



You Have a Choice

You have a choice when it comes to where and how you receive your physical and/or occupational therapy. Not all therapists and rehabilitation facilities deliver the same care experience, and at Cass Regional, there is a real difference in the way we help you on the road to recovery. Our therapists take time to care for the person in each patient, designing individualized therapy programs with each person's activities and interests in mind.



Cass Regional
Medical Center

Physical and Occupational Therapy

2800 E. Rock Haven Road
Harrisonville, MO 64701

(816) 380-3474

extension 3040,

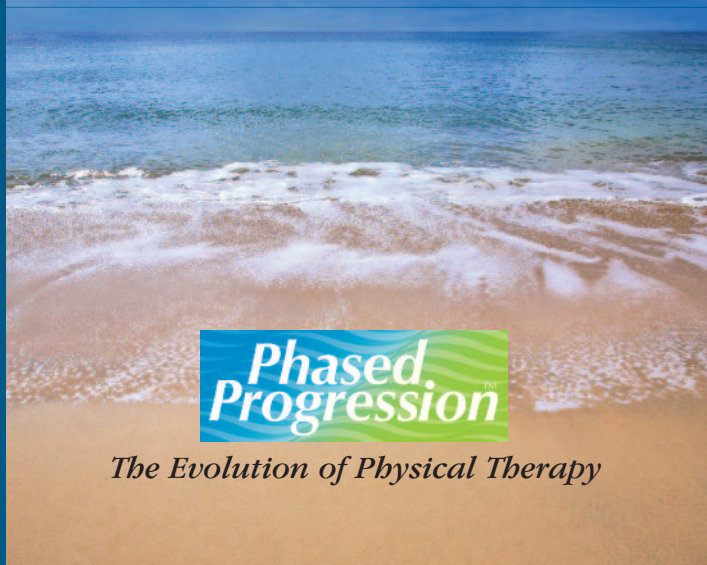
or direct at (816) 887-0304.

www.cassregional.org



Cass Regional
Medical Center

**Physical and
Occupational
Therapy**
at Cass Regional...
There is a Difference



**Phased
Progression**

The Evolution of Physical Therapy

Aquatic Therapy Offers Proven Benefits

One of the features of the new Cass Regional facility is the SwimEx therapy pool, which expands the treatment options available to Cass Regional's therapists and their patients.

Cass Regional has partnered with Synergy Solutions of Independence, Mo., to offer a unique approach to aquatic therapy called Phased Progression™. Water-based therapy allows Cass Regional's therapists to help patients progress through rehabilitation earlier and more rapidly, as well as provide opportunities for recovery that may not be attainable with traditional land-based therapy alone.

Advantages of water-based therapy include:

Buoyancy: Diminishes weight bearing and supports weakened structures to allow the body to get into a natural position for movement and exercise. The water depth can be modified to vary weight bearing.

Hydrostatic Pressure: Provides greater compression and support of body structures, which reduces swelling and pain.

Viscosity/Turbulence: The current produced by the SwimEx provides uniform resistance for strengthening.

Temperature: A 92° F water temperature allows improved blood flow and tissue stretching to improve mobility.

Aquatic therapy has proven to benefit patients with many different conditions, including:

- ✓ Musculoskeletal disorders and conditions, such as total joint replacement, frozen shoulder, and rotator cuff tear;
- ✓ Neurologic disorders and conditions, such as stroke, spinal cord injury and brain injury;
- ✓ Rheumatologic disorders, such as fibromyalgia, osteoarthritis and rheumatoid arthritis;
- ✓ Spinal disorders, such as spinal stenosis and degenerative disc disease; and
- ✓ Sports injuries.



Comprehensive Rehabilitation to Meet Your Needs

Not every patient who is prescribed physical or occupational therapy will be a candidate for aquatic therapy. Cass Regional's highly-trained physical therapists also utilize a variety of equipment and techniques to provide land-based therapy. Our occupational therapists help individuals with developmental or physical skills as they relate to activities of daily living. They focus on the use of hands and fingers; on coordination of movement; and on self-help tasks, such as dressing and eating.

Our rehabilitation center, conveniently located on the first floor of Cass Regional Medical Center, near the main entrance, features the latest in therapy equipment in an attractive, welcoming setting.

We treat people with a variety of conditions, including:

- Neck and Back Pain
- Sports Injuries
- Overuse Injuries
- Muscle Weakness
- Pre- and Post-Operative Care Needs
- Neurological Impairments
- Limited Range of Motion
- Balance and Coordination Problems
- Gait Deviations
- Lymphedema
- Upper Extremity/Hand Impairments and Injuries

For more information, talk with your doctor, or call us at (816) 380-3474, extension 3040, or direct at (816) 887-0304.