

OUR MISSION

The goal of JVS Rehab. is to exceed your expectations by providing you with the very best personalized rehabilitation services. We offer both physical therapy and speech-language pathology services.

Our facility prides itself on our experienced physical therapists, personalized approach, and a comfortable setting for our patients. Your rehab. program is individualized and consistent. Our therapists use proven (evidence-based) techniques and continually update their knowledge through continuing education courses.

Pictured Below:
Body Weight Supported Treadmill training.



DIRECTIONS

Take route 29. Exit at Little Patuxent Parkway / Columbia Town Center. Stay to the right and take Governor Warfield Parkway. Century Plaza will be on your right just before Gov. Warfield Parkway reconnects to Little Patuxent Parkway.

JVS Rehabilitation, Inc.
Locally Owned and Operated

Century Plaza, Suite 129
10632 Little Patuxent Parkway
Columbia, MD 21044

Phone: 410-740-0300
Fax: 410-740-0302

E-mail: contactJVS@JVSrehab.com

Physical Therapy For Parkinson's

‘Retrain The Brain’

A program specifically designed
with the special needs of the
Parkinson's patient in mind.



Developed by:

Janice Sallitt, PT, NCS*

*NCS or Neurology Certified Specialist is a
Certification earned by PTs through the American
Board of Physical Therapy Specialties

Do You Find It Difficult To:

- Get in or out of bed, a chair or a car?
- Stand steady?
- Walk safely?
- Turn around safely?
- Get through difficult areas such as doorways?

OR

Have you fallen?

If your answer is yes to any of the above then you will benefit from our program.

Our approach involves:

Functional Movement Training

Or in other words, you relearn how to do everyday activities that are no longer easy for you. We 'Retrain Your Brain'.

Neurological Physical Therapy

Physical Therapists, like other professions, can specialize. Neurological disorders require specific training and a different approach than do orthopedic problems.

If you had therapy in the past for a knee, back, foot or shoulder, this will not be the same.

What should you expect on your first visit?

Initial Evaluation: Focusing on how you currently move. Your physician –prescribed medications and medical history will also be reviewed as this can affect movement.

A specific treatment plan will be designed and goals set. This information will be sent to your doctors and we maintain communication during treatment.

Pictured here is a person with Parkinson's doing Amplitude Training:



Your Treatment Plan may include:

- 'Amplitude Training' a technique based on new research.
- Exercises specific to slowing the effects of Parkinson's disease.
- What exercises **Not** to do.
- Balance training
- Transitioning from one surface to another.
- Walking training
- Body weight supported treadmill training.
- Fall Prevention
- Specific Home Program
- Family member/Home Health Aide training
- Equipment information
- Follow-up Re-evaluation after discharge from program.



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