



Lehigh Regional
SPORTS & REHAB



OUTPATIENT REHAB CENTER
(239) 303-0495

AT



LEHIGH
Regional Medical Center

Dedicated to your good health....**Always**

www.LehighRegional.com

Lehigh Regional Sports and Rehab (LSR), offers comprehensive outpatient rehabilitation services, including physical and occupational therapy, speech therapy, pulmonary rehabilitation and athletic training.

RECOVERY FROM ILLNESS, INJURY OR A MEDICAL CONDITION.

Whether you are recovering from a torn ligament or a debilitating stroke, your health and independence could be compromised. The team approach to therapy at LSR helps in the recognition, treatment, and rehabilitation of orthopedic, neurological, and sports related injuries to promote your recovery, and allow you to achieve the highest possible level of function, mobility and independence.

HOW TO GET STARTED.

Your physician must order rehabilitation services on your behalf. Based on the information and diagnosis provided by your physician, the skilled, experienced therapists at LSR, will perform a complete physical assessment to develop a therapy plan that addresses your individual needs and increase your level of independence.

Your individual program may include physical therapy, a home fitness program, or participation the high school workout room. The sports medicine team also encourages conditioning and strengthening exercises to help prevent future sports related injuries.



Services:

INDIVIDUALIZED ORTHOPEDIC, NEUROLOGICAL, PHYSICAL AND OCCUPATIONAL THERAPY, INCLUDING:

- Pre and post-orthopedic surgery
- Sprains and strains
- Tendonitis and Bursitis
- Musculoskeletal injuries involving the neck, back, shoulder, hip, knee, elbow, foot and ankle, wrist and hand
- Post stroke
- General weakness
- Gait disturbances
- Vestibular and balance disorders
- Neurological conditions
- SaeboFlex Arm Training



SPEECH THERAPY and SWALLOWING DISORDERS

The **speech therapy** program helps patients experiencing communication difficulties due to injury or illness, such as stroke, Parkinson's disease or head injury. The licensed Speech – Language Pathologist is trained to identify, evaluate, and treat communication disorders affecting speech, language, and voice. An individualized course of treatment is developed for each patient.

Swallowing disorders encompass a wide range of dysfunctions that may occur as a result of a medical condition such as stroke, head injury or Parkinson's disease. A swallow evaluation is performed that may include swallow X-rays called "Modified Barium Studies", to determine the best plan of treatment.

PULMONARY REHABILITATION

Pulmonary Rehabilitation at Lehigh Regional Medical Center is a 12 to 18 week program. The treatment course includes two or three sessions per week, working with a Registered Nurse or Respiratory Therapist, who will monitor and evaluate your progress.

BENEFITS INCLUDE:

- Increased exercise tolerance
- Decreased shortness of breath
- Education and information regarding lung disease
- Leading a more active and enjoyable lifestyle.

BETTER BREATHERS SUPPORT GROUP FOR COPD SUFFERERS

Available to anyone suffering from respiratory impairment, the outpatient Pulmonary Rehabilitation program provides assistance and information to those who have chronic lung diseases (COPD). The Better Breathers Support Group also offers information on smoking cessation.



**Lehigh Regional
SPORTS & REHAB**

Lehigh Medical Plaza

1530 Lee Blvd., Suite 2500, Lehigh Acres Florida 33936