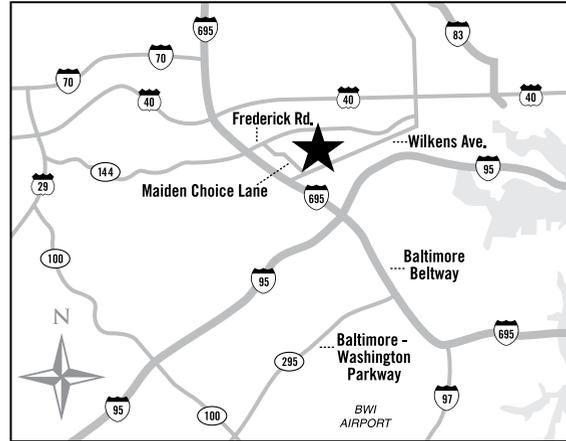


“One team, working for you”

Our therapists specialize in senior care with a personal touch. Our team of physical, occupational, and speech therapists provide personalized experiences and can help treat:

- Pain management
- Post-Surgical Rehab (Joint replacements, and more)
- Speech difficulties
- Swallowing difficulties
- Neurological diseases/disorders
- Balance and vestibular disorders
- Orthopedic conditions
- Traumatic brain injury
- Dementia management
- Cognitive rehabilitation
- Nerve damage/Bell's Palsy
- Low vision
- Assistive device training
- Radiculopathy and neuropathy
- Difficulty with activities of daily living
- Home and environmental modifications
- Wound care
- Parkinson's related speech and motor impairments



Charlestown's outpatient rehabilitation department is located on the 1st floor of Caton Ridge.



715 Maiden Choice Lane, Catonsville, MD 21228

CharlestownCommunity.com

Independent Living
Inpatient and Outpatient Rehabilitation
Assisted Living | Memory Care | Nursing Care



OUTPATIENT REHABILITATION AT CHARLESTOWN



Patient services are provided without regard to race, religion, age, gender, sexual orientation, disability (mental or physical), communicable disease or place of national origin.



Aquatic Therapy

Erickson Living's Aquatic Rehabilitation program provides supervised water exercise sessions in the on-site aquatic centers. Water provides a safe and effective method for healing injuries and increasing mobility. Swimming is not a prerequisite skill. Benefits include:

- Specialized one-on-one water therapy sessions
- Water warmth facilitates muscle relaxation and increases peripheral circulation; stimulates body awareness, balance, and trunk stability
- Reduction of stress on joints and muscles, which allows for gait training and strengthening exercises

LSVT BIG

LSVT BIG® is an industry-leading Parkinson's disease program geared toward improving overall movement patterns including:

- Speed and amplitude of movement
- Balance
- Reaction times
- Reduction of freezing

It also can be used to assist patients dealing with various neurological conditions. Programs are tailored to each patient with specific techniques to improve bradykinesia (slow movement), hyperkinesia (small movement), and kinesthetic awareness (sensory deficits).

Other LSVT BIG benefits include:

- Proven benefits for patients whose motor function has been affected by other conditions including stroke(s), multiple sclerosis, cerebral palsy, or Down syndrome
- Promotion of strength, motor learning, and changes in brain function leading to

impressive progress including faster walking with bigger steps, better balance, and increased trunk rotation

Vestibular Therapy

Patients typically referred for vestibular rehabilitation therapy are those diagnosed with dizziness, imbalance, vertigo, Ménière's syndrome, benign paroxysmal positional vertigo (BPPV), and neck-related dizziness.

Common symptoms that can be improved with vestibular rehabilitation include:

- Dizziness or blurry vision with head movements
- Neck tightness, stiffness, and/or pain
- Imbalance or the need to hold onto objects when walking
- Frequent falls
- Generalized "dizziness, wooziness, and foggy head" feelings
- Vertigo/spinning

In the first appointment, a physical therapist will evaluate the patient's symptoms and review their medical history. The assessment will include all or part of the following areas:

- Balance and/or leg strength/flexibility
- Gait
- Visual stability and mobility
- Neck mobility
- Positional testing, including an inner ear exam

Certified Stroke Rehabilitation Therapists

With Erickson Living's strong roster of certified stroke rehabilitation therapists, patients and providers will reap the benefits of:

- Evidence-based stroke recovery protocols for all levels of function

- Advanced stroke certified therapists
- Acute to chronic stroke therapy programs
- The provision of industry-leading treatment plans with protocols including MCIT, functional electrical stimulation, and neuromuscular reeducation techniques
- Intensive and comprehensive stroke therapy
- Implementation of aquatics for gravity reduction to promote patients regaining ability to walk

Lymphedema Treatment

Our expert team will help ease your symptoms, improving your ability to move, prevent infection, reduce pain, and enhance your quality of life. We offer:

- Comprehensive decongestive therapy including manual lymphatic drainage, self-care instruction, clearance exercise instruction, and compression garment measurements and fittings
- Breast cancer post-surgical rehabilitation (scar tissue work, loss of ROM, lymphedema prevention)
- Head and neck cancer treatment protocols

