

# Outpatient Rehabilitation and Therapy

**Mulvane**

Occupational, Physical  
and Speech Therapy  
634 SW Mulvane St., Ste. 404  
Topeka, KS 66606  
Ph: 785-295-8045  
Fax: 785-231-5903

**Sports Medicine**

Occupational and  
Physical Therapy  
801 SW Fairlawn Rd.  
Topeka, KS 66606  
Ph: 785-228-1700  
Fax: 785-273-0716

**Mission Woods**

Physical Therapy  
2835 SW Mission Woods Dr.  
Topeka, KS 66614  
Ph: 785-438-6655  
Fax: 785-273-3700

**Hunter's Ridge**

Occupational and  
Physical Therapy  
4646 NW Fielding Rd.  
Topeka, KS 66618  
Ph: 785-270-7462  
Fax: 785-286-1620

**Lake Shawnee**

Physical Therapy  
3310 SE 29th St.,  
Topeka, KS 66605  
Ph: 785-270-7644  
Fax: 785-506-8985

<b>Programs</b>	<b>Mulvane</b>	<b>Sports Medicine</b>	<b>Mission Woods</b>	<b>Lake Shawnee</b>	<b>Hunter's Ridge</b>	<b>YWCA</b>
Amputee Treatment	X				X	
Aquatic Therapy						X
Cancer Rehab	X	X	X	X	X	X
Concussion Management	X	X	X	X	X	
Continued Care Wellness Program		X				X
Driving Assessment	X					
Fall Prevention, Balance, Vestibular Program	X	X	X	X	X	
Functional Capacity Evaluation		X				
Hand Rehabilitation	X	X				
ImPACT Concussion Testing		X				
Instrument Assisted Soft Tissue Mobilization	X	X	X	X	X	
Job Site Assessments/Ergonomic Evaluations		X				
Kinesiotaping	X	X	X	X	X	
Low Vision Program	X					
Lymphedema Program	X					
Neuromuscular Program	X		X		X	
Orthopedic Rehabilitation	X	X	X	X	X	X
Orthotic/Splinting	X	X				
Parkinson's (Lee Silverman Voice Treatment BIG & LOUD)	X		X		X	
Pediatric Rehabilitation	X	X	X		X	
Pulmonary Therapy	X				X	
Recreational Therapy		X				
Speech Services: Language, Cognition/ Memory and Swallow (Dysphagia)	X					
Sports Injury Rehabilitation	X	X	X	X	X	X
Weight Management	X	X	X	X	X	X
Wheel Chair Assessments	X				X	
Work Conditioning		X				
Work Screens		X				

**AMPUTEE TREATMENT** – Education on healing, pain control, prosthetic and mobility training.

**AQUATIC THERAPY** – Using the physical properties of water to assist in patient healing and exercise function, this therapy is beneficial for a variety of medical conditions including: chronic pain, generalized weakness, decreased balance, stroke, post-operative orthopedic injuries, post-fracture, fibromyalgia, pregnancy and postpartum pain or weakness. It is also a beneficial form of weight loss therapy. Provided three times per week at Great Life YMCA.

**CANCER REHABILITATION** – Treatment provided for generalized weakness, fatigue, limited range of motion, swallow difficulties and lymphedema. Pre-hab indicated for patients prior to procedure or treatment.

**CONCUSSION MANAGEMENT** – Vestibular, balance, coordination, upper cervical dysfunction and oculomotor control for return to activity and/or sport.

**CONTINUED CARE / WELLNESS** – Weight lifting equipment, walking track and a variety of fitness classes for all levels including: restorative yoga, chair yoga, strength/conditioning, joint health and BIG moves for Parkinson's patients. Call for membership information.

**DRIVING ASSESSMENT** – Comprehensive evaluation of strength, range of motion, coordination, visual perceptual skills/acuity, sequencing, cognition, attention, problem solving, and knowledge of speed limits/traffic signs. Referral from physician, vocational counselor or through self-referral.

**FALL PREVENTION, BALANCE, VESTIBULAR PROGRAM** – Comprehensive evaluation of vestibular function or balance and movement control with development of a customized treatment program for patients with general deconditioning, head injuries/concussion, multiple sclerosis, orthopedic injuries, Parkinson's, pharmacological disorders, stroke and vestibular disorders.

