

# ISLAND REHAB NEWS



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## Welcome to Island Rehab

In 1998, Michael S. Brown, MSPT, established Island Rehabilitation Associates. Island Rehab is a non-physician owned practice centrally located in West Hempstead, NY on Hempstead Turnpike. Since 1998, the practice has quickly become the neighborhood rehabilitation facility offering a range of both physical, speech and hearing, and hand therapies. Michael Brown graduated from Long Island University and holds three degrees - two Bachelor of Science degrees and a Master's in physical therapy. He is board certified in physical therapy and specially trained in personal weight and fitness training. Island Rehabilitation Associates specializes in a variety of programs designed to meet the specific

## Our Mission

Island Rehabilitation offers quality, professional services providing all patients with the latest state of the art equipment. At Island Rehabilitation, we understand the pain, stress, inconvenience and setbacks of enduring an injury, whether it is a lifelong or just temporary.

With our compassionate and attentive staff, we meet and fulfill the needs of every patient. The warmth of the office is essential to the rehabilitation process for our patient. Our staff is

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needs of each patient. Our professional staff provides friendly and courteous service to all patients regardless of the nature of their injury or whether the injury is lifelong or just temporary.



professional, courteous and most of all caring.

Every patient receives a comprehensive physical therapy initial evaluation, daily SOAP notes and monthly re-evaluations. Through a comprehensive initial evaluation, our professional team works to identify the problem and implement a physical therapy program designed patient specific to alleviate or correct the problem and prevent re-occurrence.

## Back Pain and How Physical Therapy Can Help You

According to a recent study over 80% of Americans report to have some type of non-specific back pain. Some common problems that may lead to such pain are, the deterioration of spinal discs, nerve or muscular problems, arthritis, or some combination of the above listed ailments.<sup>1</sup> Normally these problems are treated by pain medications which do more to mask the overall problem rather than dealing with the cause of the problem. Today, American's lead increasingly busier lifestyles and it seems as though people are too busy to actually deal with the causes of their pain. Even those people who do seek medical care for their back pain often do not see the results or improvements they had expected when beginning treatment. With all of this being said the real question is, how can physical therapy help you? Physical therapy is neither a miracle cure nor a mask for pain. In order for physical therapy to work properly, one must be willing to put in the time and effort and work with their physical therapist in order to see real results. In fact the wrong types of exercises can often increase and worsen back pain rather than alleviating it.

*"People with non-specific chronic lower back pain want an active role in their rehabilitation"*

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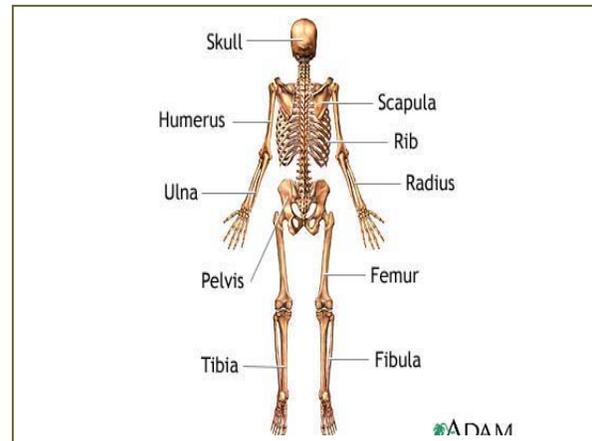
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In a study done by Susan Carolyn Slade of the School of Primary Health Care, Elizabeth Molloy of the Centre for Medical and Health Sciences Education, and Jennifer Lyn Keating of the School of Primary Health Care; Slade, Molloy, and Keating chose to investigate the experiences of patients participating in physical therapy exercises in order to better understand their personal experiences and the benefits they received from the program. In the study, the patients were asked to complete a physical therapy routine and then participated in filling out a questionnaire regarding their experiences.<sup>2</sup> It was found that the patients fell into three major categories, those who became engaged with their physical therapist in the health care process, those who insisted that they knew their own body better than anyone else and were skeptical about taking advice from their physical therapist, and those who took a complete back seat to their physical therapist and expected their physical therapist to guide them completely.<sup>3</sup> The results of the study showed the researchers that, "people with non-specific chronic lower back pain want an active role in their rehabilitation."<sup>4</sup> In conclusion, the researchers found that there is a gap between physical therapists and their patients and it is this gap which not only deters patients from continuing their treatment but truncates the effects of their treatment if in fact they do decide to continue.<sup>5</sup> At Island Rehab we strive to overcome this gap to better assist our patients in their recovery and have adopted a willingness to listen and work with our patients throughout their treatment process.

