

'A CLEAR CHOICE' FOR REHABILITATION



Geared for the active and aging, Melbourne Terrace employs aqua therapy and weightless treadmills to help seniors recover quicker.



Clear Choice Health Care says they're a health care management company consisting of a group of highly skilled executives with long histories, much success and a passion for patient-centered care. "Being a team with a vision, we share a commitment and devotion to listen to our community and customers," says Geoff Fraser, senior vice president.

He says that Clear Choice responds to the public by enhancing its medical team's competency, investing in advanced technology and equipment and renovating its facilities to improve aesthetics and amenities. "To answer patient needs is our calling, and we are here to answer that call," he says.

What allows Clear Choice to stand apart from formulaic nursing homes can be more readily seen than heard. The transformation of aged buildings into vibrant beacons of life and vitality can be likened to what the team brings to patient care. That metaphor is loud and clear when you enter Clear Choice's facilities and see how the new equipment and services are interjecting vigor and health to the senior community.

REHABILITATION SERVICES & EQUIPMENT TO ENHANCE ABILITY

Melbourne Terrace, located on Florida Avenue in Melbourne, offers a new private-roomed facility and the therapy gym with a vast array of services, amenities and equipment that beckons to be used for enhanced quality of life and ability.

"Melbourne Terrace is certainly best equipped to deliver state-of-the-art rehabilitation, especially for those suffering with a disability or injury," says Melanie Rotenberg, M.D., who is board certified in physical medicine and rehabilitation.

Dr. Rotenberg chose to consult with a Clear Choice facility based on the company's patient care stance. "Their mindset goes beyond reimbursement issues and their actions state that wherever there is need, they will give," she says.

"Being experts in physical rehabilitation, they bring an entire system of equipment that's better geared toward the active and aging population," she continues.

Melbourne Terrace employs the use of smooth pneumatic strengthening and air-resistance technology found on HUR equipment, which allows patients earlier rehabilitation with less stress on injured and weak joints. The facility's underwater treadmills and altered gravity (AlterG)

treadmills are connected to video cameras and monitors that improve patient feedback and allow instant therapist cueing to normalize gait.

Jason Canlas, administrator for Melbourne Terrace, a Clear Choice facility, says many people with an injury are dealing with some type of pain. "Adult orthopedic patients, particularly those with chronic back pain or joint replacements or after-spine surgery, who have difficulty bearing any weight, can start an exercise routine more quickly with aquatic therapy or the AlterG treadmill," he says.

Canlas further explains that the unique environment and resistance found in the air chamber of the AlterG treadmill will decrease a body's weight by 80 percent, while the water will decrease it by 90 percent and greatly improve comfort with less gravitational force.

Anthony Lombardo, M.D. of First Choice Medical Group, who is board certified in sports medicine and orthopedic surgery, concurs with Canlas and adds that, "Aqua therapy and weightless treadmills are very important for rehabilitation for lower and upper extremity surgery rehab."

BETTER HEALTH FOR CHRONIC CONDITIONS

Pulmonary rehabilitation is implemented by a multidisciplinary team of

"Today's patients want reality, not promises. They want tangible evidence that truly says 'We're here to help you achieve health and wellness.'"

— Jason Canlas, administrator for Melbourne Terrace, a Clear Choice facility

health care professionals and aims to reduce symptoms of lung disease, decrease disability and improve the overall quality of life for patients with chronic respiratory disease. "I believe Melbourne Terrace and their use of respiratory therapists across the entire spectrum of care improves patient outcomes and prevents readmissions," says local board-certified pulmonary medicine doctor, Anthony Michael Santilli, M.D.

Lymphedema is a condition characterized by swelling in one or more extremities that results from impaired flow of the lymphatic system. The highest incidence is observed following breast cancer surgery and lymph node removal. Many of these individuals will be affected by upper extremity lymphedema following these procedures.

"I have found that the fully trained and certified staff at Melbourne Terrace is extremely well suited to treat patients with significant lymphedema," says Mark Mendolla, M.D., a local physician who is board certified in nuclear cardiology and internal medicine and specializes in cardiovascular diseases.

Melbourne Terrace Rehabilitation Center offers comprehensive outpatient and inpatient therapy services for short or long-term care. For more information, call (321) 725-3990 or visit MelbourneTerraceRehab.com.