

CELEBRATE YOUR INDEPENDENCE

No it is not the fourth of July. I am talking about functional independence. The ability to get up in the morning, get dressed, pour yourself a cup of coffee, grab something quick to eat, and begin your day of work. Everything you do throughout the day is an occupation. It doesn't have to be a paying job. It can be anything – brushing your teeth, changing the oil in your car, going bowling, or playing games on the computer.



April is NATIONAL OCCUPATIONAL THERAPY MONTH and we believe that it is important that everyone understands exactly what Occupational Therapy (OT) is. The slogan used by the American Occupational Therapy Association is “Skills for the Job of Living”. An OT works with the fine motor skills of an individual. These deficits and motor skills can come from such diagnosis' such as Arthritis, a Stroke, Traumatic injuries or a fall to the arm and hand, Carpel Tunnel Syndrome, Tennis Elbow, Spinal Cord and Head Injuries, Multiple Sclerosis, and Parkinson's Disease just to name a few. These include adults as well as children. The therapist works on range of motion, strengthening, coordination and dexterity, sensation, cognitive and perceptual functions. The ultimate goal is to achieve the highest level of independence possible despite illness or injury. This may require a change in lifestyle, an adaptation with equipment, or a custom made splint to improve their abilities. Here at Tudor Physical Therapy Centers we are fortunate to have a CERTIFIED HAND THERAPIST (CHT) on staff to evaluate & treat our patients. If you think this type of therapy could help you or someone you know, give us a call for more information or to schedule an appointment with Terri Eisel, OTR/L,CHT at 330-965-9330.

Try our innovative **DRY WHIRLPOOL!**

Bad Back or Neck ??

Newly Purchased for our Austintown Center is a State of the art **Lumbar /Cervical Spine Decompression Table**. This is a non- surgical alternative for those suffering from chronic neck & back pain. Therapy sessions last approximately an hour and can include any necessary therapies such as, hydro-massage, ice or moist heat to relax trigger points prior to the stretch and decompression of the discs. Also electrical muscle stimulation may be used to reduce inflammation. This type of treatment has been shown to reduce back pain in **75-86%** of patients. It has also been successful in post-operative patients who have not had any fusion.



Pilates Reformer

This includes a mat program and a piece of equipment. The Pilates Reformer is based around the concept of **DYNAMIC LUMBAR STABILIZATION**. This rehab reformer is used for safe and rapid rehabilitation for strengthening and stretching programs including but not limited to individuals with back and neck injuries, sports injuries, joint replacements, as well as foot and ankle problems. This specific equipment addressed * Flexibility, * Strengthening and Core Stabilization. The Pilates Reformer has unsurpassed adjustability allowing the equipment to accommodate people of virtually any height and level of ability, including children.

Announcements

- Gail DeMartino PTA, CLT from our our Cornersburg Center, recently completed a specialized course, certifying her as a WOUND CARE THERAPIST. She is using this certification to work with our lymphedema patients.
- Our Boardman Center location hosted therapists from Florida and Michigan, as well as Tudor's therapy staff, in a highly advanced training course on back and neck manual therapy. The training took place over the weekend of March 30th.
- Tudor Physical Therapy Centers and the National Lymphedema Association presented a local Valley resident with the 2007 Lymphedema “D” Day Award. Robert King received this award for his commitment to attending all his appointments and his determination to self-manage at home. His lymphedema improved dramatically, allowing him to resume most of his daily activities.

Visit our new Web Site at . . . WWW.TUDORTHERAPY.COM

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