Outpatient Services

The Lymphedema Management Program began in 1996. Treatment providers include a team of physicians, nurses, occupational, and physical therapists with specialized training in lymphedema and venous insufficiency. All patients undergo an initial evaluation by a physician or therapist to determine the proper course of treatment. We are a member of the National Lymphedema Network. Treatments provided include manual lymph drainage, compression bandaging, home exercise program instruction, patient education, and compression garment prescription. Outpatient lymphedema management is currently available at Carolinas Rehabilitation-Main. Two physicians are currently running lymphedema clinics at this site.

Other outpatient services that are available at all of our Mecklenburg County hospitals include physical therapy, occupational therapy, and speech language pathology. Services include adaptive aerobic and strength training, aquatic therapy, gait and mobility training, orthotics assessment and training, postural assessment and training, prosthetic training, therapeutic exercise, vestibular training, and wheelchair seating and positioning clinic. Examples of speech therapy services include aphasia treatment, therapy for motor speech disorders such as apraxia and dysarthria, and cognitive retraining.

Services provided by physiatrists at Carolinas Rehabilitation include:

- Nerve conduction studies and EMG
- Evaluation and treatment of musculoskeletal disorders
- Evaluation and treatment of cognitive impairment and neurological disorders
- General rehabilitation care

Specialized clinics at CR-Main include:

- Skin Clinic in conjunction with Plastic Surgery for wound care
- Amputee Clinic
- Lymphedema Clinic
- Other clinics: Spinal Cord, Stroke, Traumatic Brain Injury