

Lymphedema Management

How do I know if I have Lymphedema?

Well, you just might if you have swelling...

- called *Chronic Edema* that does not go down at night or with medicine.
- that is hard and your arms or legs feel bulky or heavy.
- has caused a cosmetic deformity.
- with a wound that won't heal.
- with repeated episodes of infections (like cellulitis).
- that you were born with, or have for no known reason.
- that started after:
 - an injury, scarring, or severe burn,
 - radiation and/or surgery on the lymph nodes or
 - after a blood clot (post-thrombotic disorder).



All of our treating therapists are certified and have had advanced training in Complete Decongestive Therapy (CDT), the most effective and least invasive approach recommended by physicians for the treatment of Lymphedema.



Before



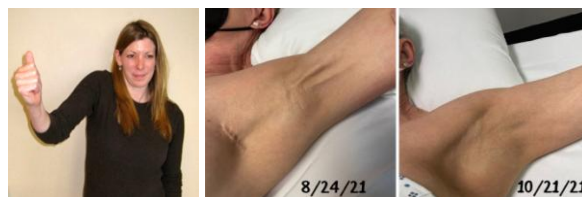
After

Physical and Occupational Therapy

Lymphedema Management
Cancer Related Weakness
Post-Mastectomy
Recovery
Scar / Tissue Mobility
Pain and Neuropathy
Balance &
Mobility

McKenzie Spinal Rehab
Orthopedic Focus
Pre-Op Prep
Post-Surgical &
Injury Recovery
Cupping &
Kinesiotaping
ADL Training

We want to help transition you from sickness toward wellness.



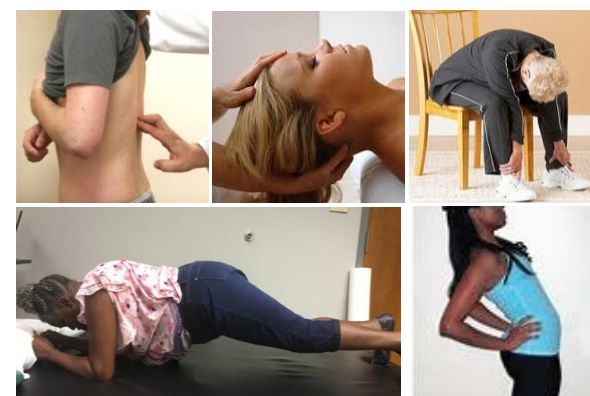
We focus on restoring mobility and improving daily living for people with varying needs.



PT/OT work to reduce chronic swelling, assist during recovery from injury, surgery, illness, or cancer treatment by helping improve joint range of motion, strength and flexibility, decreasing joint pain and restoring better balance and gait.

McKenzie Spinal Rehab

People with neck and back pain get amazing results after seeing our **McKenzie Certified Therapist!** The McKenzie Method of physical therapy empowers you with self-treatment. After a complete evaluation and assessment of the underlying origin of your pain, an individual plan is created for you to decrease your pain and increase your function. Studies show that this treatment method can relieve symptoms in many chronic neck & back pain patients.



Life is a journey...

We want to help you get the most out of it!





Mastectomy Apparel & Specialty Bras

Whether you are recovering from breast cancer surgery, plastic surgery, or just a difficult fit, you will be personally fitted by one of our Mastectomy Prosthesis, Apparel and Specialty Bra Fitters.

We at CARES try to provide the best fit for your body type and physical needs. All fittings are in a private room, and by appointment only, so that we can spend the time needed with you to ensure that you are correctly and happily fit.

We carry bras of all types and breast forms whether you've had a complete, partial mastectomy (lumpectomy) or have an uneven reconstruction.

Custom & Ready to Wear Compression

Sleeves, Hose, Socks, Maternity, Standard Compression, & Night Garments
Lymphedema Supplies



Custom & Specialty items have to be ordered.

A little bit about us...

CARES was inspired by a dream to make a difference. We were opened in 2005 by Debra Taylor, PT/CLT & Liberty Freeman, OTR/L, CLT with the mission to provide hands on treatment and services in a warm and caring environment. Along the way, the clinic grew and added services to meet the needs of those we served. Our PTs & OTs have combined experiences that allow CARES to uniquely do just that and we change lives in the process...

one person at a time.

If you have ever had PT or OT, and they didn't touch you, guide you, teach you so you got better, then they didn't do their job in the best professional manner possible. CARES has always and will continue to do all that... and more. We continue to grow to better ourselves to meet your evolving needs. Our staff is highly trained and the strengths of each staff member complement the others, creating an environment that can take care of the *whole* person... *to get you back into life!*

There is no other place like CARES... anywhere. Until you spend time here, you will not understand the kind, sensitive, and caring environment. Our group works together to treat all those who walk in the door with the same dignity and respect given to our own families. We've built an incredible team of talented people that press for better results and always care that things are done right.

We will motivate you, hold you accountable and hold your hand as you cross *your* finish line.

CARES



HEALTH & WELLNESS

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CaresHealthandWellness.com

Business Hours:

Monday - Thursday 7:30-5:30

Friday - Sunday CLOSED

CARES provides more than you need
to exceed your expectations!

Call for Appointments and Insurance Coverage