



A GUIDE FOR PROVIDERS

## Mellen Center Neurorehabilitation and Spasticity Clinic

Neurorehabilitation services at the Mellen Center focus on symptomatic treatments and rehabilitation interventions to improve spasticity and optimize function in adults with conditions of the central nervous system, including multiple sclerosis, stroke, cerebral palsy, motor neuron disease, brain injury and spinal cord injury. Our multidisciplinary team includes physiatrists, nurses, advance practice clinicians, physical therapists, an occupational therapist and a speech language pathologist.

Services offered include:

**Spasticity clinic:** Potential treatment modalities include physical therapy and/or occupational therapy, oral medications, botulinum toxin therapy and intrathecal therapy.

**Exercise programs:** Exercise has proven to be beneficial in many CNS conditions. However, the type, frequency and duration of exercise vary widely depending on the individual's needs and limitations. Our therapists can design and train patients to perform customized exercise programs in the clinic, in conjunction with a local fitness center or at home.

**Activities of daily living (ADLs):** Our occupational therapist can help maximize a patient's ability to perform a wide range of activities such as dressing, bathing, eating, writing, preparing meals and housekeeping. Interventions include task-specific training, recommendations for assistive devices or special

equipment, and advising on home modifications when needed. The occupational therapist can also help identify the need for driving adaptations (such as hand controls, left foot accelerator, etc.).

**Gait and balance training:** Our physical therapists have developed batteries of tests and use sophisticated equipment (such as gait and balance analysis systems, instrumented treadmills and a virtual reality system) to address a variety of balance and gait issues. In addition to training and exercise, our PTs assess the need for assistive devices for safe and efficient mobility.

**Braces, splints and assistive devices:** A number of devices are available to optimize comfort and function. Our therapists help determine which ones would be helpful to individual patients and provide the proper training. In addition, our occupational therapist can create custom upper extremity splints and braces.

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**Fatigue management:** Fatigue is an issue in many CNS disorders, particularly in MS. Our occupational therapist teaches a variety of strategies to manage energy levels more effectively throughout the day. Evidenced-based exercise programs may also be developed, which have been shown to help decrease the level of fatigue.

**Management of cognitive issues:** Our therapists can provide cognitive training (strategies to increase patient cognitive functioning) and teach compensatory strategies (modification of tasks to adapt to the dysfunction) to patients with a range of cognitive issues.

**Speech rehabilitation:** Our speech language pathologist can evaluate speech production, comprehension and strength/coordination of facial muscles, as some patients with CNS disorders may experience dysarthria (slurred speech) or aphasia (difficulty finding or understanding words). Interventions include techniques to maintain and improve speech production and clarity and/or finding the most effective means of communication.

**Evaluation for dysphagia:** Our speech language pathologist can evaluate swallow function and make recommendations on swallowing techniques and modified food consistencies, or recommend further testing.

**Wheelchair and seating evaluations:** Some of our therapists have completed specialty training and have extensive experience in this area. They work with you, your patients, wheelchair vendors and insurance companies to ensure that patients find a manual or power wheelchair that is right for them.

Manual or power wheelchairs are typically covered by insurers if the patient needs to use the wheelchair to perform activities of daily living inside their home such as bathing, dressing or moving around the home safely. Insurers typically do not cover wheelchairs for use exclusively outside the home such as shopping or visiting a park. Patients are able to obtain a wheelchair or scooter by paying out-of-pocket if their insurance company does not provide coverage.

**Functional Capacity Evaluation (FCE):** This type of evaluation, which consists of one three-hour session, helps define a patient's ability to function at work. The recommendations from the FCE can assist employers in making accommodations and can help document limitations for disability claims.

### What can providers expect from this program?

Our therapists work closely with patients to set up goals and develop a rehabilitation program that meets their needs. Developing a program to meet these needs is a team effort among you, your patient, the therapist and family members or caregivers. You will receive a copy of your patient's detailed rehabilitation plan, as well as access to progress notes so you can stay up-to-date on your patient's progress.

### Location

The Mellen Center for Multiple Sclerosis Treatment and Research is conveniently located on Cleveland Clinic's main campus, in a freestanding building separate from the hospital's busiest areas. The building is easily accessible and located on the corner of East 89th Street and Euclid Avenue. Parking is available in front of the building, which is wheelchair accessible.

Building U – Mellen Center  
1950 East 89th St.  
Cleveland, Ohio 44195

### Staff Listing



**Francois Bethoux, MD**  
*Director, Mellen  
Center Rehabilitation  
Services*  
Physiatrist



**Juliet Hou, MD**  
Physiatrist



**Keith McKee, MD**  
Physiatrist



**Mary Alissa Willis, MD**  
Neurologist

### Patient Referral

Cleveland Clinic welcomes the opportunity to partner with you in caring for your patients. To refer a patient to the Mellen Center Neurorehabilitation and Spasticity Clinic, please call **216.445.7132**. For general questions, call **216.444.9969** or visit us online at [clevelandclinic.org/mellen](http://clevelandclinic.org/mellen).