



### Schedule an appointment

For Cleveland Clinic patients wishing to schedule a physical or occupational therapy session, please speak with your Cleveland Clinic neurology provider and then call us at 702.483.6000 and select the “schedule appointment” option. To register for exercise class, call 702.483.6032.



## Lou Ruvo Center for Brain Health Neurorehabilitation Program

### Neurorehabilitation (PT and OT)

At the Lou Ruvo Center for Brain Health in Las Vegas, our board certified specialists use cutting-edge technology and customized exercises during one-on-one individualized treatment sessions.

Our physical (PT) and occupational therapy (OT) programs are specifically tailored to the needs of those experiencing the effects of brain disorders. By incorporating patients’ interests and hobbies and offering socially enriching experiences, we work to increase our patients’ mobility and agility while decreasing fatigue and falls.

Our goal is to leverage research, provide expert care to patients and their caregivers, and empower patients to live as independently as possible.



### Preparing for your visit

Participation in rehabilitation is an active process, so patients should be appropriately dressed to demonstrate their strength, endurance and functional capabilities in comfort.

**More information is online at [clevelandclinic.org/Nevada](https://clevelandclinic.org/Nevada).**

Thanks to a grant from the E. L. Wiegand Foundation, the Lou Ruvo Center for Brain Health expanded its neurorehabilitation program by adding new equipment to both physical and occupational therapy programs.







## Physical Therapy

People with brain disorders often limit activities and forget to move. Yet when we don't use it, we lose it. At the Lou Ruvo Center for Brain Health, physical therapists utilize a variety of treatment techniques, cutting-edge technology and evidence-based practices during individualized treatment sessions in order to optimize recovery and achieve the highest possible level of function. Interventions include:

- Aerobic conditioning
- Caregiver training
- Comprehensive balance testing and training
- Flexibility and strength training
- Individualized home exercise programs
- Partial body weight-supported treadmill training
- Functional mobility training
- Wheelchair assessments

We offer a comprehensive brain health exercise program — featuring one-on-one PT as well as group exercise classes — for patients with degenerative brain diseases, including memory impairment, Parkinson's disease and multiple sclerosis.



## Occupational Therapy

Occupational therapists work with patients and their caregivers to improve an individual's ability to perform everyday activities with greater ease, satisfaction and independence through education and physical and/or cognitive interventions. Occupational therapy at the Lou Ruvo Center for Brain Health is recommended when symptoms arising from cognitive issues, fatigue, or physical impairment make it difficult for an individual to perform:



- **Activities of daily living:** Bathing, dressing, grooming, driving, self-feeding and toileting
- **Home management tasks:** Preparing meals, cleaning or doing laundry, managing medication
- **Work-related tasks:** Typing, dialing or manipulation requiring fine motor skills

If you are experiencing decreased independence with self-care as a result of fatigue, memory or concentration impairments, or physical decline, ask your doctor how an occupational therapist might help.



## Group Exercise: One Concept. Two Options

The Lou Ruvo Center for Brain Health offers twice weekly group exercise classes conducted by neurorehabilitation therapists. There are two levels of classes:

- One for those who can exercise while standing;
- Another for those who prefer to remain seated

Participants enjoy socializing with others in the group and really enjoy the activities. They have more energy and are better able to get out into the community, take walks and go shopping.

Family or caregivers are encouraged to attend exercise classes with participants and learn exercises they can do together safely at home.

## Boxing for Parkinson's Disease

A national evidence-based program, Rock Steady Boxing brings boxing-style training to people with Parkinson's disease. In a study of Rock Steady Boxing, participants who complete 12 weeks of training had measurable improvements in gait, balance and quality of life. Boxing addresses more than 20 different areas affected by Parkinson's, including agility, coordination and mental focus. Boxing is empowering and helps relieve depression.



Starting in 2014, the Lou Ruvo Center for Brain Health's Rock Steady Boxing classes have been held twice weekly at the Richard Steele Boxing Club in Las Vegas. A retired boxing referee who has been inducted into the International Boxing Hall of Fame, Mr. Steele, now a certified Rock Steady Boxing trainer, assesses prospective participants and teaches classes in conjunction with his staff.