

disability & physical therapy services



Disabilities and physical therapy services covers a wide range of issues, many of which are overwhelming, chronic, and difficult to address. For anyone who has a physical or mental impairment that substantially limits one or more of their major life activities this poses additional complications. The information and listings below can help provide assistance and a wide range of needed resources.

Physical Therapy a Boon for Seniors

When a person gets injured or has a prolonged illness, doctors often recommend physical therapy. In the case of older people, though, sometimes this is seen as just something to “try.” This could not be further from the truth. Physical therapy is “A-quality” therapy for many conditions affecting older people, from Alzheimer’s to urinary incontinence. In fact, one researcher did a study in which you had to be 100 years of age to even participate!

According to Jennifer M. Bottomley, PhD, MS, PT, president of the geriatrics section of the American Physical Therapy Association (APTA) and adviser to the surgeon general, one of the main things that bring older people to the physical therapist is a fall. “They want and need to maintain their independence,” she says.

“It’s important to look at each individual,” stresses Tim Kauffman, PT, PhD, professor of physical therapy at the Hahnemann campus of Drexel University in Philadelphia. “Every person of any age has an individual background, say an auto accident, football injury, genetic predispositions. No two ‘old’ people are the same.”

According to APTA, physical therapy can restore or increase strength, range of motion, flexibility, coordination, and endurance -- as well as reduce pain. Another important role is to retrain the patient to do everyday tasks.

Guy Davidson, of Tempe, Ariz., was 70 when he had a stroke following bypass surgery. The formerly busy minister could not speak, his right leg would not support him, and his right arm hung straight down. He went into rehab for three months. At first he could only sing, which uses a different portion of the brain than speaking, but gradually he began to speak. After many stressful sessions (“I would be sweating,” he admits), he regained much use of both his arm and leg and can dress himself, drive (he took lessons), and work full time. Now he’s back in the hospital every day -- visiting sick parishioners.

Conditions Helped by Therapy

Physical therapy referrals are appropriate and helpful for many problems thought of as affecting older people.

Take arthritis, for example. By 65, almost everyone has it in their spine, Kauffman says, though not everyone has symptoms. Besides taking a pill, sufferers can avail themselves of many types of physical therapy -- aquatic, hot packs, electrical stimulation, ice to reduce swelling, there is a long list. “We emphasize strength, range of motion, balance, and coordination,” Kauffman says.

“We get a lot of referrals for osteoporosis,” Bottomley notes. “We try to make people more stable in relation to gravity, doing extension exercises to keep posture erect. Osteoporosis can lead to falls and bones can be injured.” (Weight-bearing exercise earlier in life can also prevent osteoporosis, studies show.)

Physical therapy can also help alleviate some of the pain associated with cancer. “We want to maintain the highest functionality,” Bottomley says. “The correct exercises after mastectomy can reduce swelling and improve range of motion,” Kauffman says. “The therapist has to determine the right exercise and right amount based on clinical judgment (rather than patients just moving around as much as they can stand to at home).”

How about that old favorite, incontinence? “This is an exercise in locating the muscles that control that and operating them at will,” Kauffman says. Social timing is also important -- knowing how soon after drinking something you will need to use the restroom and planning for that. A physical therapist can help establish such patterns.

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More Conditions

Strokes, as Davidson's experience illustrates, definitely require physical therapy. "We use something called proprioceptive neuromuscular facilitation," Bottomley says, explaining that this is a purposeful movement pattern that can stimulate and retrain the brain. Another technique -- which Davidson says greatly helped him -- is constraint therapy, in which the stroke sufferer's "good" limb is restrained and the weak or paralyzed one used 85% of the day. Speech retraining also can be an issue. "If the person is in pain, we can treat that electrically," Kauffman says.

Parkinson's is an "exciting" area, Kauffman says. "We have learned that physical intervention early -- before stage 4, when the therapist is often summoned -- can almost always prevent the severe symptoms of stage 4." He explains that the goal is to keep the Parkinson's patient's trunk flexible to avoid "robotic" movements. (Parkinson's disease is a chronic disease of the nervous system that results in a gradual decrease of muscle control.) Sometimes he has people lie on the floor and move their head and trunk in opposite directions. He even puts patients on horseback sometimes, which increases trunk strength and flexibility.

