

Why Choose Rehab at Waterman?

- ✓ Specializing in senior care
- ✓ One-on-one treatment sessions lasting 45-60 minutes
- ✓ Treatment provided in quiet environment
- ✓ Care provided by same therapist at each visit
- ✓ Continual re-assessment and adjustment to meet goals
- ✓ Offering Physical Therapy, Occupational Therapy and Speech Therapy
- ✓ Medicare accepted



The Outpatient Rehabilitation Clinic



445 Waterman Avenue
Mount Dora, FL 32757
Phone: 352-383-0051 ext. 303
Fax: 352-383-4355
www.watermanvillage.com

Monday through Friday
8 a.m. - 5 p.m.

The Outpatient Rehabilitation Clinic is located in the The Lodge at Waterman Village, adjacent to the Wellness/Fitness Center. Free parking is available in front of the shuffleboard/lawn bowling courts.

Serving Central Florida

The Outpatient Rehabilitation Clinic



*Getting You Back In
The Swing of Things*

Helping you improve mobility,
strength, balance and activity tolerance.

Movement is essential for the health of all body systems and processes. The body tissues – especially the muscles, joints, and nerves – are designed for and thrive on activity. Muscles can be made stronger throughout the life span, and joints and nerves can be kept happy with movement. Achieving improvements in your pain, mobility, strength, balance, walking, and activity tolerance is all a matter of understanding how to provide the right environment for your body. ***Our plan is to guide you in making positive and simple incremental changes to your daily life. With consistency and persistence, your body will adapt to each change. Through this process we create a pattern of gradual improvement.***



Understanding Your Priorities

After your therapist understands what is important to you, your therapist will discuss with you a treatment plan based on your functional needs. Your treatment plan should be as individual as you are.

How We Help You Achieve Goals

In order to improve your movement and make changes in your daily life, we use three components in our Outpatient Rehabilitation Clinic: ***Deeper Understanding, Movement Training*** and ***Graded Exposure***. These three overlap and tend to improve together. And because your treatment plan is uniquely tailored to your needs and goals, you will make progress at your own rate.

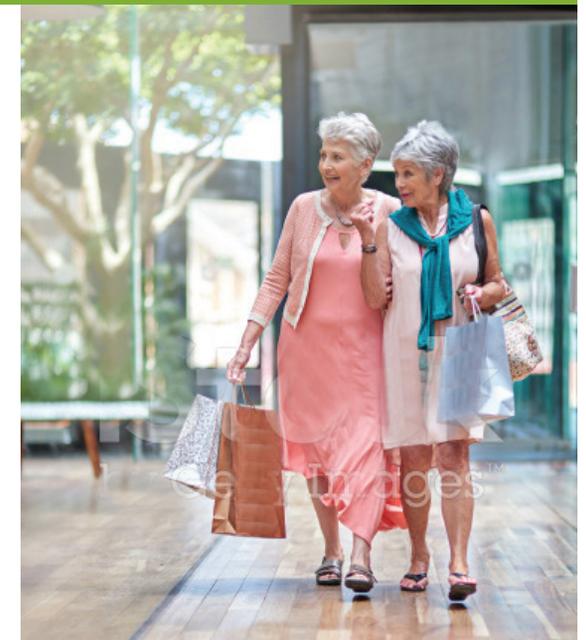
Deeper Understanding

A deeper understanding of how and why your body functions the way it does has been shown to:

- ✓ Increase your pain threshold (meaning that it is harder to trigger pain)
- ✓ Reduce stress associated with your challenges, helping you cope better
- ✓ Reduce the anxiety you may have, which will help you move more freely – even after only one learning session

Movement Training

The great thing about movement training is that you can integrate it into your daily life and you don't even have to break a sweat. Movements are to be performed gently and slowly in order to improve circulation to irritated areas, improve mobility of stiff/limited joints and muscles, and improve coordination. The more parts of your body that move for a given task, the easier it will be to perform that task.



Graded Exposure

Graded exposure is a process by which you slowly and progressively introduce yourself to some challenge in order to improve your abilities. In the context of balance, this means the progressive introduction of movements that challenge your balance in order to gradually improve your stability. In regards to activity, this mean the progressive increase n the duration and intensity of activities so that your body will gradually adapt to the increased demands. Working on hurting less, moving better and even moving more are precursors to improving balance.

Remember, the person most suited to improving your situation is you!