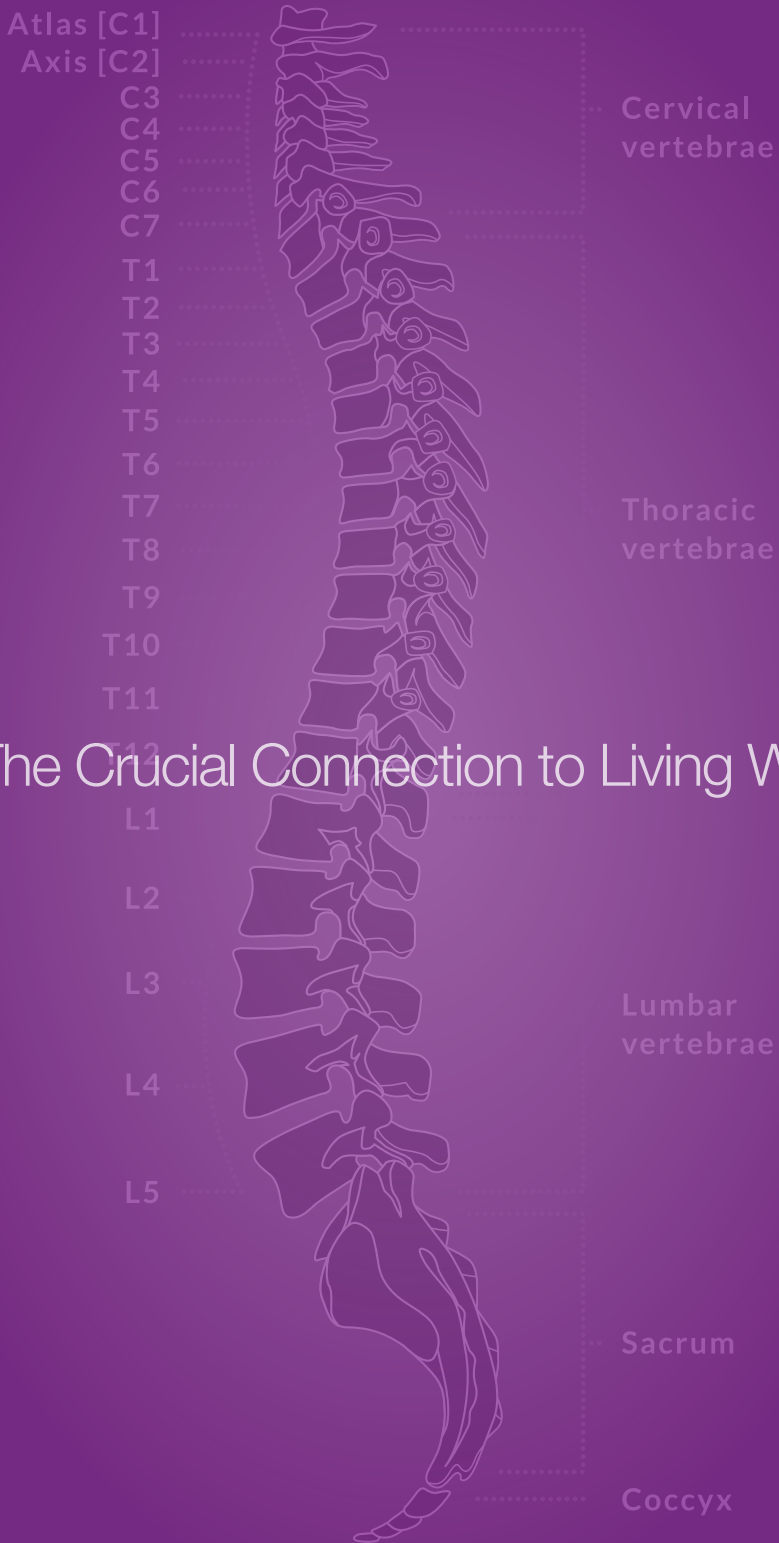


Your Support System

Proactive Spine Care Program



A Proactive Plan for Healing™



The Crucial Connection to Living Well

Getting Back to a Better Life.