How can physical therapy help dementia and Alzheimer's patients? "We try to maintain function," Bottomley says, adding that the types of movement the patient remembers from the past is most effective, such as dancing or gardening. "This also prevents falls."

Balance is another issue with older people. "Balance is very complicated," Kauffman says. "It requires many systems in the body -- nutrition, oxygenation of blood, muscle strength, joint receptors, vision, and inner ear. Physical therapy can tune up all of these areas. In one case, peripheral vision, patients are asked to throw and catch a weighted beach ball that curves and wobbles through the air unpredictably, like a knuckleball.

Therapy is almost always prescribed for hip fracture and replacement patients, amputees, and those with joint aches and pains. "I call the latter 'grandparenting injuries,'" smiles Bottomley. "The grandkids come over and the grandparents take extra walks or climb on the playground equipment. Come Monday morning, ouch."



Role of Family

Even though an older person may have had a hospital stay or required extra attention, family members should be positive and supportive of more trips -- this time to therapy, Kauffman says. Relatives also need to understand the loss of mobility and independence. "It was a frightening experience to go home and be dependent," Davidson says. "They put up some grab bars, but I could not do things for myself.

Kauffman urges that family members never be dictatorial or expect a certain level of progress. Davidson adds, however, that you should find a therapist with goals and not one who is letting the insurance run out "hoping" you will improve.

Families should participate rather than nag, according to Bottomley. "When you come over, say, 'Mom, are you up to a walk?'" It is also important to be sure the patient is eating correctly -- bring microwaveable meals, or else your loved one may be living on crackers and cheese.

Above all, physical therapy is an ongoing process -- a journey. And as with all journeys, there will be ups and downs. Realistic expectations and a sense of humor help. In one case, a stroke victim had a little trouble with splatters in the bathroom, so he threw water all over his pants and came out warning others about the rogue faucet that had drenched him.

**Bethesda Senior Therapy Center
(Outpatient Therapy)****Phone:** 314-218-2610

8175 Big Bend Blvd., Webster Groves, MO 63119

Website: www.bethesdahealth.org**Counties Served:** St. Louis MO, St. Louis City MO**Description:** *Convenient parking directly in front of the Center's front door in the Old Orchard section of Webster Groves makes it that much more appealing for your outpatient therapy needs. Therapists experienced in providing therapy to seniors on site to provide care. Please call 314-218-1610 for more information.***Bethesda Senior Therapy Center
(Outpatient Therapy)****Phone:** 314-218-2610

4431 South Broadway, St. Louis, MO 63111

Website: www.bethesdahealth.org**Counties Served:** St. Louis MO, St. Louis City MO**Description:** *Bethesda is proud to provide outpatient therapy services in South St. Louis. Located conveniently within The Charless Home at South Broadway and I-55, with therapists experienced in providing therapy to seniors providing care. Please call 314-218-1610 for more information.***Center for Hearing & Speech****Phone:** 314-968-4710 **Fax:** 314-968-4762

9835 Manchester Rd., St. Louis, MO 63119

Email: info@chsstl.org**Website:** www.hearing-speechstlouis.org**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Washington MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL**Description:** *The Center for Hearing & Speech is a non-profit organization offering audiology and speech/language services to individuals whether or not they have the resources to afford services. Fees are based on ability to pay with financial assistance available. Audiology services include hearing evaluations, hearing aids, and hearing aid repairs.***Christian Hospital Graham Medical Center
Rehabilitation Services****Phone:** 314-953-6090 **Fax:** 314-953-6903

1150 Graham Road, Suite 104, Florissant, MO 63031

Email: vlg4378@bjc.org**Website:** www.christianhospital.org/ch_content.aspx?id=3005**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, St. Clair IL**Description:** *Convenient, compassionate, and comprehensive Physical, Occupational, and Speech Therapy outpatient services. Day Rehabilitation program for more involved therapy needs includes van transportation for those within a 10 mile radius. PT is available from 6:30 a.m.-7 p.m.; others by appointment.***Division of Senior and Disability Services
Abuse, Neglect, and Financial
Exploitation Hotline****Phone:** 800-392-0210, TDD 800-669-8819**Fax:** 573-526-8538