**FUNCTIONAL CAPACITY EVALUATIONS** – One or two day objective assessment of functional tasks. Appropriate for both work and non-work related injuries/illnesses. Items assessed include lifting, carrying, positional tolerance, walking, standing, sitting, climbing, hand strength/coordination and job simulation. Assessment assists with return to work determination, work restrictions and information for completion of disability related paperwork.

**HAND REHABILITATION** – Evaluation and treatment of a variety of upper extremity diagnoses including arthritis, strains/strains, post-trauma, post-surgical, carpal tunnel syndrome, tendon/nerve repair management. Certified Hand Therapist on site.

**IMPACT CONCUSSION TESTING** – Baseline and post-concussion testing starting at age 5. Tests performed every 2 years throughout sport performance.

**INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION** – The use of hand held tools for the breakdown of scar tissue and fascia restrictions in soft tissue – muscle, ligament, tendon and nerve dysfunction.

**JOB SITE ASSESSMENT / ERGONOMIC EVALUATIONS** – Assessment of an individual's work station or environment. Adjustments and recommendations can be made to assist in a better fit for the employee, improved work flow, decreased pressure points, and reduced stress/strain on the employee.

**KINESIOTAPING** – Taping techniques that can be utilized to decrease pain / inflammation, add stability and support of a joint without compromising circulation, relax/inhibit overwork muscles, or facilitate the use of weaker muscles.

**LOW VISION PROGRAM** – Patients appropriate for services are those with vision of 20/70 or worse in the best eye or constricted visual field of less than 20 degrees. Instruction includes adaptations for completion of tasks such as cooking, driving, financial management, shopping and medication management.

**LYMPHEDEMA PROGRAM** – Fluid drainage of the lymphatic system using exercise, massage, wrapping and compression garments and education for the patient and/or caregiver.

**NEUROMUSCULAR PROGRAM** - Patients appropriate for therapy include those with a diagnosis of stroke/transient ischemic attack, Guillain-Barre, traumatic brain injury, multiple sclerosis, Parkinson's, peripheral neuropathy, spasticity and spinal cord injury. Treatments can include use of the Bioness Functional Electrical Stimulation and Lite Gait for body weight-supported treadmill training and normalization of gait patterns.

**ORTHOPEDIC REHABILITATION** – Treatment of tendon, joint, ligament, muscle or bone injuries; pre and post-surgical. Therapists utilize a variety of treatment techniques to decrease pain/inflammation, restore strength, stability, flexibility and function.

**ORTHOTIC/SPLINTING** – Custom upper extremity splint fabrication and adjustments for specific therapy protocols, traumatic injuries, arthritis and post-op care for a variety of ages.

**PARKINSON'S (Lee Silverman Voice Treatment BIG and LOUD)** – LSVT BIG and LOUD are complete, standardized programs supported by research and the National Institutes of Health (NIH). It is a specialized one-on-one treatment approach for patients with Parkinson's, completed by Physical Therapists, Occupational Therapists, and Speech Pathologists who are certified in the LSVT BIG and LSVT LOUD approach.

**PEDIATRIC REHABILITATION** – Treatment of children with neuromuscular and musculoskeletal disorders. Multi-disciplinary approach to improving the growth and developmental function of the child.

**PULMONARY REHAB** – Treatment of patients with chronic bronchitis, emphysema, pulmonary fibrosis, occupational or environmental lung disease, pre/post-operative lung reduction, transplant patients and patients with other chronic medical problems.

**RECREATION THERAPY** – Therapy designed to restore, remediate and rehabilitate a person's level of functioning and improve independence in leisure pursuits and activities of enjoyment, leading to a greater quality of life.

**SPEECH SERVICES** – Barium video swallow, vital stim (neuromuscular electrical stimulation including post-radiation treatment), Augmentative Communication Systems, executive function, cognitive communication, voice disorders, dysphagia, dysarthria and feeding.

**SPORTS INJURY REHABILITATION** – Treatment of pain/inflammation and improvement in mobility, stability, strength and progression of targeting functional activity for return to sport.

**WEIGHT MANAGEMENT** – Treatment to address pain and limited mobility as well as assessment of joint function, strength, balance, coordination and endurance for weight loss.

**WHEELCHAIR ASSESSMENTS** – Assessing the fit of the wheelchair and patient specific needs.

**WORK CONDITIONING** – Work related program offered from 2-4 hours / day that focuses on restoring strength, mobility and endurance for return to work.

**WORK SCREENS** – Used to determine an individual's ability to safely perform the requirements of a specific job. Both pre-employment and return to work testing available.