

Clinical Rehab Specialists: providing quality individualized Physical Therapy Care



Website: www.clinical-rehab-specialists.net

9 Acton Road
Chelmsford, MA
Phone: 978-726-8310



News and Additions to Our Services

We will be moving to a spacious and newly renovated facility at **9 Acton Road (Route 27) in Chelmsford Center on May 19th.**

Please come and see what we have to offer at our new facility.

We now have the capability to conduct:

- **Work Capacity Evaluations**
- **Ergonomic Analysis**
- **Analysis of movement disorders**
- **Video analysis of biomechanical dysfunction associated with running, jumping and lifting**
- **Sports screening using the Functional Movement Screen (FMS©)**
- **Concussion Balance screening using the Humac Computerized Balance System**
- **Sports rehabilitation using the Selective Movement Assessment (SFMA ©)**
- **Bariatric exercise training**
- **Balance Deficit Analysis and Fall Prevention Training**
- **Medical Exercise Gym for clients who need greater assist with an exercise plan**

We currently accept the following Insurance Carriers:

- ◆ Medicare
- ◆ MassHealth
- ◆ Blue Cross/Blue Shield MA
- ◆ Cigna
- ◆ Tufts
- ◆ HPHC
- ◆ United Healthcare
- ◆ M.V.A.
- ◆ Workers' Compensation

Meet our Clinicians:

Gerry Dybel PT, ScD, GCS: My initial experience focused on treatment of orthopedic and neuro-rehab patients. I have advanced certification in neurodevelopmental treatment of strokes and head injuries. Additionally, I have advanced training in ergonomics and biomechanical analysis in sports training and have been a faculty member in the physical therapy department of a local university since 1992. I have achieved the Geriatric Clinical Specialist certification from the Board of Clinical Specialties of the American Physical Therapy Association. Currently my focus on the management of orthopaedic and neurological disorders .

Connie J. Seymour, PT, PhD, OCS: My clinical background is varied with certifications in treating the neurologically involved client to orthopaedics. I am certified as an Orthopedic Clinical Specialist through the American Physical Therapy Association (APTA). I continue to practice as a generalist but especially enjoy working with neurological, orthopedic, and geriatric clients. I am very involved with the Healthy Elder Living Program (HELP) which is an interdisciplinary program designed to promote health and fitness in older community dwelling adults. Additionally, I am part of a maintenance intervention for neurologically involved individuals from the Greater Merrimack Valley.

Synopsis of Current Research

Arthritis a 'Significant' Factor in Falls Injury Rates

Adults with arthritis are injured in falls at a rate 2.5 times higher than for those without the disease, according to a new report from the US Centers for Disease Control and Prevention (CDC), which described this "growing public health problem" as one that can best be addressed through a falls prevention approach that "involves exercise or physical therapy."

The findings, published in the CDC's May 2 Morbidity and Mortality Weekly Report, are based on an analysis of falls and falls injury gleaned from the 2012 Behavioral Risk Factor Surveillance System. The results showed that in almost all cases, rates of falls and falls injuries were "significantly higher" among adults 45 years and older with arthritis than those without, with 13.3% of adults with arthritis reporting fall injury, compared with a 6.5% rate of injury on adults without arthritis (median age-adjusted rates across the US).

When adjusted for age, the fall prevalence rate in 46 states was 30% or greater among adults with arthritis, with 16 states having an age-adjusted rate of 40% or higher for this group. Among adults without arthritis, no state had a fall rate higher than 30%.

"The projected rapid growth in the population aged [65 years and older] and the increase in adults with arthritis (an estimated 67 million by 2030) ... demonstrate the need for increasing fall prevention efforts," the report states. "Effective fall preventions can be multifaceted, but the most effective single strategy involves exercise or physical therapy to improve gait, balance, and lower body strength, which have been shown to reduce fall risk by 14%-37%."

Specialized Services Offered at Clinical Rehab Specialists

- ◆ **Functional Movement Screening:** includes evaluation of symmetry of movement for ambulation, squatting, lunging, balance, stepping over objects, overhead mobility, etc. We also provide break-out analysis when movement dysfunction is observed to better identify and remediate causes of movement dysfunction.
- ◆ **Maintenance care for chronic neurological and orthopedic conditions**
- ◆ **Step-down programming after acute rehabilitation is completed**
- ◆ **Geriatric specialized care (specialty certification from the American Physical Therapy Association)**
- ◆ **Orthopedic specialized care (specialty certification from the American Physical Therapy Association)**
- ◆ **Management of complex medical conditions (cardiopulmonary, diabetes, progressive conditions, disease management)**

Our certified clinical specialists take pride in providing:

- **high patient satisfaction and quality care.**
- **proven treatment techniques and achieve positive outcomes.**
- **cost-effective treatment that will help the patient achieve improved quality of life.**