

VESTIBULAR & NEUROLOGICAL REHABILITATION

Vestibular and neurological rehab is a specialized area of physical therapy that can help people who suffer from dizziness, balance disorders, those who have sustained a concussion/have post-concussion syndrome or those who are experiencing the side effects of a chronic neurological disorder. At ARC Physical Therapy+ in Lenexa, patients with these conditions will receive one on one, individualized evaluation and treatment from a licensed doctor of physical therapy. We help patients regain normal function through an exercise-based approach by introducing the body to progressive stressors including cardiovascular, strength, balance, and oculomotor challenges, in order to help the patient return to their sport, work activities, or daily routine.

WHAT WE TREAT:

VESTIBULAR (DIZZINESS) REHABILITATION

- Benign Paroxysmal Positional Vertigo (BPPV)
- Labyrinthitis
- Neuronitis
- Central Vestibular Dysfunction
- Multifactorial Disequilibrium
- Meniere's Disease
- Pre & Post Surgical Patients for Acoustic Neuroma
- Motion Sensitivity
- Cervicogenic Dizziness
- Migraine Related Dizziness
- Unilateral Vestibular Hypofunction (UVH)
- Bilateral Vestibular Hypofunction (BVH)

CONCUSSION REHABILITATION

- Post-Concussion Syndrome
- Oculomotor Dysfunctions
- Benign Paroxysmal Positional Vertigo (BPPV)
- Exertional Deficits that Prevent/Limit Return to Work or Sports
- Whiplash and Cervical ROM Limitations

NEUROLOGICAL/BALANCE REHABILITATION

- Parkinson's Disease
- Post CVA (Stroke)
- Peripheral Neuropathy
- Balance Deficits
- History of Falls
- General Weakness
- Other Neurological Disorders

TREATMENT TECHNIQUES:

VESTIBULAR (DIZZINESS) REHABILITATION

- Customized Evaluation to Determine Optimal Vestibular Rehab Treatment Plan
- Specific Canalith "Crystals" Repositioning Techniques
- Directed VOR Adaptation and Habituation Exercises
- Motion Sensitivity Exercises (to Allow for Return to Work or Sport)

CONCUSSION REHABILITATION

- Comprehensive Evaluation to Determine Post-Injury Baseline Status
- Examination of Cognition, Balance, Muscle Strength and Oculomotor Function
- Testing and Specific Treatment for Benign Paroxysmal Positional Vertigo (BPPV)
- Guided, Individualized Exercise Progression Targeting Post-Concussion Deficits
- Manual Therapy for Musculoskeletal Limitations

NEUROLOGICAL REHABILITATION

- Assessment Focusing on Gait, Balance and Strength
- Gait Training to Achieve Optimal Levels of Mobility
- Customized Strength Training Exercises to Address Deficits
- Balance Re-Education to Prevent Falls

All programs include direct patient-therapist interaction and regular communication with your treatment team.





IN NETWORK INSURANCE PROVIDERS

COMMERCIAL

- | | |
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| Aetna (All Products) | MetroCare |
| American PPO | Multiplan/PHCS |
| Anthem | Preferred Health Professionals (PHP) |
| BCBS of Iowa (Wellmark) | Preferred Health Systems |
| BCBS of KC | ProviDRs Care |
| BCBS of Kansas | Tricare |
| BCBS of Missouri (Anthem) | TriWest VCP |
| BCBS PPO out of area | USA MCO |
| Cigna | |
| Cigna Midland Choice | |
| Cigna Connect | |
| Coventry | |
| First Health | |
| Freedom Network | |
| Freedom Select | |
| Humana | |
| Medicare | |
| Medicare Advantage (BCBS of Kansas City) | |

WORKERS' COMPENSATION

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|------------------------------|--------------------------------|
| Aetna WorkComp | KHRA |
| Align** | Logicomp |
| Bardavon Health Innovations | Matthew Richards |
| CareIQ** | Med-Eval Inc. |
| Coastal Comp | MedRisk |
| CompAlliance | National Choice Care |
| CompResults | O'Hara |
| CompLogic | OHM |
| Corizon Health | Premier WC |
| Corvel | Prime Health |
| Coventry WC Network | Reny Company |
| CCO | Rockport |
| Federal Office Of WC/DOL | Splashlight Definiti Inc. |
| First Health | Three Rivers Provider Network |
| Focus | Therapy Direct |
| FPN | Transparent Health Marketplace |
| Integrated Health Plan (IHP) | |
| KBIG | |

****Needs approval from carrier Tax ID# 80-0955852**



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OUR LENEXA STAFF:

Lisa Rohrbaugh, DPT



Lisa has over 28 years of experience in outpatient and inpatient settings providing individualized treatment focusing on vestibular rehabilitation, concussion management and neurological rehabilitation to patient populations ranging from pediatric to geriatric patients. She co-founded the vestibular and concussion programs at Shawnee Mission Medical Center in Kansas City.

Lisa has a terrific husband and two amazing adult sons. She is a middle school youth group leader and participates frequently in medical mission trips to Mexico to provide free physical therapy interventions. She's very musical, playing the piano and guitar, and may belt out a song every once in a while. She's also an avid outdoors lover.

Kim Traub, DPT



For over 20 years, Kim has worked in a hospital based inpatient and outpatient rehabilitation facility. She specializes in providing individualized care to patients who have vestibular and concussion deficits, neurological disorders, and those who required balance, gait training, and strengthening. Kim co-founded the vestibular and concussion programs at Shawnee Mission Medical Center.

Kim loves spending time with her husband and two children. She is involved in assisting with her children's cross country team and their community theater productions. She also volunteers extensively with her church. You won't catch Kim standing still as she is working on running a half-marathon in every state with her husband.