



21st CENTURY REHAB[®]

Work well. Play well. Live well.



21st Century Rehab Congratulates Elizabeth Meyer for Becoming a Certified Lymphedema Therapist



Elizabeth Meyer, DPT, CLT, recently attended a

21st Century Rehab is dedicated to providing a comprehensive suite of services to their clients. Elizabeth joins a great team of Certified Lymphedema Therapists at 21st Century

135-hour lymphedema training course. Elizabeth learned the skills and knowledge necessary to safely and effectively treat patients with lymphedema using Complete Decongestive Therapy (CDT). Components of CDT includes: manual lymphatic drainage (MLD), compression bandaging, skin care, and exercise. MLD is utilized as a way to improve lymphatic flow and function of the lymphatic system, re-route blocked areas into healthy lymph vessels, reduce edema from surgery or sport injury. Compression therapy is used to increase tissue pressure and improve muscle and joint pump activation. Skin care is important to in reducing risk for infection, and finally, exercise assists with lymph motility and reducing swelling over time.

Rehab. To learn more about lymphedema and our Certified Lymphedema Therapists, visit our website by clicking below:

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80% of Americans Experience Back Pain, but 100% of PTs Know How to Prevent it

Got back pain? You're not alone. Eighty percent of Americans suffer from low back and neck pain at some point in their lives. Let that sink in. With such great odds that you—or someone close to you—will one day become a statistic, wouldn't it make sense to arm yourself with preventive strategies and knowledge? Physical therapy is a good place to start.



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Approximately
61% of patients
with low back pain in
America receive opioids

"Opioids for back pain patients: primary care prescribing patterns and use of services." *Journal of the American Board of Family Medicine* (2011)

However:
Safe, long-term pain relief doesn't come in an opioid bottle. The Centers for Disease Control (CDC) recommends safer nonopioid approaches like **physical therapy** for the long-term treatment of most chronic pain.

CDC Guideline for Prescribing Opioids for Chronic Pain- United States, 2016

What's Your Story?

"Before coming in, I could only lie down without pain- standing, sitting, [and] walking all caused an extreme pain from my lower back down the back of my right leg. My doctor had me doing a variety of stretches to try to help, but some hurt too much to do, and after about a month of trying to do the others, I wasn't seeing any relief from the pain, so my doctor sent me here. The exercises here were clearly explained, demonstrated, and therapists helped correct my movements to avoid further pain during my exercises. New exercises were introduced throughout my continued visits to keep things interesting and develop more strength and flexibility as my pain levels



continued to decline. Today I can sit, walk, and stand without any of the pain I was experiencing prior to my therapy."

-James U.
Carlisle Clinic

Work well. Play well. Live well.

When you're in pain, the last thing you should be worried about is how far out of your way you'll have to go to get relief. Fortunately, no matter where you are in central Iowa, you're close to 21st Century Rehab. Our many locations, quick scheduling and flexible hours are certainly convenient, but it's the quality of therapy we provide and the way we care for you that will make the difference in your recovery.

[Find your nearest location](#)

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