

## Functional Dry Needling

Functional Dry Needling is a therapeutic technique that uses thin monofilament needles to treat muscle trigger points, which are creating pain and discomfort.

Dry Needling is a natural extension of the quality hands-on therapy. To be effective, Dry Needling should not be performed as an isolated treatment, but as part of a comprehensive care plan; it is another very specific tool used to reduce pain and help patients better tolerate their physical therapy and tailored exercise plan.

Successful Dry Needling must be administered by a highly skilled manual therapist, with advanced training in anatomy and musculoskeletal function and dysfunction. Dry Needling will not replace the hands on approach to your physical therapy treatment, but will be used as an adjunct to our current level of care.

Learn more about Functional Dry Needling by visiting [www.lchcia.com](http://www.lchcia.com) or ask about it at your next appointment!

## Contact Us



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1200 North 7th Street  
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[www.lchcia.com](http://www.lchcia.com)

# Physical Therapy



LUCAS **LC** COUNTY  
HEALTH **HC** CENTER

An Affiliate of  UnityPoint Health

[www.lchcia.com](http://www.lchcia.com)

## Our Services

Whether you are recovering from surgery, injury, illness or stroke, we can help you regain your mobility, strength, and daily function.

Physical Therapy services at LCHC provide relief from pain for patients who suffer from headaches as well as acute or chronic pain in the back, neck and joints. Therapy also benefits patients who have suffered neurological conditions such as stroke, spinal cord injury, and traumatic brain injury, as well as more chronic conditions such as Parkinson's and Multiple Sclerosis.

Physical Therapy provides successful treatment of illness and injury, including post-surgical therapy to help patients regain mobility and strength following joint replacement surgery (knees, hips, and shoulders), spinal surgery (neck and back), and surgery to repair rotator cuff, ACL, and meniscus.

Patients suffering from incontinence, balance deficits, and various forms of dizziness may also find Physical Therapy to be beneficial to their health and well-being.

Additionally, we are happy to provide initial assessment for the eligibility of powered mobility and other durable home medical equipment and advise on appropriate equipment and specifications for patient use.

## Occupational Therapy

LCHC Occupational Therapy offers a wide range of treatment options for patients who have sustained an injury or suffer from a debilitating illness.

### Upper Extremity & Hand Rehabilitation:

Upper extremity and hand rehabilitation focuses on functional recovery from an injury, surgery, or degenerative disease process. Treatment includes an individualized plan to help focus on gaining motion, strength, and coordination, as well as decreasing pain in the injured area. This, in turn, will improve independence with daily home and work activities.

### Lymphedema Treatment:

Common causes of lymphedema include surgery, trauma, and radiation in a lymph node region. LCHC has a certified lymphedema therapist who can help reduce swelling with lymphatic drainage, compression bandaging, skin care, and exercise programs.

### Activities of Daily Living Recovery:

Our Occupational Therapist is a trained professional who can assist an individual as they regain their independence in activities of daily living such as dressing, bathing, personal hygiene, feeding, toileting, cooking, and cleaning. Our occupational therapist will assist in modifying, as necessary, and restoring independence through patient and caregiver education, training in adaptive equipment use, home modifications, and task simplification.

## Physical Capacity Profile (PCP) Testing

LCHC offers the Physical Capacity Profile (PCP) Testing System to employers as a way to assist in hiring employees for job functions that best match their physical capacity. This, in turn, helps lower worker's compensation claims from injuries due to job tasks that aren't adequately suited to an employee.

## Speech Therapy

LCHC Speech Therapy offers assistance to patients in regaining communication skills that are diminished due to stroke, injury, or other illnesses. Our speech and language pathologist is specially trained to assist patients in recovering their speech, voice, and language capacities. Swallow studies and therapies are also available.

"I hope that I would enable my patients to regain functional use in the areas of speech cognition or swallow strength. I try to motivate them through humor, patience, and encouragement of their efforts."

Ted Roush is from Pella, Iowa. He attended Central College in Pella as well as Iowa State University and received his masters degree from the University of Northern Iowa. Ted travels to various facilities providing speech therapy services.