Neurorehabilitation Services at the Mellen Center

What is neurorehabilitation?
Neurorehabilitation refers to specialized rehabilitation for the symptoms and functional limitations related to conditions that affect the nervous system. Neurorehabilitation has been shown to be effective in people with multiple sclerosis.

Neurorehabilitation services at the Mellen Center are provided by the following clinicians:

- Physiatrists (physicians that specialize in physical medicine and rehabilitation)
- Advanced practice clinicians (APCs)
- Nurses and nurse practitioners
- Physical therapists (PTs)
- Occupational therapist (OTs)

Other rehabilitation services are available at the Cleveland Clinic, including speech therapy, driver rehabilitation, and vocational rehabilitation.

What types of services are offered by the neurorehabilitation team at the Mellen Center?
Examples of services offered by the Mellen Center neurorehabilitation team include:

- **Spasticity clinic**: When spasticity is bothersome and interferes with activities, a comprehensive treatment plan can be initiated. This includes consultations with a physiatrist, follow-up visits with the nursing staff, APCs, and PT and/or OT sessions. Potential treatment modalities include oral medications, botulinum toxin therapy, and intrathecal therapy, depending on your specific needs.

- **Medical management**: This service includes oral medicines, injections, and infusion pumps.

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

- **Physical therapy**:
  
  - *Exercise programs*: Exercise has proven to be beneficial in MS, particularly to fight chronic fatigue and to improve mobility. However, the type, frequency, and duration of
exercise vary widely depending on the individual’s needs and limitations. Our PTs can design and train you to perform customized exercise programs at home.

- **Walking safety**: If you have fallen or if you experience unsteadiness, a PT can teach you ways to walk safely and recommend simple devices needed to reduce the risk of falling.

- **Gait and balance training**: Our PTs have developed batteries of tests and use sophisticated equipment to address a variety of balance and gait issues.

- **Braces and functional electrical stimulation for foot drop**: A number of devices are available to improve gait pattern. Our PTs can help determine which ones would be helpful to you, and train you in their use.

- **Functional Capacity Evaluation (FCE)**: This type of evaluation, which consists of one 3-hour session, helps define your ability to function at work. The recommendations from the FCE can assist your employer in making accommodations. If you are unable to maintain employment due to your MS symptoms, the results of the FCE can help document your limitations for your disability claim.

### Occupational therapy:

- **Activities of daily living (ADLs)**: An OT can help you maximize your ability to perform activities such as dressing, bathing, eating, writing, preparing meals, and housekeeping. In addition to specific training, an OT can instruct you in the use of adaptive equipment, and can recommend modifications within your home to make it easier and safer to function on a daily basis.

- **Splinting or bracing for the hands and arms**: Our OTs can create custom splints and braces to help maximize the comfort and/or function of your arms and hands.

- **Energy conservation**: Do you get tired completing basic tasks around the house? If so, an OT can offer many suggestions on how to manage your energy more effectively throughout the day.

- **Memory problems**: If you are experiencing problems remembering your appointments, taking your medications, or paying your bills on time, our OT may be able to help you develop a more effective system, and can provide memory training.

### What can I expect from my rehabilitation program?

Your therapist will work closely with you to set up goals and develop a plan for your rehabilitation program that meets your needs. For many people, this consists of only one or two visits so that a home program may be developed. For others, more visits are necessary if a home program is not enough to meet the needs of a patient. You might also be involved in research protocols.

Developing a program to meet these needs is a team effort among you, your therapist, and your doctor. Your family or caregivers are also an important part of this team.

### Will the therapist communicate with my health care professional?

Your doctor or health care provider will receive a copy of your detailed rehabilitation plan. Mellen Center physicians can also
access your progress notes at any time so they can stay up-to-date on your progress. The therapists work together with the physicians and nurses every day, so concerns that come up can be easily addressed. This multidisciplinary "team approach" to your care is one of the cornerstones of the Mellen Center.

**How do I schedule these appointments?**
An appointment with a PT or an OT requires a referral from a physician. Once you have a referral, you may schedule an appointment by calling the Mellen Center appointment desk at 216.444.8600. For services that are available at Cleveland Clinic but are not located within the Mellen Center's building, please refer to the phone number listed next to that service.