

Outpatient Therapies

Our Specialties

- Pre and Post-Surgical Rehabilitation for Joint Replacements
- Neck & Back
- Shoulder, Elbow, Wrist & Hand
- Hip, Knee, Ankle
- Orthopedics/Sports injuries
- Stroke
- Parkinson's Disease
- Swallowing and Speech Disorders
- Vertigo
- Multiple Trauma



The Area's Most Experienced Team

Whether you're recovering from knee or hip surgery... a back, shoulder or hand operation ... or whether your physician has prescribed Physical Therapy in lieu of surgery, put the area's most experienced name in recuperation to work for you.

Our specialized team is designed to support patients over the age of 50. Working with your physician, they can tailor an individualized, highly effective treatment plan to get you moving again and back to activities you always enjoyed.

Planning for You

Our team begins by identifying your specific needs. We then create an individualized treatment plan, to ensure optimal pain management and tolerance. Our team will work to schedule appointments that are convenient to your lifestyle. Best of all, you'll recover in our state-of-the-art therapy facilities with our attentive, caring staff.

Therapy That Works

Therapy at Good Shepherd Rehab and Wellness is designed to strengthen and treat pain in muscles, nerves, joints, and bones. By using appropriate exercise, manual therapy, electrical stimulation, hydrotherapy, heat, cold and other procedures, we can help you rebuild to better health.

Let Us Help

As a patient, you have the right to choose any medical provider. If your physician has prescribed therapy, why not choose Good Shepherd Rehab and Wellness.... the experienced provider that specializes in adult therapies?

The Difference Is Excellence

Good Shepherd Rehab and Wellness has long held the reputation of providing superb rehabilitation. Our experienced staff, compassionate care and cutting edge technologies offer patients a gentler opportunity to recover through Physical Therapy, Occupational Therapy, and Speech Therapies. Increasing strength, improving endurance and aiding in flexibility are part of what we consider in your unique plan of treatment.

Our State-of-the-Art technology includes:

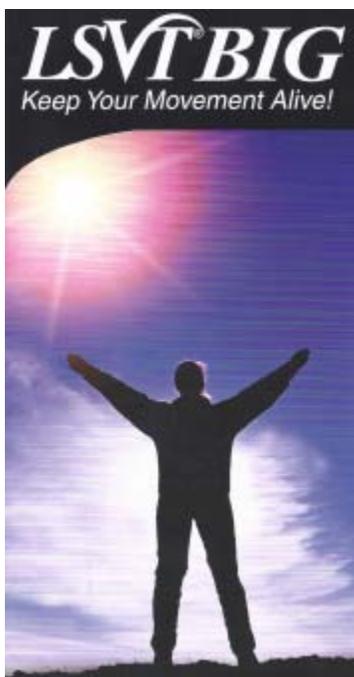
- Keiser strength training equipment
- NuStep cardiovascular training equipment
- Bioness L300 electrical stimulation technology - regain mobility and recapture independence

Scheduling an Appointment

A physician prescription is needed for an appointment and some insurances may require a physician referral.



LSVT Out-Patient Services now offered at Good Shepherd Fairview Home



The Outpatient Therapy Department at Good Shepherd Fairview Home is proud to announce the start of a new program available to those individuals with Parkinson's disease and other neurological disorders. This program includes LSVT BIG™, with treatment provided by our Physical and Occupational Therapists, and LSVT LOUD™, provided by our Speech Therapists. Certified LSVT® therapists are excited to offer this diverse treatment approach to our community. This program is unlike traditional therapy methods and is backed by research and years of support from the National Institutes of Health.

Parkinson's disease is a progressive degenerative neurological disorder affecting more than 1.5 million Americans. Common characteristics of this disease include slowness and smallness of movement, gait or posture instability, tremors, difficulty in speaking and/or swallowing. It is no secret that exercise can improve brain functioning and may slow disease progression. The LSVT® program capitalizes on these concepts and effectively utilizes the principles of motor learning, skill acquisition and neural plasticity to maximize our patient's potential and enable them to participate in daily life as fully as possible.

LSVT® stands for Lee Silverman Voice Treatment. This program originally started in the 1980's as an exercise program of the speech motor system for those individuals with Parkinson's disease. The concepts used in this form of speech therapy (now called LOUD) helped to develop the program which targets motor functioning in individuals affected by Parkinson's Disease (called BIG).

LSVT® is an intensive program designed to challenge the impaired system with focus on teaching individuals the amount of effort required to produce normal movement and/or vocal quality. Improving sensory awareness is an important part of this program in order to help individuals recognize and alter their slow or small movements, or adjust the loudness or quality of their voice. This program will teach individuals to avoid inactivity and establish habits that will support a productive quality of life.

Goals of the BIG program include:

- Improved range of motion
- Fine and gross motor skill development
- Flexibility
- Stronger gait pattern with more fluid movements
- Improved balance
- Improved performance with activities of daily living

Goals of the LOUD program include:

- Improved respiratory function
- Healthy vocal loudness
- Improved laryngeal function and articulation
- Improved intonation

A typical therapy program provided by our LSVT® certified clinician is administered in 16 sessions over a one month period of time. (4 individual sessions per week). Daily carryover assignments and daily homework are also a part of the program. LSVT BIG™ is often recommended as a combined service with your Physical Therapist and Occupational Therapist (2 sessions with PT/week and 2 sessions with OT/week). The qualifications and uniqueness of these 2 professions when combined offer the greatest range and return of functional skills. LSVT LOUD™ is administered by a certified Speech and Language Pathologist only and is at the same frequency as listed above.

"Ever since I have been diagnosed with Parkinson's, I have looked for exercise programs that would enable me to function as normally as possible. Of the myriad of programs and seminars I have taken, the LSVT BIG™ program has been the most beneficial because it is geared specifically toward the disease and the frustrations that go with it. From the cramped writing style, to getting dressed, to turning over in bed, to regaining balance, to the tiny little steps--nothing is left out. The exercises are within the realm of possibility and, in fact, easily become routine. Mobility in the key and this program provides it."

-Good Shepherd Village Resident

Contact us for further information:

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Good Shepherd Communities

Good Shepherd Rehab & Wellness is part of Good Shepherd Communities, which also includes Good Shepherd Fairview Home, Good Shepherd Village at Endwell and Good Shepherd Communities Foundation.

It's All About Living Well!