



LCMC OUTPATIENT SERVICES TEAM

- Medical Director—Dale Reinker, DO
- Department Director - Susan Smith, PT
- Registered Nurses
- Physical Therapists
- Occupational Therapists
- Respiratory Therapists
- Speech-Language Pathologists

PT/OT/ST OUTPATIENT REHAB SESSIONS

Monday, Wednesday, Friday
8 am— 6 pm

Tuesday, Thursday
8 am— 5 pm

CARDIAC REHAB SESSIONS

Monday, Wednesday, and Friday
7 am — 3:30 pm

PULMONARY REHAB SESSIONS

Tuesday, Thursday
7 am — 3:30 pm

OUTPATIENT REHAB SERVICES OFFICE

phone: 636-528-3345
fax: 636-528-3344



**LINCOLN COUNTY
MEDICAL CENTER**
Outpatient Rehabilitation

1000 East Cherry Street / Troy, MO 63379
636-528-8551

www.lcmctroy.com



*Lincoln County
Medical Center*

YOUR HEALTH YOUR LIFE

**LYMPHEDEMA
TREATMENT PROGRAM**

OUTPATIENT REHABILITATION • PHYSICAL THERAPY DEPARTMENT

Who can refer you to our services?

Physician (MD, DO) * Physician Assistant (PA)
Dentist (DD) * Podiatrist (DPM) * Chiropractor (DC)

Some insurance programs may be more specific regarding referral rules.

What paperwork is required?

- Prescription
- Prior Authorization (for some insurances)

How are Outpatient Services paid?

- ▶ The hospital will bill your Insurance Plan.
- ▶ Some plans require a co-pay at the time of service.
- ▶ Some plans require the patient to be billed for a percentage each month.
- ▶ Primary and secondary plans will be billed prior to patient billing.
- ▶ Not all plans cover all therapy services. Patients can self pay for these services. Self pay accounts can arrange for payment plans.

Lincoln County Medical Center *Lymphedema Treatment*

Enjoy the expert care you deserve in a setting convenient to your home.



WHAT IS LYMPHEDEMA?

Lymphedema involves swelling or an accumulation of fluids, usually in the arms or legs, caused by poor flow in the lymphatic system.

Unlike swelling that follows an injury, lymphedema does not go away in a few days; unlike edema associated with heart, liver or kidney disease, it cannot be treated with diuretics.

Lymphedema can occur for many reasons including genetic abnormalities. The most common cause in the United States is damage or removal of lymph nodes associated with cancer or cancer treatment. Lymphedema can also result from infections, injury or surgeries that affect lymph nodes.

EARLY SIGNS OF LYMPHEDEMA MAY INCLUDE:

- Tightness, swelling or thickening anywhere in the extremity. Initially the swelling may fluctuate but over time it worsens.
- A burning or tingling sensation radiating down the extremity.
- Complaints of heaviness or aching of the extremity.
- Inability to wear rings, jewelry, watches or clothing secondary to edema.

OUR SERVICES CAN HELP WITH THE MANAGEMENT OF PRE-CLINICAL, ACUTE OR CHRONIC LYMPHEDEMA.

Learning to manage this condition is easier now that lymphedema care is available here at Lincoln County Medical Center's Outpatient Rehabilitation Department.

With your physician's referral, we are able to promote a sense of well-being and self-management with:

- Manual lymphatic drainage techniques
- Compressive dressings
- Therapeutic exercises
- Sequential compression machines
- Patient training and education
- Fitting with compression garments

FOR THE "LIFESTYLE CHANGE" YOU DESIRE

OUR WELL EXPERIENCED STAFF OFFER A VARIETY OF PROGRAMS AND SERVICES WITHIN OUR STATE OF THE ART FACILITY.

Arthritis programs
Athletic and sports injury rehabilitation
Back and neck care
Balance retraining program
Cardiac rehabilitation
Chronic pain assessment
Communication and language training
Diabetic exercise program
Hand rehabilitation
Lymphedema Treatment
Personalized home exercise program development
Post operative joint rehabilitation
Pulmonary rehabilitation
Return to work conditioning program
Stroke rehabilitation
Swallow training
Vascular Insufficiency Treatments
Workers' compensation rehabilitation
Wound and skin care