



THE REHAB CENTER INCORPORATED

Treating patients throughout the Southeast and successfully restoring human potential for over 22 years.

Mirror Therapy and Innovative Functional Lifting

Our Physical Therapy Department: Aurora Smith, P.T., Dee Payne, P.T. and Kristen Hayes, P.T.A are continuing to assist patients in regaining function through two innovative techniques: Mirror Therapy and Real World Functional Lifting.

Mirror Therapy is a non-invasive treatment that involves utilizing a mirror box to improve function. The patient places a limb in the box and looks into the mirror on the side of the unaffected limb. The patient then sees the reflection of the uninjured appendage in place of the injured limb. The reflection of the uninjured appendage allows for artificial visual feedback so the patient's brain believes she is moving the painful limb without pain. Typically used with patients who have phantom limb pain, mirror therapy is found to be effective in individuals with Complex Regional Pain Syndrome.

Functional lifting has always been a part of the Physical Therapy Department at The Rehab Center but we have added a real world element. The therapists recently introduced grocery items and a cart to their therapy sessions to simulate real world experiences. During this exercise patients pick common household items. With the goal of improving function the patients are taught how to lift the items properly.

Join our Physical Therapists in celebrating National Physical Therapy month and continuing their success in providing our patients with the upmost care.



Dr. McConley Enjoys Life at The Rehab Center

The Rehab Center is happy to announce that Dr. Regina McConley is finally here! Dr. McConley is a Texas native who received her Ph.D. in Clinical Psychology from the University of Alabama, Birmingham and completed her Post-Doctoral Fellowship at the V.A. Hospital in Memphis, TN. Before arriving at The Rehab Center, Dr. McConley assisted in the preparation of a book chapter comparing the effectiveness of group cognitive therapy to individual cognitive behavioral therapy in Bonica's Management of Chronic Pain, 4th Edition. Her research interest also includes identification and mitigation of ethnic disparities in chronic pain. Outside of the office Dr. McConley remains active and enjoys rollerblading, hiking, performance art and classical literature.