



## Physical Therapy for Chronic Disease Management

Florida Hospital Sports Medicine and Rehabilitation and Crosby YMCA have partnered to provide outpatient physical therapy and medically integrated chronic disease management programs to the Central Florida community. This transitional program provides patients with a personalized exercise and lifestyle plan that is both safe and effective.

The program includes a physical therapy evaluation and treatment followed by one-on-one or group medical fitness programming for those with the following conditions or issues:

- ▶ Orthopaedic injuries
- ▶ Diabetes
- ▶ Cancer
- ▶ Stroke
- ▶ Heart disease
- ▶ Chronic Pain
- ▶ Parkinson's
- ▶ And more

To get started in the program, have a doctor write a referral for physical therapy.

To schedule a physical therapy evaluation, please call 407-279-3666.

# A Few Success Stories

Tom's medical history includes: heart attack, high blood pressure and high cholesterol. He credits the following results to his dedication in the chronic disease management program:

- ▶ **Fifteen-pound weight loss**
- ▶ **Decrease in total cholesterol of 20 points**
- ▶ **Increase in HDL**
- ▶ **Decrease in LDL, which has improved the HDL/total cholesterol ratio**
- ▶ **Decrease in fasting blood glucose**
- ▶ **Significant decrease in angina**
- ▶ **Elimination or lowered dosage of three medications with doctor's permission**
- ▶ **Blood pressure is within normal limits due to lifestyle changes and lowered dosage of remaining medications**
- ▶ **Has become a regular exerciser, participating five days a week**
- ▶ **Increase in endurance, strength and energy, resulting in a better outlook on life**

David has battled several chronic medical issues, such as cancer, stroke, high blood pressure and cholesterol, and was diagnosed with prediabetes. He feels the following results are directly related to his participation in the chronic disease management program.

- ▶ **Ten-pound weight loss**
- ▶ **Reduced waist circumference from 40 to 34 inches**
- ▶ **Reduced body mass index (BMI) from 27 to 25**
- ▶ **Blood pressure went from pre-hypertensive to within normal limits**
- ▶ **Blood fats, fasting blood sugars and A1C numbers are maintained at normal range**

For questions or to receive additional information about the Chronic Disease Management Program, please contact Brittany Dixson by calling 407-646-7000, extension 3788, or via email to [Brittany.Dixson@FLHosp.org](mailto:Brittany.Dixson@FLHosp.org).



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