

filter them through the lymph nodes and process to the venous system. When this pathway is interrupted swelling may occur.

**OPT** has developed the **Comprehensive Lymphedema Management Program** for those with lymphedema or **Venous Insufficiency**. With this program people gain control of their life through **Education** in prevention, **Exercise**, **Self Massage** and **Compression Garments**. This successful program is designed to promote independence to return to their normal lifestyle faster.

### PELVIC FLOOR RESTORATION PROGRAM

Many individuals are likely to experience an episode of **Urinary Incontinence**( involuntary loss of urine) at some point in their lives.

According to the **Agency for Health Care Policy and Research**; there are **13 million** American are incontinent, where **85 %** of those are **Women**. **One in four** women ages **30-59** years have experienced at least one episodes of urinary incontinence. **80 %** of those cases can be **Improved** and/or **Cured**.

The **Urinary Incontinence** can be caused by **Pregnancy**, **Stress**, **Medication**, or various medical conditions. The incontinence is typically an indication of an underlying condition; **It is NOT a disease..**

The function of the bladder is to store and empty urine. Signals to be sent to the brain when the bladder becomes full, altering us to empty the our bladder. The pelvic floor muscles control this process, and just like any other muscle, they may become weak resulting in **Urinary Incontinence**.

**OPT** have developed the **Pelvic Floor Restoration Program** for individuals who have a medical diagnosis of medical **Urinary Incontinence**. This Program

Is designed to restore the strength of **Pelvic Floor Muscles**, re-educate the **Muscles** and regain self-confidence through an **In-depth** Physical Therapy Program.

**DO YOU EXPERIENCE ACHING AND SORENESS PAIN THAT IS AFFECTING YOUR LIFE STYLE?!!**

**HAS THAT THROBBING PAIN MADE YOU TOSS AND TURN IN BED AT NIGHT WITHOUT ANY RESTING/RELAXING NIGHT SLEEP?!!**

**HAVE YOU TRIED EVERYTHING IN THE MARKET BUT NONE IS HELPING AND YOU CAN NOT SEE ANY LIGHT AT THE END OF THE TUNNEL?!!**

**HAVE YOU LOST YOUR HOPE TO LIVE A HAPPY PAIN FREE LIFE AND DO NOT KNOW WHERE TO TURN ?!!**

**IF YOU ANSWERED YES TO ANY OF THOSE QUESTIONS, I HAVE SOME GOOD NEWS FOR YOU.....**

**LEARN HOW OPT CAN HELP YOU LIVE PAIN FREE**

For a limited time, we are offering a **Free 30-minute Consultation** to determine the possible causes of your pain and most appropriate way of alleviating it that fits your life style.

Followed by a **Free 15-minute Chair Massage**, To take advantage of this complimentary exclusive offer, give us a call.

**248-289-1127**

**Two locations to serve you :**

<b>130 Hampton Circle</b>	<b>25509 Kelly Rd</b>
<b>Suite 150</b>	<b>Suite B</b>
<b>Rochester Hills , MI</b>	<b>Roseville, MI</b>



**Omega Premiere Team** is a **TEAM** of therapists who provides an advanced form of **SKILLED THERAPY** services that focus on treating the cause of pain while alleviating the symptoms. **OPT** achieves faster & more thorough **RESULTS** than traditional therapy services.

The most important key difference is: Every single patient under our care is given **ONE-on-ONE personalized care**. Starting with a **thorough evaluation** to an attentive **Follow-up treatments** that is based solely on **Patient' Needs & Goals**.

We would like from our **Patients**, to rest assured that their care will be provided and completed by the same therapist through out their whole treatment time at our facilities.

At **OPT** facilities we are dedicated to spend adequate time with each patient, creating highly personalized **Treatment Plan** as ordered by the Physician. Along with your treatment, our **highly trained and skilled staffs** are very focused, attentive and respectful to every single patient for a better achievement of care and goals

We would like to invite both the Physician and the patient to **Discover** what a **High Standard, Academic & Personalized Care** can **OPT** provide.

We are committed to provide the **Highest Level of Care** that will help **You** to live, play & work pain free.

