

A Rehabilitation Physician Treats:

- * Back pain
- * Sports injury
- * Workplace injury
- * Stroke rehabilitation
- * Spinal cord injury
- * Chronic pain
- * Brain injury
- * Neck pain
- * Arthritis
- * Cerebral palsy
- * Multiple sclerosis
- * Disabling conditions
- * Carpal tunnel syndrome

...And more.



Highland Center For Orthopaedics



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Physical Medicine and Rehabilitation

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See a
**Rehabilitation
Physician...**

...when you need a medical doctor who:

- * Is an expert at diagnosing and treating pain
- * Restores maximum function lost through injury, illness or disabling conditions
- * Treats the whole person, not just the problem area
- * Leads a team of medical professionals
- * Provides non-surgical treatments
- * Explains your medical problems and treatment plan
- * Works not only on treatment but also prevention



Rehabilitation physicians

are nerve, muscle, bone and brain experts who treat injury or illness non-surgically to decrease pain and restore function.

Also called physical medicine and rehabilitation (PM&R) physicians or physiatrists, rehabilitation physicians keep people as active as possible for as long as possible. Their broad expertise and training enable them to treat a range of illness and injuries – from diagnosis to treatment and rehabilitation – throughout a person’s lifetime.

Making a diagnosis

Rehabilitation physicians see patients of all ages experiencing a wide range of medical problems that may make it difficult to function at home, in the workplace, or during recreational activities. Successful treatment of these symptoms requires an accurate diagnosis. As specialists, physiatrists use techniques ranging from detailed medical histories and physical exams to imaging studies and nerve conduction studies to diagnose a multitude of medical conditions.

Treating the whole person

Rehabilitation physicians treat people, not just symptoms. They take the time to understand their patients’ ailments and explain treatments they can do for themselves and with medical specialists. By evaluating the impact of a condition on the whole person – medically, socially, emotionally and vocationally – rehabilitation physicians help their patients understand and take control of their health.

A Team Approach

With a team approach to patient care, rehabilitation physicians help patients on the road to recovery and illness prevention.

Coordinating care

Rehabilitation physicians listen to their patients and work with them to develop a customized course of treatment. This may include one or several non-surgical treatments, such as:

- * medications
- * therapeutic exercise
- * injections – including joint and spine injections
- * assistive devices, such as a brace or artificial limb
- * heat and cold therapy
- * massage, biofeedback and electrotherapies

If surgery is a necessity, rehabilitation physicians work with patients and their surgeons before and after surgery. They coordinate care between other health care professionals, including surgeons and therapists.



Restoring Maximum Function

Rehabilitation physicians are nerve, muscle, bone and brain experts who treat injury or illness non-surgically to decrease pain and restore function. They treat conditions that can affect other systems of the body and limit a person’s ability to function. Here are some examples of how rehabilitation physicians restore maximum function.

- * **A 23-year-old woman** who is an experienced runner suddenly develops back pain that keeps her awake at night. After X-rays, her rehabilitation physician prescribes medications to reduce inflammation of the affected back tissues. Together, the doctor and patient develop a treatment plan, including strengthening exercises, massage therapy and, if needed, therapeutic injections.
- * **A 56-year-old man** has a stroke, leaving him temporarily unable to work and depressed. His rehab physician designs a comprehensive rehabilitation program, working with a neurologist to evaluate the brain’s adjustment to the stroke, an occupational therapist to work on regaining motor skills, and a psychologist to help the man cope with his depression.
- * **A 67-year-old woman** has a knee replacement due to arthritis. Gait analysis shows she’s putting extra weight on her right leg to compensate for the loss of strength in her left knee. Her rehabilitation physician recommends aqua-aerobics to increase strength without impact on her knees, helps her set realistic recovery goals and, if possible, avoid additional surgery.