

**DRY NEEDLING**  
**BLOOD FLOW**  
**RESTRICTION TRAINING**  
**FCE'S**  
**ISOKINETIC TESTING**  
**SPORT SPECIFIC REHAB**  
**PELVIC HEALTH**  
**PHYSICAL THERAPY**



**KING'S DAUGHTERS**  
THERAPY CENTER

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[www.KDMC.org](http://www.KDMC.org)



**KING'S DAUGHTERS**  
THERAPY CENTER

## OUR STATE-OF-THE-ART THERAPY CENTER CAN MEET YOUR NEEDS

One of the largest therapy and rehabilitation clinics in the state, KDMC Therapy Center provides physical therapy, occupational therapy, speech therapy, and sports therapy services to meet the special needs of adults, athletes, and children. We are staffed by an expert team of physical therapists, physical therapy assistants, certified athletic trainers, occupational therapists, and speech pathologists. Our goal is to facilitate recovery from injury, surgery, stroke, or congenital conditions and help patients achieve their highest quality of functional activity, independence, and productivity. Our facility includes a large pediatric therapy suite, five private therapy treatment rooms, an Activities of Daily Living training kitchen, a warm indoor therapy pool, a spacious gym, a sports track, and a hand therapy area. We have the resources, experience, and compassion to make your therapy as successful as possible.

### SERVICES

- Orthopaedic physical therapy and strategic manual spine therapy
- Sports physical therapy and rehabilitation
- Neurological and geriatric physical therapy
- Total joint center rehabilitation
- Aquatic therapy
- Lymphedema management certified. (Lymphedema specialist on staff)
- Vestibular rehabilitation
- Hand therapy
- HIVAMAT® therapy
- Manual therapy and myofascial release
- Work conditioning
- Pediatric therapy
- Pelvic floor physical therapy
- BRT
- Isokinetic testing
- LSVT BIG® and LSVT LOUD® treatment for Parkinson disease
- Speech and language therapy
- Dysphagia treatment
- Articulation therapy
- Voice therapy
- Certified McKenzie (MDT) Trained Therapist
- Functional capacity testing (FCE)
- Dry needling (certified therapist)

## LYMPHATIC THERAPY

Our therapists have been trained through the Norton School of Lymphatic Therapy and the Academy of Lymphatic Studies. Students at these schools receive a thorough training in the Foeldi Method of Complete Decongestive Therapy (CDT), which is regarded as the gold standard for the treatment of lymphedema by the International Society of Lymphology as well as Vodder Manual Lymph Drainage techniques (MLD). CDT is a combination of MLD, multi-layer compressive bandaging, remedial exercises to aid in fluid return as well as skin and nail care.

By receiving certification in the treatment of lymphedema, you can be sure your therapist has a complete understanding of the anatomy, physiology, and pathophysiology of the lymphatic system, the treatment of primary and secondary lymphedema, the indications and contraindications of CDT, and the proper measuring techniques for lymphedema support garments.

### FUNCTIONAL CAPACITY EVALUATIONS IMPAIRMENT RATING RECOMMENDATIONS Ergoscience software

The only FCE developed and validated through university-based research, published in peer-reviewed journals.

## CERTIFIED (MCKENZIE) MDT THERAPIST

The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) is an approach for the management of spinal and extremity problems. It consists of a reliable and research proven process for the assessment and treatment of musculoskeletal conditions, which encourages active patient involvement and participation in the management of their symptoms. The McKenzie Method® is one of the most recognized philosophies of treatment for musculoskeletal disorders in the world. The management strategy recognizes the biopsychosocial nature of musculoskeletal pain and encourages effective patient management.

## LSVT BIG AND LSVT LOUD

LSVT BIG is an intensive, amplitude-focused physical and occupational therapy approach developed from principles of the effective Parkinson's specific speech treatment LSVT LOUD.

LSVT LOUD is the first speech treatment with Level 1 evidence and established efficacy for treating voice and speech disorders in people with Parkinson's disease (PD) with application to other neurological disorders.

## PELVIC FLOOR THERAPY

A pelvic floor therapist is specially trained to help women (and occasionally men) deal with pelvic floor dysfunction. They specialize in treating the muscles, nerves and connective tissues in the pelvic area. Through postgraduate education and certifications, these therapists are highly trained to evaluate and treat many types of pelvic floor pain and conditions.

## PEDIATRIC THERAPY INCLUDES LARGE PEDIATRIC THERAPY SUITE

Physical Therapy  
Occupational Therapy  
Speech Therapy

## EVALUATION FOR WHEELCHAIR FITTING

Wheelchairs, like people, come in all shapes and sizes. The therapists at KDMC Therapy Center are equipped with the knowledge and experience to determine the appropriate seating position and equipment for powered and manual mobility through thorough evaluation of the individual's needs. The therapists also provide a seamless coordination between the doctor, supplier, payer source and patient to ensure the smoothest transition possible.