

Rehabilitation Services

Regaining Independence, Rebuilding Lives

Memorial Rehabilitation at Long Beach Memorial offers a continuum of rehabilitation services provided by many of the area's finest rehabilitation specialists, making it one of Southern California's most respected rehabilitation centers. Memorial Rehabilitation is also accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). The goal of Memorial Rehabilitation is to help persons with disabilities regain independence and rebuild their lives in an environment where loved ones are involved in the rehabilitation process.



Inpatient Rehabilitation Facility

Phone: (562) 933-9001

Fax: (562) 933-9019

Managing rehabilitation after catastrophic injury or disabling disease is a team effort. Our interdisciplinary team helps each patient achieve the highest level of recovery and independence. Each treatment plan implements individualized, goal-oriented rehabilitation in the most cost-effective manner with a minimum of three hours of therapy at least five days per week. The rehabilitation team of physicians, nurses, case managers, social workers, neuropsychologists, physical therapists, occupational therapists, speech-language pathologists and recreation therapists work together with the patient, family and caregivers in individual and group treatment settings to promote a patient's return to home and community. Persons with the following medical/surgical illnesses or injuries benefit from these services including, but not limited to:

- Stroke
- Neurological Disorders
- Bilateral Knee/Hip Replacements
- Brain Injury
- Arthritis/Femur Fracture
- Major Multiple Trauma
- Burns
- Spinal Cord Injury
- Severe/Complex Arthritis with Functional Impairment
- Amputation

Transitional Rehabilitation Services

Phone: (562) 933-1680

Fax: (562) 933-1693

As the only program of its kind in the area, Transitional Rehabilitation Services (TRS) incorporates an interdisciplinary treatment approach where each client is assigned an experienced rehabilitation team. TRS helps clients with a variety of neurologic injuries, including spinal cord injury, traumatic brain injury, cerebral vascular accident, anoxia and brain tumor. The TRS team provides clients with the necessary daily structure they need to achieve personal goals. These goals, set by the client and rehabilitation team, are directed toward increasing or improving mobility and maximizing independence. All participants work on increasing self-confidence, self-reliance and adjustment to disability. Possessing these qualities is crucial to successful reintegration into the community.

After an injury, clients and their families are often overwhelmed as they deal with day-to-day practical challenges of living in an environment not adapted to their physical limitations. Our services are designed to help them make this next step in recovery. We achieve this by:

- Emphasizing training in real-world settings. Therapists use the TRS house (a fully-furnished house in Long Beach), venues throughout the community and the client's actual home and workplace as applicable to reach goals. Clients and their families practice recommended techniques with therapists until they become familiar.
- Empowering clients and their families. Clients and their families are actively involved in all aspects of treatment.



LONG BEACH MEMORIAL
MEDICAL CENTER

MEMORIAL REHABILITATION

A MemorialCare® Medical Center

562.933.WAVE
memorialcare.org/lbrehab

Rehabilitation Services

Balance and Vestibular Clinic

Phone: (562) 933-WAVE

Fax: (562) 933-9018

The Memorial Balance and Vestibular Clinic designs individualized treatment programs to improve balance, reduce fall risks, limit dizziness and increase functional mobility. A health care team certified in balance and vestibular (inner ear) dysfunction provide testing as appropriate to identify the cause of a balance problem. A community balance exercise class for graduates of the program is offered to help maintain functional accomplishments. Long Beach Memorial's outcome data demonstrates that at least 90 percent of individuals identified at risk for falling are no longer at risk after completing their rehabilitation program.

Outpatient Lymphedema Program

Phone: (562) 933-WAVE

Fax: (562) 933-9018

Lymphedema is a condition in which a part of the body, most often the arms or legs, become severely swollen due to an accumulation of protein rich fluid. Lymphedema can be a complication from cancer treatment or a congenital circumstance. If left untreated, lymphedema can lead to chronic pain, infections, limb loss or angiosarcoma, a highly malignant condition. Lymphedema symptoms include pain, decreased range of motion, decreased limb strength and decreased functional abilities. Our staff of licensed physical therapists are certificated in Complete Decongestion Therapy (CDT). CDT is the most clinically proven therapy for lymphedema.

Outpatient Neuro Rehabilitation Services

Phone: (562) 933-WAVE

Fax: (562) 933-9018

Neurological injuries affect thousands of people each year. Whether the injury is from a recent stroke, trauma to the spinal cord or a progressive disorder such as multiple sclerosis, neurological impairments can significantly decrease independence in daily activities and limit mobility. However, with the appropriate rehabilitation program, changes can be made to improve physical, functional, cognitive and swallowing ability. A multi-disciplinary team of physical therapists, occupational therapists and speech-language pathologists provide rehabilitation through Outpatient Neuro Rehabilitation Services to improve independence and safely assist individuals in leading an active life. Services include:

- Functional electrical stimulation (FES) using the NESS H200™ hand rehabilitation system and NESS L300™ foot drop system by Bioness®
- Wheelchair evaluation for long-term wheelchair use requiring high-tech analysis of seating systems, and evaluation for proper chair fit and type
- The Walking Recovery Program is an activity-based therapeutic program utilizing advanced technologies and applying innovative principles of recovery for persons with injury or disease of the central nervous system.
- Specialized speech and physical therapy for persons with Parkinson's disease using LSVT® Big and Loud treatment techniques and other interventions
- Dysphagia (swallowing) evaluation utilizing table top evaluation, Oral Pharyngeal Motility Studies (OPMS) and treatment as indicated by the expert team of rehabilitation specialists
- Assistive communication device evaluation for persons who are unable to effectively communicate using voice



Outpatient Pulmonary Rehabilitation

Phone: (562) 933-LUNG

Fax: (562) 989-2469

Pulmonary rehabilitation is an outpatient program designed to help persons with chronic breathing disorders gain better control over breathing and improve their pulmonary health. Studies have proven that persons with chronic lung disease who complete a pulmonary rehabilitation program experience a decrease in pulmonary symptoms, hospital and emergency room visits and lead a more active lifestyle. Continuing a regular exercise routine is key to maintaining good pulmonary health. Upon completion of the Pulmonary Rehabilitation Program, each participant is given an individualized home exercise program. The program also offers a monthly support group and maintenance exercise class to support a patient's efforts of maintaining their exercise programs and lung health. The maintenance exercise program is available for a small fee.