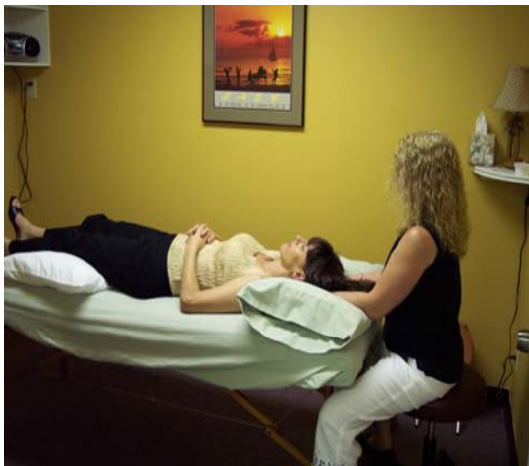




Seabreeze

Physical Therapy

# Fibromyalgia



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ST PETERSBURG FLORIDA  
33707

*Relief, Recovery, Rehabilitation...*

**Fibromyalgia:** This is a chronic pain disorder that can be felt in the muscles and the joints and can become more debilitating over time. There is no specific test to diagnose this condition however it often occurs following a trauma or stressful period in ones life. Therapy can provide pain relief as well as postural retraining, strengthening and relaxation techniques to restore quality of life.

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33707

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## PHYSICAL THERAPY PRESCRIPTION

\_\_\_\_\_  
(Patients Name)

Phone: \_\_\_\_\_

DX: \_\_\_\_\_  
\_\_\_\_\_

Precautions: \_\_\_\_\_  
\_\_\_\_\_

- Evaluate and Treat
- Frequency \_\_\_\_\_ x`s/wk  
Duration \_\_\_\_\_ wks

Signature \_\_\_\_\_  
(physicians signature)

Date: \_\_\_\_\_  
\_\_\_\_\_

(physicians Name)

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**Orthopedic Physical Therapy:** This includes any type of musculoskeletal pain or injury. Our expertise in manual therapy enables us to treat spinal injuries to the neck and back areas as well as post-operative or post-fracture cases.



**Sports Injuries:** We are equipped to progress the injured athlete from the initial time of injury to return to play. Our staff is experienced in the rehabilitation of athletes on all levels from the weekend warriors to the professionals.



**Temporomandibular Joint Dysfunction:** This type of dysfunction refers to pain in the TMJ or jaw region that can also be related to headaches, ear pain and neck pain. Seabreeze provides a relaxing environment for decreasing pain and learning stress management techniques.



**Osteoporosis/Osteoarthritis/**

**Osteopenia:** These conditions are progressive in nature however many of the more debilitating effects can be prevented with regular exercise specific to the individual's needs.



**Pelvic Floor Disorders: Male and female** Incontinence, interstitial cystitis, pelvic pain, abdominal pain, recurrent bladder infections, and painful sex can all be associated with weakness and or spasms of the pelvic floor muscles. These problems can occur at various phases in our lives including pre-post partum, post abdominal surgery, post prostate surgery changes in hormonal levels and changes in activity level. Treatment includes manual therapy techniques for muscle relaxation, strengthening of the pelvic floor forms through exercise and biofeedback, electrical stimulation and relaxation techniques.

**Peripheral Neuropathy:** Poor sensation in the feet either from diabetes, disease or injury can result in decreased strength and loss of balance as the patient becomes less active. We provide the latest technology for increasing sensation in the limbs as well as decreasing the pain. We utilize infrared light therapy which research has shown to release nitric oxide that is proven to have positive effects on circulation, sensation and wound healing. We now offer the **Rebuilder** which re-polarizes and re-educates the nerves. Once the sensation improves and pain diminishes the patient is able to progress with strengthening and balance exercises enabling the patient to have an improved quality of life.



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