

# TUDOR FOCUS

“We treat the CAUSE not just the SYMPTOM”

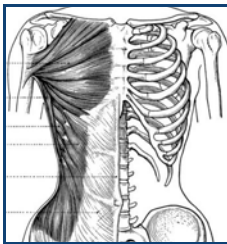


All people are unique in their own way, therefore “one size fits all” does not pertain to our therapy solutions. After a thorough evaluation and appropriate testing, our specialized therapist will be able to tell you what approach they will be taking for your specific problem. By finding and addressing the underlying source of a problem, our therapist can relieve pain, improve mobility, and help their patients return to enjoying life to the fullest.

## Treating VERTIGO and BALANCE Disorders

TuDor Physical Therapy Centers has therapists that specialize in treating Vertigo and Balance Disorders. Vestibular and Balance Rehabilitation treats dizziness and balance problems caused by both vestibular and non-vestibular issues. These disorders impact the inner ear, which is responsible for communicating body and head movement to the brain to process balance.

**Physical Therapy has been successful in treating the following Balance / VOR Dysfunction brought on by the following diagnoses:**



- Viral Infections of the Inner Ear
- Benign Paroxysmal Positional Vertigo (BPPV)
- Oculomotor / Balance Problems
- Ototoxicity (BLV)
- Labyrinthine Concussion

### Treatment can include:

- Hallpike Maneuver / Epley Maneuver
- Oculomotor Exercise
- Balance Reeducating / Gait Dynamic Index
- Modified Foam Dome Exercises

Austintown  
Ph. 330.270.5410

Boardman  
Ph. 330.965.9330

Columbiana  
Ph. 330.482.3680

Cornersburg  
Ph. 330.799.6298

East Liverpool  
Ph. 330.382.9950

Newton Falls  
Ph. 330.872.7242

Warren  
Ph. 330.372.0207

CHANGING LIVES FOR THE BETTER

## April is Autism Awareness Month



TuDor is proud to have a specialized pediatric program that can offer Occupational Therapy as well Speech Therapy for children on the Autism Spectrum. We also offer . . .

### PEER / SOCIALIZATION GROUPS

Appropriate Social Interactions

- How to maintain conversation with peers
- Facilitating purposeful / interactive play

Most insurance plans are accepted, including Medicaid – Unison – Caresource and Anthem.

### Flexible Appointments Available

Brandywine Plaza  
2959 Canfield Road, Suite 10  
Youngstown, Ohio  
330-799-2390

## Announcements

We are pleased to announce that Laura Dye, PT president of TuDor Physical Therapy Centers has been chosen to be the chair person of the Payment Policy Committee for the Ohio Physical Therapy Association (OPTA) for the 2010 year. Laura will be working with insurance companies and the State Representative of the 20<sup>th</sup> District.

### TuDor Physical Therapy receives National Recognition

On Tuesday March 23, 2010, the staff from our Lymphedema Center received awards from the National Lymphedema Network (NLN). They are honoring our facility for the dedication and compassion our therapist demonstrates when treating patients with this debilitating condition.

Tudor is one of the very few facilities in our community to offer this unique and specialized treatment by certified Lymphatic and Wound Care Specialist. The results that we have achieved have been remarkable and the gratitude shown by our patients has been overwhelming.

**CONGRATULATIONS TO OUR LYMPHEDEMA TEAM**



Celebrate your INDEPENDENCE

APRIL IS NATIONAL  
OCCUPATIONAL THERAPY MONTH



To celebrate your independence does not mean to go to a Fourth of July party. TuDor Physical Therapy Centers is talking about functional independence. This is 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 your day is an occupation. It does not 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) entails. The slogan used by the American Occupational Therapy Association is “SKILLS FOR THE JOB OF LIVING”. An Occupational Therapist works with the fine motor skills of an individual. These deficits and motor skills can come from such diagnosis’ as Arthritis, 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. This includes adults as well as children. The therapist works on range of motion, strengthening, coordination and dexterity, sensation, cognitive and perceptual function. 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 on staff many Occupational Therapists and one Certified Hand Therapist (CHT) to evaluate and treat our patients.

**Common Diagnoses managed by CHT’s include:**

- \* Fractures
- \* Tendon Injuries
- \* Amputations
- \* Tennis & Golfers Elbow
- \* Industrial Injuries
- \* Auto Accidents
- \* Carpal Tunnel Syndrome
- \* Tumors or Cysts
- \* Arthritis
- \* Burns
- \* Trigger Finger

**Areas of concern for an Occupational Therapist:**

- \* Wounds and Scars
- \* Edema
- \* Strength & Endurance
- \* Pain
- \* Range of Motion
- \* Sensibility
- \* Coordination & Dexterity
- \* Activities of Daily Living

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