P.O. Box 570, Jefferson City, MO 65102-0570

Website: www.dhss.mo.gov/ElderAbuse/index.html**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO**Description:** *The Elder Abuse and Neglect Hotline responds to reports of alleged abuse, neglect or financial exploitation of persons 60 years of age or older and disabled adults between age 18 and 59. The program provides investigation, intervention, and follow-up services to victims and stresses the mentally competent adult's right to make their own decisions.***Extended Independence****Phone:** 314-504-3537**Fax:** 314-514-7856

12917 Portulaca Drive, Ste. 317, St. Louis, MO 63146

Email: oceanbreze51@aol.com**Website:** www.extendedindependence.com**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, Randolph IL, St. Clair IL**Description:** *When lives depend on the reliability & performance of a Personal Emergency Response System, extended independence is there for you 24/7. Our St. Louis company specializes in the most technically advanced Medical Alert systems. Free installation, free activation, no monthly contract. Several options to choose from. Call us today for your One Source, One Solution-peace of mind & affordable prices!***Gateway Legal Services, Inc.****Phone:** 314-534-0404**Fax:** 314-652-8308

200 N. Broadway, #950, St. Louis, MO 63102

Email: mferry@gatewaylegal.org**Website:** www.gatewaylegal.org**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL**Description:** *Our nonprofit legal services program represents people who are seeking SSI and/or Social Security disability benefits. To learn more about us, see our web site at the web address given above.***Green Valley Nursing & Rehab****Phone:** 314-741-9393**Fax:** 314-741-2810

610 Prigge Rd, St. Louis, MO 63138

Counties Served: St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Randolph IL**Description:** *Wonderful n-house physical, occupational, and speech therapy services to rehabilitated and ready to people return home.*

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Legacy Physical Therapy, LLC

Phone: 636-225-3649 **Fax:** 888-494-7074

2961 Dougherty Ferry Road, Suite 105, St. Louis, MO 63122

Email: info@legacytherapystl.com

Website: www.legacytherapystl.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, St. Clair IL

Description: *Legacy Physical Therapy is a private practice outpatient physical therapy clinic. Our therapists work with all musculoskeletal problems and have specialized training in Women's Health conditions such as low back pain, pelvic pain, urinary incontinence, pelvic prolapse, osteoporosis, knee pain, hip pain, and frozen shoulders. We are located at the corner of Dougherty Ferry and Big Bend Road.*

MERS Goodwill

Phone: 314-647-7453 **Fax:** 314-647-9364

2545 S. Hanley Rd., St. Louis, MO 63144

Email: dvaisvil@mersgoodwill.org

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Employment and training services are provided for persons with barriers to employment, allowing individuals to work and live more independently in the community. MERS Goodwill also administers the Senior Community Service Employment Program (SCSEP). Anyone age 55+ seeking training and employment services should call 1-888-651-4177.*

Mobile Physical Therapy

Phone: 314-558-1385 **Fax:** 314-558-2600

935 Morrison Avenue, St. Louis, MO 63104

Website: www.mobile-pt.com

Description: *Providers of in-home physical therapy services including fall prevention, balance improvement, bone health (osteoporosis), and equipment evaluations.*

Patricia Zorn Center for Physical Therapy

Phone: 314-432-3111

777 South New Ballas Rd., Suite 130 West,
St. Louis, MO 63141

Counties Served: Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Outpatient Orthopedic Physical Therapy*

**Rehabilitation Services for the Blind,
St. Louis North, MO Dept. of Social Services**

Phone: 314-877-1532 **Fax:** 314-877-1545

9900 Page, Ste. 105, St. Louis, MO 63132

Website: http://www.dss.mo.gov/fsd/rsb

Counties Served: St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Our mission is to create opportunities for eligible blind and visually impaired persons. We provide services to individuals with varying degrees of visual impairment, ranging from those who cannot read regular print to those who are totally blind. These services include vocational rehabilitation, independent living skills, older blind services and the prevention of blindness program.*

