

Physical Rehabilitation Services

Beebe Healthcare offers a comprehensive Physical Rehabilitation Services program with locations throughout southern Delaware. Teams of professionals guide patients—through personalized, one-on-one care—in achieving their functional potential so they can enjoy their optimum quality of life. Beebe's Physical Rehabilitation Services Department is comprised of:

PHYSICAL THERAPY helps post-surgical patients and those who have suffered trauma or injury to heal inflammation and restore strength, range of motion, and mobility in cases of:

- Joint replacements or pain
- Parkinson's disease
- Heart failure
- Stroke
- Multiple sclerosis
- Arthritis
- Lymphedema
- Cancer
- Sports injury
- Auto accidents
- Dry Needling and Cupping
- Pediatric Physical Therapy
(see back for additional information)

Therapists also are trained and certified in the "LSVT BIG" protocol to assist in the treatment of patients with Parkinson's disease. Beebe hosts "A Matter of Balance," a community program to help patients improve their balance to avoid falls. Beebe offers specialized Med-X equipment and focuses on core strength training for the reduction of chronic neck and back pain.

OCCUPATIONAL THERAPY is a task-oriented therapy that helps to restore the ability to perform the functions necessary for daily living, including personal self-care and homemaking, as well as work and leisure activities. Treatment is focused on rehabilitation of the problem and prevention of further injury or deformity. Services include:

- Therapy for neurological disorders (stroke, traumatic brain injury, Parkinson's disease, multiple sclerosis, spinal cord injury)
- Hand therapy for traumatic and post-traumatic injuries as well as surgical repairs
- Splinting programs for joint protection, recovery from injury, increased motor function
- Therapeutic approach for upper extremity orthopaedic and nerve impairments
- Treatment for lymphedema
- Functional cognitive treatment
- Ergonomic assessment and treatment
- Driving program in conjunction with Moss Rehabilitation

SPEECH/LANGUAGE PATHOLOGY therapy helps patients improve speech and swallowing abilities that have been impaired in cases of stroke, illness, injury, and cognitive or memory disturbances. Areas of evaluation and treatment include:

- Aphasia, apraxia, and dysarthria treatment for stroke patients
- Cognitive Therapy *(see back for additional information)*
- Voice treatment for vocal nodules and chronic laryngitis
- Swallowing treatment including VitalStim Therapy®
- Lee Silverman Voice Therapy® for Parkinson's patients

For more information on Beebe Physical Rehabilitation Services, please visit our website at www.beebehealthcare.org or call (302) 645-3933.



Physical Rehabilitation Services Locations

To schedule an appointment, call
(302) 645-3933.

GEORGETOWN

21635 Biden Ave., Georgetown
(Rt. 404/18, just west of Rt. 113)

Phone (302) 217-3000

Mon., Wed., Fri., 8:00 a.m. to 4:30 p.m.

Tues., Thurs., 8:00 a.m. to 6:45 p.m.

• Physical Therapy • Occupational Therapy
• Speech/Language Pathology • Dry Needling

MILLVILLE

32566 Doc's Place, Unit 7

(Creekside Plaza, Route 26), Millville

Phone (302) 539-6404

Mon.–Fri., 8:00 a.m. to 4:30 p.m.

• Physical Therapy • Occupational Therapy

• Speech/Language Pathology • Dry Needling

REHOBOTH BEACH

19324 Lighthouse Plaza Blvd

Rehoboth Beach, DE 19971

Phone (302) 260-7346

Mon. & Wed., 7:00 a.m. to 7:00 p.m.

Tues., Thurs., Fri., 7:00 a.m. to 4:30 p.m.

• Physical Therapy • Occupational Therapy

• Speech/Language Pathology • Dry Needling

• Lymphedema Management

• Pediatric Physical Therapy

Physical therapy, occupational therapy, and Speech/Language pathology services are available to homebound patients through Beebe Home Care Services. Call (302) 934-5830.

Get Your Life Back

DRY NEEDLING AND CUPPING

Dry needling is a technique physical therapists use for the treatment of pain and movement impairments. The technique uses a “dry” needle (needle without medication or injection) inserted through the skin into areas of our muscles known as “trigger points.” Dry needling is based on modern Western medicine principles and anatomy. Cupping started gaining in popularity during the Olympics, which highlighted its use as a way to reduce muscle fatigue. Since then, more research has been done on the benefits of cupping. Beebe provides dry cupping for patients. Dry cupping loosens muscles, relieves neck and back pain, encourages blood flow, and, in some cases, reduces migraine pain.

PEDIATRIC PHYSICAL AND OCCUPATIONAL THERAPY

Beebe offers pediatric physical therapy and occupational therapy. Our pediatric therapists work with children and their families to assist each child in reaching their maximum potential to function independently. Our therapists are focused on improving functional independence so that a child can actively participate in home, school, and community environments. Goals of pediatric therapy include:

- Promoting independence
- Increasing child participation
- Facilitating motor development and function
- Improving strength and endurance
- Enhancing learning opportunities
- Implementing strategies/easing challenges associated with daily caregiving

LYMPHEDEMA MANAGEMENT

Lymphedema is the abnormal accumulation of high-protein fluid just below the skin. This accumulation causes swelling or edema in arms or legs, but it may also occur in other parts of the body such as breast, trunk, head/neck, or genitals. Lymphedema usually develops when lymph vessels are damaged either during surgery or from an accident, from infections, or from the removal of lymph nodes.

MAKING AN APPOINTMENT

For Beebe Physical Rehabilitation Services, patients or physician practices can call (302) 645-3933. Physicians should specify treatments on the order, specifically if the physician recommends dry needling, it needs to be listed on the order.

Find Us

(302) 260-7346
19324 Lighthouse Plaza Blvd
Rehoboth Beach, DE 19971

Monday & Wednesday,
7:00 a.m. to 7:00 p.m.

Tuesday, Thursday, & Friday,
7:00 a.m. to 4:30 p.m.

- Physical Therapy
- Occupational Therapy
- Speech/Language Pathology
- Lymphedema Management
- Dry Needling and Cupping
- Pediatric Physical Therapy

Visit www.beebehealthcare.org/physical-rehab-services