Almost everyone experiences back pain sometimes—but for some people, it becomes a serious barrier to living well. For both surgical and non-surgical patients, Paradigm HomeCare has the expertise to enhance rehabilitation, including experience in the newest therapy interventions. Our Proactive Spine Care Plan can help get patients back to the lives they love by focusing on clear goals:

Control and minimize pain

Promote optimum healing

Regain strength, balance, and mobility

Eliminate fatigue

Improve spine stability and protection

Resume normal activities safely

Common Diagnoses & Procedures

Paradigm's Proactive Spine Care Plan can be customized for patients recovering from a variety of surgeries or diagnoses:

Procedures

Lumbar fusion and non-fusion

Cervical fusion and non-fusion

Kyphoplasty

Vertebroplasty

Injection procedures

Diagnoses

Stenosis

Degenerative disc disease

Radiculopathy

Spinal instability

Spasticity

Mechanical disorders
(Loss of motion, postural weakness, gait deviations, etc.)

Osteoporosis

Arthritis

Adult scoliosis

Our program takes a direct, three-step approach to rehabilitation:



STEP 1 Evaluate and formulate.

Rehabilitation begins with a thorough Physical Therapy Evaluation. The therapist will discuss the condition with the patient and formulate a set of customized goals. Once those goals are established, specific steps can be outlined for reaching them.



STEP 2 Training for progress.

Answers for pain.

Following the interventions identified during the evaluation, the therapist will work with the patient to achieve specific goals. In addition to providing hands-on therapy, the therapist may also help the patient learn:

Self-help care for back and neck pain:

Use of heat and cold

Use of TENS (transcutaneous electrical nerve stimulation)

Gravitational traction

How to improve muscular control in the rest of the body

How to use stabilizing muscles for optimum spine protection

The importance of postural positions to strengthen postural muscles

These steps will help the patient realize improved balance with the spine functioning as the body's anchor, as well as increased walking distance, sitting tolerance, and overall activity levels with less or no pain.

All the interventions and goals will focus on pain management and maximal recovery of the healing structures (muscles, ligaments, bones).



STEP 3 Sharing our strength.

The ultimate goal of our Proactive Spine Care Plan is to equip patients and their caregivers with the skills to self-manage the problem. Throughout the course of the rehabilitation, we place priority on sharing our expertise—what we're doing and why we're doing it. At the end of the program, the patient will understand how to:

Relieve pain

Maintain strength and balance

Unload and protect the spine

Live more confidently

Perform everyday activities safely

A healthier spine can be the crucial connection to real quality of life. To learn more about Paradigm HomeCare's Proactive Spine Care Plan, call or visit us online today.



Connecting with Care

Service Areas

Paradigm provides home care throughout the following Texas counties:

Anderson	Franklin	Morris	Upshur
Camp	Gregg	Rains	Van Zandt
Cherokee	Henderson	Rockwall	Wood
Collin	Hopkins	Rusk	
Dallas	Houston	Smith	
Denton	Kaufman	Titus	

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777 South Broadway, Suite 200, Tyler, TX 75701

t: 903.581.1223 | f: 903.581.1253

DFW OFFICE

2000 N Central Expressway, Suite 105, Plano, TX 75074

t: 972.422.0033 | f: 469.736.0068

Traditional Medicare pays 100% for all physician-ordered home healthcare. Call **888.581.1223** for your **IN-HOME EVALUATION** today.

Recognized among the top in Healthcare

Year after year, Paradigm HomeCare has consistently been recognized and distinguished among the top home health agencies in the U.S. for efficient delivery of high-quality patient care, improved patient outcomes, reduced hospital and ER visits, and overall patient satisfaction.

Please visit www.medicare.gov/homehealthcompare to view our ratings and scores.