**Rehabilitation Services for the Blind,
St. Louis South, MO Dept. of Social Services**

Phone: 314-933-7311

Fax: 314-933-7323

3867 Magnolia, St. Louis, MO 63110

Website: http://www.dss.mo.gov/fsd/rsb

Counties Served: Franklin MO, Jefferson MO, St. Louis MO, St. Louis City MO

Description: *Our mission is to create opportunities for eligible blind and visually impaired persons. We provide services to individuals with varying degrees of visual impairment, ranging from those who cannot read regular print to those who are totally blind. These services include vocational rehabilitation, independent living services, older blind services, and the prevention of blindness program.*

Society for the Blind and Visually Impaired

Phone: 314-968-9000

Fax: 314-968-9003

8770 Manchester Rd., St. Louis, MO 63144

Website: www.slsbvi.org

Counties Served: St. Louis MO, St. Louis City MO

Description: *Provides a full range of vision rehabilitation services to older adults who are newly losing their vision. Services include a Low Vision Clinic - the Drews Low Vision Clinic, Independent Living and Travel Training, Adaptive Communication (Braille & Computer, Support Groups, and Recreation programs.*

St. Louis Arc

Phone: 314-569-2211

Fax: 314-569-0778

1177 North Warson, St. Louis, MO 63132

Email: eebsworthgoold@slarc.org

Website: http://www.slarc.org

Counties Served: Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Founded in 1950, the St. Louis Arc is committed to providing the highest-quality supports and services for people with developmental disabilities and their families.*

**Washington University In-Home
Occupational Therapy Program**

Phone: 314-362-5079

Fax: 314-286-1601

4444 Forest Park Avenue, Campus Box 8505,
St. Louis, MO 63108

Website: www.ot.wustl.edu

Counties Served: Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Skilled occupational therapists come to your home and work with you to make the changes needed to maximize your independence and safety. OT evaluation and intervention services may include: fall management; home modification and equipment recommendations; low vision OT; improving or sustaining daily activities; and caregiver education. Client does not have to be homebound. Most insurances accepted.*



Illinois Listings

LINC, Inc.

Phone: 618-282-3700 **Fax:** 618-282-2740

1514 S. Main Street, #4, Red Bud, IL 62278

Website: www.lincinc.org

Counties Served: Monroe IL, Randolph IL

Description: *The office is opened Monday through Thursday from 9:00am to 4:30pm. The office provides services to empower those with disabilities to live independently and to promote accessibility and inclusion in all areas of life. Information, referral, advocacy, education, and job training are just a few of the services that are available through this agency.*

LINC, Inc.

Phone: 618-235-9988 **Fax:** 618-233-3729

#1 Emerald Terrace, Ste 200, Swansea, IL 62226

Email: info@lincinc.org

Website: www.lincinc.org

Counties Served: Monroe IL, Randolph IL, St. Clair IL

Description: *LINC is the most recognized voice on disability issues and the local point of contact for people with disabilities in St. Clair, Monroe and Randolph counties. LINC is a not-for-profit agency that provides personalized programs based upon the consumer's needs and offers a variety of other services that promote independent living. The agency also offers community education services.*

Minds Eye Information Service

Phone: 618-394-6444 **Fax:** 618-394-6438

9541 Church Circle Drive, Belleville, IL 62223

Email: mindseye@oblatesusa.org

Website: www.mindseyeradio.org

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

Description: *Minds Eye Information Service is an audio information service provides readings of books, magazines, retail ads, and periodicals to people who are blind, have low vision or a physical disability living in the St. Louis area. The service provided through closed-circuit radio or the internet and is free to listeners.*

RehabCare

Phone: 618-235-6814 **Fax:** 618-235-6872

15 Bronze Pointe N, Suite B, Swansea, IL 62226

Website: www.rehabcare.com

Description: *RehabCare provides aggressive, hands-on therapy to patients experiencing work- and sports-related injuries, pain, joint replacement, trauma, post-surgical conditions and other impairments.*

Support Systems and Services, Inc.

Phone: 618-277-4100 **Fax:** 618-277-4355

900 Royal Heights Rd, Belleville, IL 62226

Email: hartman_sss@yahoo.com

Website: supportsystemsservices.com

Counties Served: Madison IL, Randolph IL, St. Clair IL

Description: *Providing Residential Services for Individuals with a Developmental Disability.*



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