

## CPRS Physical Therapy Opens Specialty Services Clinic

CPRS Physical Therapy is now providing specialty services in our Strasburg location, including pelvic floor rehab, vestibular and balance rehab, cancer rehab and lymphedema.

### Pelvic Floor Rehab

Women and men who suffer with pelvic floor disorders often experience pain, muscle weakness or spasm, and sexual dysfunction. Pain in the pelvic region may result from a physical trauma such as childbirth, surgery, a fall or from an emotional trauma. Pain syndromes commonly lead to difficulty with activities such as walking, sitting or sexual intercourse. Weakness of the pelvic floor muscles leads to incontinence or prolapse (when the pelvic organs fall down). The therapist will work with the patient to restore normal pelvic floor muscle function.

### Vestibular and Balance Rehab

The second most common cause of dizziness or vertigo is a dysfunction in the inner ear. Benign Paroxysmal Positional Vertigo is a common condition that requires a series of head movements to restore normal position of tiny crystals located in the inner ear. Vestibular hypofunction is another common cause of dizziness. Infection, inflammation of the vestibular nerve or inflammation of the labyrinth or canal of the inner ear all can cause the ear to not work properly. The best way to treat this problem is through exercises designed to assist the ear in compensating for its losses. The benefits of resolving dizziness caused by an inner ear problem include improving walking ability and balance and reducing the risk of a fall.

### Cancer Rehab and Lymphedema

Chemotherapy, radiation and surgery can all have devastating effects that cause functional limitations in persons undergoing cancer treatment. These include but are not limited to fatigue, loss of mobility, strength deficits, postural abnormalities and shoulder dysfunction (i.e. frozen shoulder or adhesive capsulitis). Another problem that can arise from surgery or radiation is excessive scarring or fibrosis, a thickening or hardening of the tissue that may cause pain. Research has shown that physical therapy is an effective method to address these issues.

Lymphedema is a chronic condition characterized by swelling, redness, pain and a heavy feeling in the area of the body affected. Typically, lymphedema arises from removal or damage to the lymph nodes or ves-

sels during surgery. A patient who receives radiation is twice as likely to develop lymphedema. Complete Decongestive Therapy (CDT) is provided by a physical therapist certified in treating this condition. The therapist works to resolve the swelling and instructs the patient on how to manage this condition independently.

These programs were developed to provide the community with the leading interventions in physical therapy in relation to pelvic floor, vestibular/balance, and cancer rehab, and lymphedema management.

CPRS Specialty Services Clinic:  
100 Historic Drive  
Strasburg, PA 717-687-6657



www.cprsweb.com

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Hands that heal. Hearts that care.

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## Are Your New Year's Resolutions Already History?



David Levin, M.S., LPC, NBCCH

About one-half of the adults in this country make New Year's resolutions, but have very limited success in maintaining them. This is unfortunate, because resolutions concerning health matters are the most frequently made, and that's a truly important concern for each of us. However, within two months, only about 50% of these good intentions are still in force, and that percentage drops off to about 10% long-term success.

A New Year's resolution represents a desire to make a positive

change, to start doing something beneficial or stop doing something detrimental. You want your resolutions to last. What's the key difference between a temporary change and one that becomes a way of life?

One reason for failure is that most people don't use the proper methods for setting and attaining a behavioral goal. You need to have a clear goal, break it down into steps, put it in writing, and commit to it by telling a few supportive friends. A goal without specificity and commitment is just a dream.

The biggest culprit in failed resolutions has to do with your identity or self-concept. Consider the dynamics of a resolution—we'll use daily exercise as an example. Up to December 31, you haven't been doing this, so you decide to make a change as of January 1. Part of you, I'll call it the "healthy you," wants to start exercising regularly. But we know there's another part of yourself to deal with, because

the fact is, you haven't been exercising. If the "real you," your identity, intended to exercise, *you would already be doing it.* Your identity doesn't change from December 31 to January 1. If you already saw yourself as a healthy, fit person, you wouldn't need a New Year's resolution to start exercising.

Good intentions without identity change will only go so far, and eventually you will revert to your previous condition—the very situation you wanted to change. Too many failures and you might give up altogether.

If you have been unable to maintain your good intentions, you might find success by addressing the core issue of identity change. Give your resolutions a chance to succeed by learning how to incorporate them into a healthy self-image.

Call (717) 606-6286 today for a free consultation. You have nothing to lose and much to gain.

### Health Counseling of Lancaster



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and Wellness...*

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