

Lymphedema Treatment

at the Flagler Institute for Rehabilitation

Overview of lymphedema.

Lymphedema is acute or chronic swelling, usually in the arm or leg, due to an accumulation of lymph fluid due to insufficient lymphatic drainage. In addition to being painful, lymphedema is often a debilitating disorder that can negatively affect an individual both physically and psychologically. If left untreated, chronic lymphedema can provide an environment for bacteria and infection. This can interfere with the maintenance of healthy skin, lead to increased size of the extremity and decreased mobility. However, with early intervention and treatment, the condition can be controlled.

The expertise you want.

Here at the Flagler Institute for Rehabilitation, we have multiple physical therapists, occupational therapists and physical therapy assistants who are certified in lymphedema treatment. To earn this special certification, they each had to complete a minimum of 125 hours of additional training after college graduation. With this advanced training, our therapists can provide lymphedema treatment to prevent complications, improve function and mobility and enhance your quality of life. We will develop a comprehensive treatment program that is tailored to your specific needs. We will educate you on self-care methods and provide information and instruction regarding at-home exercise, care of the affected area, wrapping techniques and other methods that will assist you in controlling lymphedema.

Leading the way with innovative care.

Our staff includes the first physical therapist in Palm Beach County to become certified by the renowned Vodder® School of Lymphatic Studies. Our therapists utilize advanced methods for manual lymph drainage (MLD), which use gentle, hands-on therapy to drain the lymph fluids from the limb utilizing the superficial lymph vessels. MLD is highly effective in treating areas of the body that have suffered injury, undergone surgery or developed stasis due to circulatory deficits. MLD is painless and soothing and is highly effective in decreasing swelling.

Here at the Flagler Institute for Rehabilitation, we also offer combined decongestive therapy (CDT) in conjunction with MLD, bandaging and compression aids, therapeutic exercise and skin care.



Measuring the results of your treatment.

We are proud to have invested in a state-of-the-art Juzo® perometer to help track the results of your lymphedema treatment. This innovative testing system uses safe infrared light to accurately and quickly measure the length and circumference of your legs. Once your test is complete, our therapists will use the results to monitor limb size and help determine the appropriate compression garments. The Juzo perometer replaces traditional tape measuring, which can sometimes result in inconsistent measurements. A certified fitter will be available for compression garment fittings.

For more information on the lymphedema treatment methods available at the Flagler Institute for Rehabilitation, call us today at (561) 833-1747.


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Advanced, comprehensive care for effective results

Balance Disorder Treatment

at the Flagler Institute for Rehabilitation

Don't ignore your balance problem.

If you feel off-balance, dizzy, lightheaded or woozy or have a sensation of spinning or floating, don't assume it's nothing serious. While these unpleasant conditions may appear and disappear over short periods of time, they sometimes can be life-altering. Balance disorders can lead to falls, which account for up to 80 percent of all hospital admissions in older people. Falls are a significant reason for fractures and loss of independence. Because of this, balance disorders need to be accurately diagnosed and treated promptly.

Putting your life back in balance.

The highly trained and experienced physical and occupational therapists at the Flagler Institute for Rehabilitation offer today's most effective treatment methods for balance disorders. Your care starts with a comprehensive one-on-one evaluation to assess your balance problems. Immediately afterward, a personalized treatment program will be developed.

Offering the SMART Balance Master®.

Here at the Flagler Institute for Rehabilitation, we pride ourselves on providing patients with the latest, most advanced technologies and treatment methods. This is no more evident than in our acquisition of the SMART Balance Master from NeuroCom. The SMART Balance Master is considered the "gold standard" for treating patients with balance disorders. The SMART Balance Master is an invaluable screening tool used to assess balance dysfunction, which may be associated with problems of the inner ear, central nervous system, lower back or lower extremities. The results of your SMART Balance Master test are calculated by special computer software, and our therapists then use this information to help determine the most appropriate intervention techniques. Exercise protocols available on the SMART Balance Master can be customized to meet your individual needs and can be modified as your condition and abilities improve.



Advanced balance therapy methods.

The goal of your individualized balance therapy program is to improve stability, decrease dizziness, improve safety and help you maintain independence. Some of the advanced balance therapy methods we offer at the Flagler Institute for Rehabilitation include:

- Postural and balance exercises
- Strengthening
- Gait exercises
- Vestibular stimulation
- Sensory integration

For more information on the balance disorder treatment methods available at the Flagler Institute for Rehabilitation, call us today at (561) 833-1747.

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Cancer Rehabilitation

at the Flagler Institute for Rehabilitation

Solutions and support you can count on.

Over 10 million Americans alive today have had cancer, and 7 million were diagnosed with cancer five or more years ago. The majority of these 7 million can be considered cured. However, patients who have received treatment to cure or control cancer may have suffered significant physical, emotional and psychological impairment. Here at the Flagler Institute for Rehabilitation, we provide advanced cancer rehabilitation solutions for patients of all ages. And we do it the support, encouragement and compassion that you want and deserve.

Your personalized treatment plan.

The Flagler team will create an individualized rehabilitation program designed to help return you to your active lifestyle. This program is designed to help you overcome the many conditions that can result from cancer treatment, such as pain, weakness, immobility, reduced flexibility and difficulty swallowing. Our team of physical therapists, occupational therapists, nurses, social workers, psychotherapist and a nutrition specialist work together to bring you the most comprehensive care possible. Some of the many benefits of our cancer rehabilitation therapy include:

- *Increased physical/aerobic capacity*
- *Improved hemoglobin levels*
- *Reduced nausea*
- *Support immune function*
- *Increased strength and performance*
- *Less swelling*
- *Reduced depression and anxiety*
- *Improved sleep*
- *Improved diet*
- *Improved self-esteem*

For more information on the cancer rehabilitation services available at the Flagler Institute for Rehabilitation, call us today at (561) 833-1747.




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Wound Care

at the Flagler Institute for Rehabilitation

It's time to heal and live a healthy, active life again.

If you have a wound that won't heal — resulting from diabetes or other health condition — you know how much it can affect your quality of life. In addition to being painful, wounds can reduce your ability to get around and do all the things you need to do. That's where the Flagler Institute for Rehabilitation's Wound Care Clinic can help.

Our certified lymphedema therapists are registered and nurse-qualified in treating wounds and will develop a program based on your individual needs. We use the latest, most innovative treatment methods designed to relieve pain, promote healing and prevent infection and reinjury.

Addressing many types of wounds.

Here at the Wound Care Clinic, we treat many different types of nonhealing wounds, including:

- *Skin ulcers caused by poor circulation in the veins and arteries*
- *Open lesions on the toes and feet (a complication in patients with diabetes)*
- *Wounds from a surgical incision that have not completely closed*
- *A pressure sore over a bone, often caused by prolonged bed confinement*
- *Wounds occurring in the skin made delicate or thin by disease or medication*
- *Traumatic wounds that have failed to heal*

For more information on the wound care available at the Flagler Institute for Rehabilitation's Wound Care Clinic, call us today at (561) 833-1747.



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