



Spring 2009

Brooks Offers Specialized Recovery With Neurological Rehabilitation



Treatment using the Saeboflex device is one of many services offered at the Brooks Center for Neurological Rehabilitation.

Brooks Center for Neurological Rehabilitation is appropriate for patients with the following diagnoses:

- Traumatic Brain Injury
- Stroke
- Multiple Sclerosis
- Parkinson's Disease
- Organic Brain Syndrome
- Spinal Cord Injuries
- Amyotrophic Lateral Sclerosis
- Myesthenia Gravis
- Brain Tumors
- Progressive Supranuclear Palsy
- Cerebral Palsy
- Huntington's Disease
- Brain Cancer

The Brooks Center for Neurological Rehabilitation is a shining example of why Brooks is known as a leader in rehabilitation services. With a talented team of therapists and a wide range of services offered, the Center stands out among the most comprehensive outpatient treatment options for neurological conditions.

The Center is located in the Healthcare Plaza, just seconds from Brooks' 143-bed Rehabilitation Hospital, and offers services that range from an intensive Day Treatment Program to individual therapies. These services are led by the specialized skills of Brooks' physical therapists, occupational therapists, speech-language therapists, driving specialists, cognitive therapists and neuropsychologists. One of the team members is one of only 10 therapists in Florida that has earned certification as a neurological certified specialist.

The Center's therapists also have additional certifications, including SaeboFlexTM certification, Lee Silverman Voice Treatment certification, Vital Stim certification and Beckman Oral Motor certification. This additional training provides Brooks' therapists with expanded knowledge in the neurological field along with the most effective and appropriate treatments to get you on the road to being you again.

Therapists will work with patients and their families to identify personal goals used to develop a patient-specific, functional treatment plan. No other rehabilitation program in the area offers you and your family more care, more therapy and more options for comprehensive neurological rehabilitation treatment.

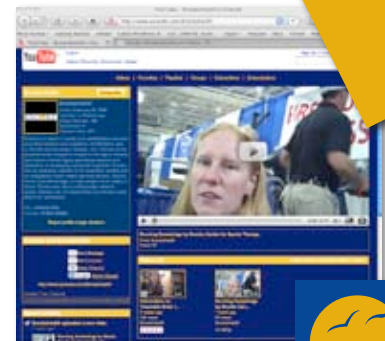
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Brooks Rehabilitation Offers New Stroke Wellness Program

More than 700,000 people suffer a stroke in the United State each year, and approximately two-thirds of these individuals survive and require rehabilitation. The goals of rehabilitation are to help survivors become as independent as possible and to attain the best possible quality of life.

Brooks Rehabilitation in collaboration with the Brooks Family YMCA is proud to offer its first Stroke Wellness Program, a structured, self-paced wellness program for stroke survivors who have completed their formal outpatient therapy. Program benefits include improved cardiovascular fitness, flexibility, mobility, coordination, balance, strength and endurance.

Wellness in stroke survivors is a concept that includes fitness and nutrition components beyond the formal rehabilitation that takes place after a person has a stroke. Research shows continued physical activity and exercise, after formal rehabilitation has ended, results in the delayed or reduced onset of functional limitations and risk of secondary conditions, such as diabetes and hypertension.

Each stroke survivor will have an exercise program developed by a Brooks Physical Therapist prior to enrollment in the Wellness Program. The stroke survivor's personal physician must sign a medical release approving their participation in the program. The Stroke Wellness Program is Monday, Wednesday and Friday from 1pm to 4pm at the Brooks Family YMCA's 2nd floor fitness area. The program fee is \$30/month for non-members of YMCA and \$15/month for YMCA members to participate in supervised fitness. The assistance of caregivers is also welcome and may be required.

Please call Julie Schafer at (904) 854-2088 to learn more.

Brooks Launches Online Community Resource Center

As more health information is compiled on medical Web sites, people are becoming increasingly aware and attentive to their medical conditions and seeking out information online.

In an effort to provide expert information and useful resources, Brooks established the Brooks Community Resource Center (www.brookscommunityresourcecenter.org).

The Resource Center is a computer-based learning environment that provides many opportunities for the community, employees, patients, discharged patients and family members of patients.

Information obtainable on the Resource Center site includes:

- Links to community services
- A robust and easily searchable online resource library that will serve as an extensive repository of rehabilitation services organized by topic area
- Education for family members to learn more about the injury and rehabilitation of a family member who has been discharged from the hospital
- Up-to-date education and research information related to the full continuum of rehabilitation care for the community and patients
- A searchable online peer reviewed journal database

For more information, please visit the Brooks Community Resource Center's Web site at www.brookscommunityresourcecenter.org.

Orlando Downtown Opening

In March, Brooks Rehabilitation opened its newest clinic in the greater Orlando area with the Orlando-Downtown clinic. The clinic is conveniently located on the south-side of downtown.

Brooks Orlando-Downtown joins the Lake Mary, Waterford Lakes, West Volusia and Winter Park locations as the fourth clinic to open in the region in the past 15 months for Brooks Rehabilitation.

This clinic is equipped to treat a wide range of orthopaedic related diagnoses including those of the neck, back, upper extremities, and lower extremities. Whether it is the weekend warrior, daily walker, or a post surgical procedure, Brooks Orlando-Downtown is there so "So You Can Be You Again".

Brooks Orlando-Downtown accepts Medicare and all major insurance providers, as well as most workers' compensation carriers.

For more information contact the Brooks Orlando-Downtown Clinic at 121 West Underwood Street, Orlando, FL 32806. Phone (321)319-0295 • Fax (407)423-1380.