



SPECIALTY THERAPY SERVICES

Restore function • Reduce Pain
for Better Quality of Life

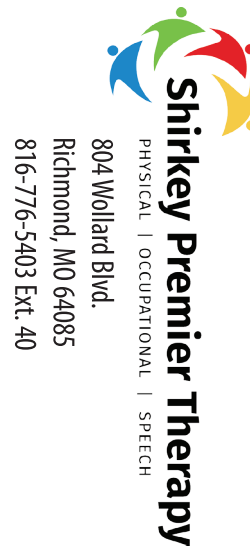
Shirkey Premier Therapy offers **personalized outpatient** programs and services you'll find in Kansas City, but is conveniently close to home. They include:

- Certified **Lymphedema** Program for treatment of painful swelling in arms and/or legs
- Certified **LSVT BIG and LOUD**® Parkinson's program to regain balance, movement and vocal strength
- **VitalStim**® therapy: Effective, non-invasive treatment to improve swallowing.



For more information, contact **Randy Singleton**, Shirkey Premier Therapy Rehabilitation Director
816-776-5403 Ext. 40
Flexible Hours Monday-Friday

Shirkey Premier Therapy accepts Medicare, Blue Cross Blue Shield, Aetna, Coventry, United Healthcare and Cigna.



804 Wollard Blvd.
Richmond, MO 64085
816-776-5403 Ext. 40



OUTPATIENT SPECIALTY THERAPY SERVICES



VITALSTIM® • LYMPHEDEMA



LSVT BIG & LOUD® FOR PARKINSON'S

804 Wollard Blvd. • Richmond, MO 64085
816-776-5403 Ext. 40



Certified Lymphedema Program

The lymph system helps filter and drain fluid typically from our arms and legs. When the lymph system is damaged, painful swelling can occur. Left untreated, **lymphedema** also reduces oxygen, which can interfere with wound healing or increase infections.

Our certified therapists utilize specialized massage, multi-layered compression bandages, exercise and elevation to reduce swelling and pain.



SUSAN WOLF



LACEE HUGHES

Certified Lymphedema Therapists

VitalStim® therapy

A non-invasive procedure, **VitalStim®** therapy treats adults or children who have dysphagia, or difficulty swallowing. Safe, external electrical stimulation is applied to the face and neck muscles. Combined with swallowing exercises, the treatment strengthens the muscles involved in chewing and swallowing. VitalStim® not only offers a high success rate, but the results are typically long lasting.



LSVT BIG and LOUD®

Parkinson's program

The world of a person with Parkinson's Disease tends to become smaller and slower. The **LSVT BIG and LOUD®** program changes the lives of individuals with Parkinson's or other neurological conditions by training them how to use their body and voice more normally in just one month.

Shirkey Premier Therapy is a provider of the LSVT BIG and LOUD® program with more than a half dozen therapists trained and certified to provide LSVT evidence-based physical, occupational and speech therapies.

Individuals make BIG improvements in their balance, walking and command of daily living activities from the globally-renowned **LSVT BIG®** program. Through amplified movements and exercise (pictured below),



In just one month, individuals with Parkinson's can improve their speech, balance and walking through the LSVT BIG and LOUD® program.

*"I can tell a **major** difference when I'm doing what they taught me to do – and when I don't. Before the class, I was having difficulty with minor things, like baiting a hook or writing legibly. You learn patience and to be more direct in what you are doing."*
– Frazer Letzig (below), BIG and LOUD program recipient

patients learn how normal movements should feel. Occupational therapists direct fine motor control exercises to remaster tasks, like buttoning a shirt. Considered the "gold standard" for speech treatment for Parkinson's, the **LSVT LOUD®** program increases loudness, intonation and clarity of speech in patients. Additional benefits include improved facial expressions and swallowing.