

L.A.S.A.R. Program ●●●●●

The LASAR Program, which stands for Lehigh Acres Sports and Rehab, is an out-patient program involving rehab via PT, OT and, if needed, ST treatments at our new Out-Patient Rehab Center. It also involves, in large part, daily athletic training throughout the school year at Lehigh Senior High School for all sports.

Enhancing Your Quality of Life ●●●●●

Injury or illness, whether a torn ligament or a debilitating stroke, can compromise your health and independence and prevent you from participating in the activities you enjoy. At the Out-Patient Rehab Center, we can help you get the most out of life. Our skilled team of specialists will educate you about your condition and help you achieve a lifestyle that affords the highest possible level of dignity, function and mobility.

Teaming Up To Improve Your Health ●●●●●

Our skilled team of athletic trainers and our Baccalaureate, Masters and Doctorate level physical, occupational and speech therapists provide rehabilitation and therapy services for a wide range of illness and injuries, including arthritis; sports-related injuries, strokes and neurologic disorders; neck and back injuries; speech and swallowing disorders; joint replacements; disease of and injuries to the bones, joints, muscles, ligaments, and tendons.

We also offer Pediatric Physical, Occupational and Speech Therapy at our Out-Patient Rehab Center. Call for more information.

Getting Started ●●●●●

To initiate treatment at the Out-Patient Rehab Center, your physician must order rehabilitative services on your behalf. Based on your physician's diagnosis, one or more members of our team will perform a complete physical assessment and develop a therapy plan to address your individual medical needs. Depending upon the type and severity of your injury or illness, your therapy plan may encompass more than one discipline.

Restoring Your Independence ●●●●●

The Out-Patient Rehab Center offers specialized programs geared to addressing your individual needs and increasing your level of independence. Our programs include:

The Out-Patient Rehab Center Offers Specialized Programs Geared To Addressing Your Individual Needs And Increasing Your Level Of Independence.

Sports Medicine Whether you're a serious athlete or a "weekend warrior." You may know firsthand how injuries can prevent participation in the activities you enjoy. The program is dedicated to the prevention and treatment of injuries in athletes at Lehigh Senior High School from football players to all the school sports.

The program begins with a complete physical assessment by one of our certified athletic trainers or physical therapists. Our team of skilled trainers and therapists consults with your physician, coach, and/or personal trainer to tailor a program to meet your needs.

Your individualized program may include physical therapy, a home fitness program, or participation in the high school workout room. Our sports medicine team also emphasizes conditioning and strengthening exercises which help prevent future sports related injuries.

Physical Therapy Orthopedic Rehabilitation ●●●●●

Our orthopedic program offers specialized care for diseases and injuries to the bones, joints, muscles, ligaments, and tendons. Orthopedics, athletic trainers and physical therapists at the Center help patients regain independence and mobility through an individualized one on one program of exercise and treatment. The Center offers exercise equipment, including Nu-Step bicycles, Cybex weight machines and treadmills, that aid patients in the rehabilitation process.

The Center offers a comprehensive therapy program for patients experiencing physical impairment as the result of a neurologic condition, such as a stroke. The program focuses on muscle retaining and improving the patients balance, coordination and mobility. Therapists also provide the patient, his or her caregiver and family with information about the condition as well as proper care guidelines and techniques.

Patients with back injuries undergo a complete assessment to identify physical limitations. The results of this evaluation are used to develop an individualized conditioning program. Our team of physical therapists employ various types of exercise equipment to strengthen back and abdominal muscles. Ultrasound, electric stimulation and traction may also be used to treat back pain. Patients are taught proper body mechanics, breathing techniques, and exercises they can do at home.

Speech Therapy ●●●●●

The Speech Therapy Program at Lehigh Regional Medical Center helps patients experiencing communication problems due to injury or illness, such as stroke, Parkinson's disease, or head injury. Our licensed speech-language pathologist is trained in the identification, evaluation and treatment of communication disorders. A complete patient evaluation is performed and an individualized course of treatment is developed.





Occupational Therapy ●●●●●

The occupational therapy program focuses on helping patients regain skill and strength in their upper extremities following injury or illness, such as Stroke, Parkinson's Disease, Orthopedic or Arthritis. Our Occupational Therapists assess each patient's ability to perform physical skills needed to function at home and or at work.

Our certified Therapist will also perform an evaluation to determine if you would qualify for our new Saebo program, which is a new revolutionary neurological treatment. The Therapist then works with the patient to set goals and develop an individualized plan of treatment.



SaeboFlex ●●●●●

The SaeboFlex Arm Training Program is a revolutionary new treatment for individuals suffering from a neurological injury, such as a stroke. It allows the neurologically impaired individual the ability to incorporate their hand functionally in therapy and at home by supporting the weakened wrist, hand and fingers.

Swallowing Disorders ●●●●●

Our speech language pathologists also skilled in evaluation and treating swallowing disorders. Swallowing disorders encompass a wide range of dysfunctions, including difficulties closing the lips and propelling food and liquids from the mouth to the stomach. These disorders may develop as a result of medical conditions such as stroke, head injury or Parkinson's disease. A swallowing dysfunction study is performed to determine the type and severity of the disorder.



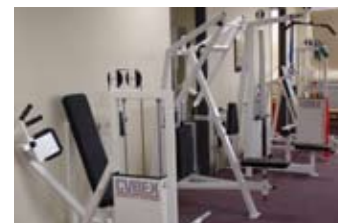
The Speech Language Pathology department utilizes a new FDA approved treatment called Vital Stim. This procedure facilitates retraining of throat muscles affected by dysphagia, or difficulty swallowing. This process will involve neuronuclear electrical stimulation that will be performed by one of our certified Speech Therapist.

OUT-PATIENT REHAB CENTER
1530 Lee Boulevard, Suite 2500
Lehigh Acres, Florida 33936
(Medical Plaza Building in front of Hospital)
(239) 303-0495 Fax: (239) 303-0779

Dr. Robert Martinez, M.D. - Medical Director
In/Out Patient Rehab Program
William "Oscar" Gamble P.T.
Director Rehab & The Wound Care Clinic



OUT-PATIENT REHAB CENTER



SERVICE • COMPASSION • COMMITMENT