatric Physical Therapy:

Pediatric physical therapy assists in the early detection of health problems among infants, children and adolescents. Treatments often seek to improve gross and fine motor skills, strength, cognitive functioning and balance.

Geriatric Physical Therapy:

This type of physical therapy is geared toward people of older generations as well as toward people who have trouble with the aging process. Victims of osteoporosis often see a geriatric physical therapist, as do senior citizens who undergo extensive surgery. Physical Therapy focuses on helping patients regain their strength and mobility so they can get back to living life.

Neurological Physical Therapy:

Neurological physical therapy is one treatment path for patients with a neurological disorder or diseasesuch as Alzheimer's, cerebral palsy, brain injuries, strokes, spinal cord injuries and Parkinson's.

Heat Physical Therapy:

Heat can help relax and heal your muscles and soft tissues by increasing blood circulation. This can be especially helpful if a joint is stiff from Osteoarthritis or from being immobilized, or to relax the muscles before exercise. Physical Therapy focuses on helping patients regain their strength and mobility so they can get back to living life.

Speech therapy:

A speech therapist can also help your child strengthen her facial muscles if she has trouble eating or swallowing. This is especially important if your child is not getting enough nutrients at each meal.

Carpal Tunnel Syndrome:

Pain, numbness or weakness that affects some part of the median nerve in the hand, thumb or ring finger. Pain may radiate into the arm. Causes for Carpal Tunnel Syndrome include repetitive handwork and trauma.