

DOMINION HEALTH & FITNESS Inc.

Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.



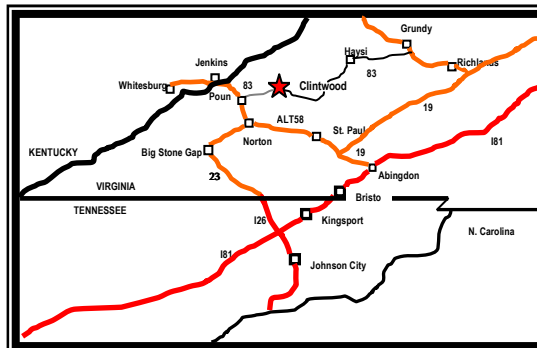
Hours of Operation:
Monday – Thursday 6:30a.m.-9:00p.m.
Fridays 6:30a.m.-8:00p.m.
Saturdays 8:00a.m.-2:00p.m.
We accept all major medical insurance.

In addition to this treatment, we offer other Physical Therapy Services:

- Orthopedic Rehab
- Sports Rehab
- Work Rehab
- Pain Management
- Muscle Strain/Sprains
- Functional Capacity Evaluation
- Pre-Employment Screenings
- Post CVA/Stroke Program
- Wound Care
- Total Joint Replacement Rehab
- TMJ Treatment
- Diabetic Peripheral Neuropathy Program
- Osteoporosis Program
- Arthritis Rehabilitation
- Fibromyalgia Program
- Ergonomic Assessment
- Spine Care/Back Education
- Headache Treatment
- Post-Cancer Rehabilitation and more...

We also offer many products, supplies and wellness services to better serve your needs.

Dominion Health & Fitness is located in Dickenson County, Clintwood, VA.



DHF

**NUMBNESS or
TINGLING
in your feet?
Physical Therapy
can help...**

*Outcome Based Therapy &
Wellness Close to Home*



Visit us on Facebook

Dominion Health & Fitness, Inc.

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Physical Therapist's Role in Peripheral Neuropathy

What is Neuropathy?

Neuropathy is a disease of the nerves that causes pain and or numbness or a tingling sensation usually in the feet and or hands. Neuropathy is most commonly associated with diabetes and is referred to as diabetic neuropathy. This type of neuropathy occurs as a result of the changes in glucose and insulin levels.

Peripheral Neuropathy is one of the most common chronic diseases in the U.S...over 20 million Americans have it. Peripheral neuropathy or "nerve damage" disrupts the body's ability to communicate with its muscles, skin, joints, or internal organs. Peripheral neuropathy can be compared to the body's electrical wiring system breaking down, causing numbness, pain, weakness and poor coordination.
-The Neuropathy Association



What causes Neuropathy?

Neuropathy occurs when the nerves have been temporarily deprived of oxygen. Approximately 30% of neuropathies are unknown, but one or any of the following things can be causes of neuropathy:

- ◆ Diabetes
- ◆ Inflammation
- ◆ Pinched nerves
- ◆ Toxins
- ◆ Chemotherapy
- ◆ Trauma
- ◆ Surgery
- ◆ Drugs
- ◆ Heredity

Symptoms of Peripheral Neuropathy:

- ◆ Pins & needles, burning, or tingling sensation in the feet or hands
- ◆ Numbness or a sense of heaviness
- ◆ Sharp pain or cramping that is often worse at night
- ◆ Loss of balance or coordination
- ◆ Muscle weakness as a result of disuse which leads to loss of balance & confidence
- ◆ Increased sensitivity to touch & temp.

How a Physical Therapist Can Help

Following a thorough evaluation by our physical therapist a specific treatment program is designed in combination with the goals of the patient. Treatment goals include decreased pain, increased sensation, increased strength, ROM and improved balance for safe walking. Decreased pain and improved sensation are addressed through the use of a non-invasive treatment of **Infrared light therapy**. Research has shown infrared light increases the release of nitric oxide which improves circulation, increases sensation and promotes tissue healing of diabetic ulcers.



Visit our website for more information on other therapy programs Dominion Health & Fitness offers.
www.dhandf.com