

YOUR PHYSICAL THERAPY EVALUATION

Your physician provides us with your medical diagnosis. We consult with your physician regarding your condition and look at your medical history.

MEDICAL HISTORY

Your therapist may ask you a few questions about your symptoms and about any related problems that may affect your recovery.

IMPACT ON DAILY LIFE ACTIVITIES

Includes questions about how your condition is affecting your ability to perform your activities of daily living, such as rising from a chair, prolonged standing, walking, or work related difficulties.

PHYSICAL EXAM

A functional analysis and hands-on exam by your therapist helps pin point the areas of dysfunction. Your therapist assesses your range of motion, muscle strength, and observes how you walk or sit. Checking for swelling, tender points, trigger areas and posture are key parts of the exam.

After the initial evaluation your therapist will discuss your goals and treatment plan with you. Your goals for returning to activity help indicate which treatment plan might work best for you.

PHYSICAL THERAPY TREATMENT

A wide variety of modalities and procedures may be used in your treatment. Some of the modalities that are used to promote healing are: moist heat, cold packs, electrical stimulation, iontophoresis, ultrasound, and phonophoresis. The overall objective of these modalities is to reduce pain, decrease swelling, and muscle tightness to enable you to exercise safely.

EXERCISE

Inappropriate exercise or poor posture may aggravate Fibromyalgia. Your exercise program is designed to meet the needs of your lifestyle with ease. The specific type of exercises that are designed for you are:

POSTURAL EXERCISE

These exercised align and strengthen skeletal support.

Sometimes after a painful condition a person develops faulty movement patterns that create pain in other areas.

MOVEMENT BEHAVIOR MODIFICATION

Is an exercise program for the detection and systematic correction of faulty postural habits and movement patterns that create pain and disability. Specially designed movement sequences help promote ease of motion during functional activities such as rising from a chair, walking, running, turning, and bending. The program is based on the Feldenkrais Method®. Moshe Feldenkrais (1904-1984) held a Ph.D in Mechanical Engineering and Physics. Synthesizing this background with his knowledge of biology, human development and athletics, Feldenkrais taught himself to walk, climb and squat again-without pain- after a crippling knee injury. This personal break through led to the development of two processes of the Feldenkrais Method.

AWARENESS THROUGH MOVEMENT®

This process consists of verbally guided movement sequences in a variety of orientations: sitting, lying on the floor, standing, sitting in a chair and kneeling. The emphasis is on learning which movements work better and noticing the quality of these changes in your body. You learn to relax. You learn to abandon habitual patterns and develop new alternatives. The subtle ATM movements develop not only awareness, but also flexibility and coordination.

FUNCTIONAL INTEGRATION®

This is a one-on-one learning process. It is the most direct way of experiencing results with the Feldenkrais Method. Here the learning is communicated through slow, gentle touch. Comfortably clothed, you lie or sit on a low padded table. The practitioner guides you through a series of precise movements that relax tense areas. The movements alter habitual patterns and provide new information directly to the neuromuscular system.

FLEXIBILITY EXERCISES

These exercises are aimed at improving the mobility of your joints by relaxing tightened muscle. Your physical therapist will design a specific program for you.

AEROBICS

Aerobics are designed to improve your body's ability to deliver oxygen to tissues. Examples of these are walking and swimming.

STRENGTHENING

A carefully planned, mild resistance exercise program is developed to strengthen your muscles. Your therapist guides you to progress slowly and relax well afterward. Stretch bands and light weights are used to offer mild resistance.

AQUATIC EXERCISE

This is excellent for Fibromyalgia because water's buoyancy relieves stress on the body.



AQUA ARK REHABILITATION SYSTEM

Aqua ark goes beyond traditional hydro-therapy to combine buoyancy, heat and resistance with safety and security in a special deep water suspension pool that lets you exercise upright for a total body workout. There is no impact in the aqua ark and therefore you experience no pain. Your therapist fastens a comfortable float vest around your waist and adjusts special tethers so that you require no swimming skills to perform your exercises in the aqua ark. The aqua ark lifts you in and out of the pool. An adjustable depth platform allows you to do closed chain kinetic activities.



The Fibrowise is a four to twelve week program designed for individuals diagnosed with Fibromyalgia.

Inclusion in the program is by physician referral.

HOME PROGRAM

After your formal rehabilitation is completed your physical therapist will provide you with audio tapes of your home exercise program.

LIFELONG PROGRAM MAINTAINING

Fitness is a lifelong commitment. The home exercise program your therapist designs for you helps you groom your muscles and joints on a daily basis.

EDUCATIONAL PROGRAM

Education about Fibromyalgia is provided via hand-outs and audio-visuals to help you better understand your condition.

SUPPORT GROUP

The support group for Fibromyalgia meets monthly at the clinic. Participation in the support group helps you and your family cope with your condition.

MOVING ON

You can usually return to an active life style with the right rehabilitation. In many cases, you can even return to your sport of choice.

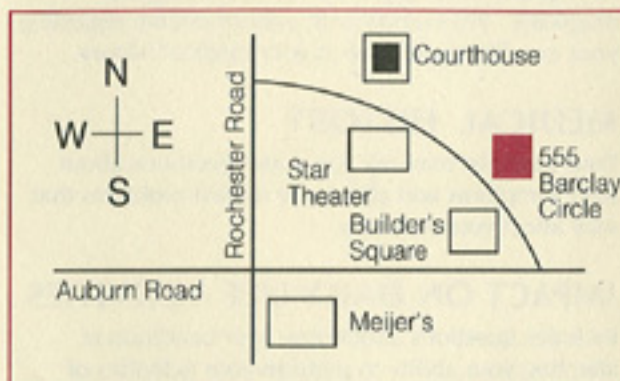
OUR COMMITMENT

"Helping you discover safe and efficient ways of moving for daily life functions."

Program Director:

Meena Narula, M.S., P.T.
Feldenkrais® Practitioner

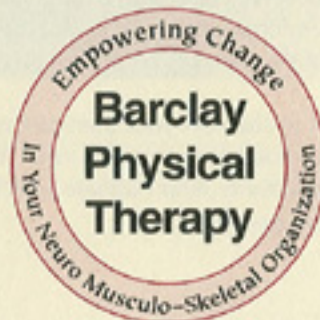
Member of the Arthritis Foundation
Southeast Michigan Regional Advisory Board



BARCLAY PHYSICAL THERAPY, INC.

555 Barclay Circle, Ste 110 • Rochester Hills, MI 48307

Telephone: (248) 853-5853 • Fax: (248) 853-5928

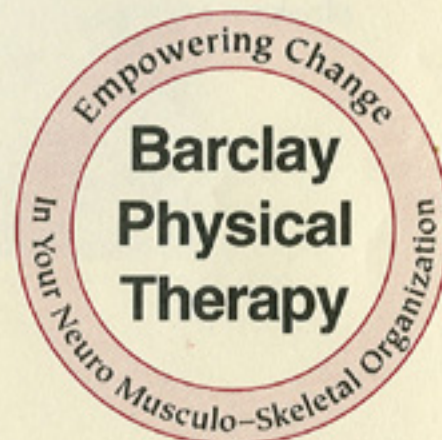


FIBROWISE

An Innovative
Rehabilitation Program.

For

FIBROMYALGIA



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