***YOU HAVE NOTHING TO LOOSE EXCEPT YOUR PAIN AT THE END OF OUR CARE.***

## **OMEGA PREMIERE TEAM OPT, LLC.**

Our mission as a **Rehab Facility** is to serve our community through providing the ultimate quality of health care and education that facilitates the continuance of medical care for all patients under our care. We spare to a standard of excellence which embraces the fundamental principles of good health care practice. It is our goal to improve and sustain the patient's overall quality of life, in a flexible, attentive, and non-discriminatory fashion with respect to the patient's needs and values. We respect the patient's right to independence, privacy, dignity, fulfillment, and the rights to make informed choices and decisions.

We offer a variety of specialized services, which include:

### **SPINE REHABILITATION PROGRAM:**

At **OPT**, we are experts in caring for patients with degenerative joints diseases that causes pain such as **Stenosis, Arthritis, Disc problems, RA** and all other Neck and Back painful conditions. We have developed an effective **Core Rehabilitation Program** that will be fitted to the patient's care needs. Our treatment programs focus on the use of **Manual Therapy** techniques that help to increase **Muscle Strength, Fascia Flexibility & Intervertebral Joint ROM**, while relieving **The Painful Symptoms**.

### **SPORTS INJURY PREVENTION AND REHABILITATION.**

**OPT'** Therapists have specialized training in preventing, evaluating and treating all types of **Sports Injuries**, with a care plan that is **Tailored** to every athlete's abilities. We use a wide variety of treatment techniques to help our **Patients** to get back

On track into your game, including manual therapy that can promote healing through improving the **Functional ROM** with better **Joints Mobility & Ligaments** and **Capsules Flexibility**. Patients who complete their prescribed course of treatment have the option to continue use the gym at a reduced rate under the supervision of our highly trained **Athletic Trainers**.

### **PRE & POSTSURGICAL REHABILITATION PROGRAM**

Our Team has created a customized treatment plans for patient who will be undergoing different orthopedic surgeries such as **Joints Replacements** (Total Shoulder, Total Knee, Total Hip, Total ankle, ..etc), **Ligament/Tendon Repair** (ACL, RCT, Quadriceps Tendon, ...etc), those treatment plans will prepare you for the scheduled surgery through strengthening different group of muscles and improving the ROM of the joints that surrounding the area where the surgery would take place, without aggravating your painful condition.

### **PEDIATRIC PHYSICAL REHABILITATION PROGRAM**

Children can get injuries that affect their bones, muscles, joints & ligaments same as adult do, however they can't be treated as adult patient as they need special care plan that fit their needs for **Rehab Services**. We are experts in working with **Kids** of all ages on childhood conditions unique to them. We use manual therapy to address a broad variety of conditions,. Postural correction programs can also help our kids with spinal functional deformity. **Core Training & Education** on the appropriate safe movements can help kids with low back pain or sports related injuries. Other treatment program may in-

clude age-appropriate **Play Activities, Neuromuscular Education & Eye-Hand Coordination**.

**WE MAKE OUR TREATMENT LOOK LIKE A GAME RATHER THAN A ROUTINE TREATMENT SO OUR KIDS WOULD ENJOY COMING HAVING THERAPY.**

### **VESTIBULAR REHABILITATION PROGRAM**

Many individuals experience episodes of **Vestibular Disorders** (balance/dizziness disorders), at some point in their lives. This is usually caused by disturbances to various components of the ear. Persons with this disorder may experience dizziness, decreased balance & decreased postural control. Besides hearing, one of the functions of the ear is to work with the eyes in providing balance throughout the body. Signals are sent to the brain via the eyes and ears indicating what position a person is in. Damage to the eyes and/or ears may send incorrect signals to the brain, resulting in imbalance or decreased postural control.

**OPT** has developed the **Vestibular Rehab Program** for individuals who have a medical diagnosis of vestibular disorders. This program is designed to restore **Balance, Strength and Postural control**, along with decreasing dizziness and promoting an **Independent Lifestyle**.

### **COMPREHENSIVE LYMPHEDEMA MANAGEMENT PROGRAM**

Some individuals develop **Lymphedema** which is a swelling of the arm or leg due to a number of reasons such as cancer treatment, surgery, venous insufficiency or a defect in the lymphatic system. This swelling limits person daily activities and can cause pain, loss of movement and strength. The function of the lymphatic system is to uptake body fluids,