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## Physical Therapy Programs

Here at Island Rehab we offer a variety of different physical therapy programs in an effort to work closely and personally with each patient in order to design a plan to effectively manage their pain. Island Rehab specializes in musculoskeletal and neurological disorders for both adults and children, specifically in the treatment of Osteoarthritis, post operative care, total and partial joint replacement, neck and back pain, sports injuries, stroke/CVA, Multiple Sclerosis, Parkinson's Disease, and Cerebellar Degeneration/Ataxia. We also provide cardiac rehabilitation, wellness and weight loss programs, and personal training. We have a variety of different programs in place to treat various ailments and these physical therapy programs include: therapeutic exercises, flexibility exercises, kinetic exercises, manual therapy, Gait training, ultrasound/phonophoresis, whirlpool, massage,



hot/cold therapy, paraffin wax treatment, cardiac rehabilitation phase 4, body mechanics therapy, and postural training.

## Speech and Hearing Programs

Housed within Island Rehabilitation is West Hempstead Speech and Hearing. West Hempstead Speech and Hearing was created to provide quality speech and language services to a large variety of people who experience numerous speech and language disorders. The service specializes in providing care to a wide range of age groups including pediatrics and geriatrics. West Hempstead Speech and Hearing encourages parents/caregivers to play an active role in the therapy process from the time of the evaluation and throughout the course of treatment and should help to carry over accomplishments achieved during sessions to the home environment. By doing so, the parent/caregiver allows for progression in care as well as helps to

reinforce what is taught during sessions at home and during daily activities. West Hempstead Speech and Hearing can provide complete speech and language evaluations including written reports and can offer personal and individualized therapy plans and goals. As well as one on one therapy sessions we use our programs to ensure involvement by both parents and caregivers and part of the treatment process. West Hempstead Speech and Hearing offers a variety of treatment options including: diagnostic evaluations, receptive language teaching, auditory processing, expressive language teaching, articulation/phonology training, accent reduction, oral motor strength/myofunctional therapy, pragmatics, fluency, and provides care for voice disorders.

# Hours of Operation and Directions

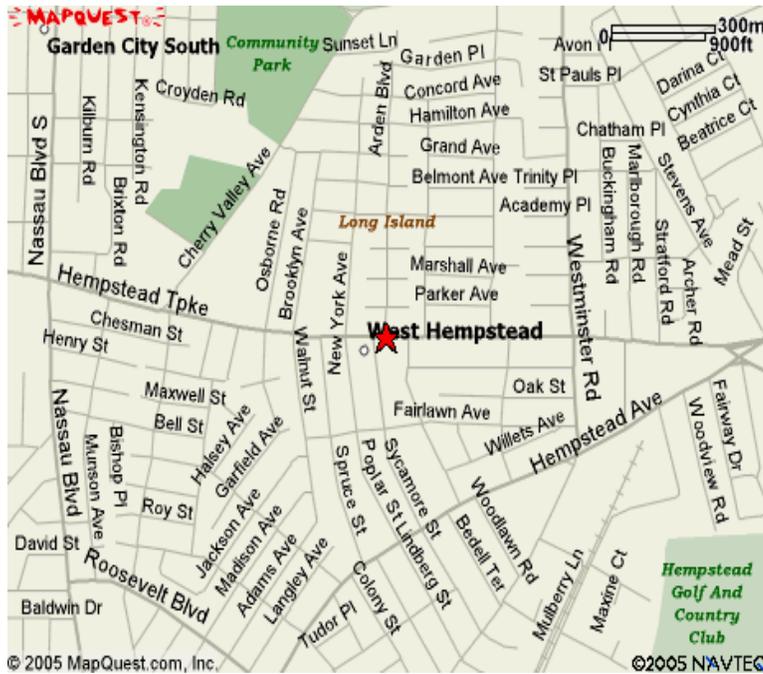
## Office Hours:

Monday – Friday

8AM – 7PM

Saturday and Sunday

9AM – 2PM



## Participating Insurance Companies

- Empire Blue Cross Blue Shield
- Empire Plan
- Empire Senior Plan
- GHI
- HIP Health Plans (Speech Therapy ONLY)
- Horizon Healthcare of NY
- Local 1199
- Magnacare
- Medicaid
- Medicare
- Multiplan
- Oxford Health Plans
- PHS
- Prudential
- United Healthcare
- No Fault & Workman's Comp

(Most other major insurance companies accepted, please call if you do not see your insurer listed above)

### Endnotes:

1. [www.webmd.com](http://www.webmd.com)
2. Slade, Susan Carolyn, Jennifer Lyn Keating, and Elizabeth Molloy. 2009. "'Listen to me, tell me': a qualitative study of partnership in care for people with non-specific chronic low back pain." *Clinical Rehabilitation* 23, no. 3: 270–280. *Academic Search Premier*, EBSCOhost (accessed February 25, 2009).
3. Slade *ibid*
4. Slade *ibid*
5. Slade *ibid*

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[www.shopgbg.com/island](http://www.shopgbg.com/island)