

Clinic for Advanced Rehabilitation Therapeutics (CART)

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Operating Hours

Monday to Friday: 8.00am to 5.30pm
Saturday, Sunday & Public Holidays: Closed



WHAT YOU
NEED TO KNOW

**Clinic for Advanced
Rehabilitation
Therapeutics**

What is **CART**?

Clinic for Advanced Rehabilitation Therapeutics (CART) is a one-stop, outpatient centre that provides comprehensive medical rehabilitation and allied health services. We look after the holistic needs of clients from the acute post-discharge and rehabilitation phase to the chronic phase, as well as clients referred for new rehabilitative needs or musculoskeletal issues.



WHAT ARE EXAMPLES OF CART PROGRAMMES?

Our high-tech, high-touch programme uses evidence-based high-intensity robotics and virtual reality technologies combined with conventional physiotherapy to help clients in their recovery.

It is an approach designed to help you achieve your goals in a realistic and timely manner, while giving you a novel experience in the world of rehabilitation technologies.

WHO WILL BE **SUITABLE**?

We individualise treatments for clients who have the following conditions, but are not limited to:

- Stroke
- Acquired brain injury: traumatic brain injuries, brain tumours, brain cancers, brain infections/inflammation
- Cancer
- Spinal cord injury: traumatic and degenerative
- Upper and lower limb amputations
- Polytrauma
- Neurodegenerative diseases
- Chronic medical diseases
- Musculoskeletal and sports conditions
- Others



Comprehensive evaluation by a rehabilitation physician

Goal directed and intensive rehabilitation incorporating advanced technologies

Pairing with a care coach through your rehabilitation journey

Multidisciplinary assessments and therapies coordinated by a team of rehabilitation therapists

WHAT ARE THE SERVICES YOU CAN ACCESS?

Our CORE PROGRAMMES

Gait retraining involves practising correct leg movement patterns and shifting of weight. Rehabilitation technology allows for greater intensity within a safe and controlled environment. We also provide specific and interactive feedback so that you feel more engaged during therapy sessions.



ROBOWALK

The Lokomat system supports the body's weight on a treadmill for robot-assisted gait training, allowing for intensive rehabilitation that is engaging and safe.



ROBOWALK-EXO

The Ekso robotic exoskeleton system helps with gait training by aligning posture and regulating leg movement. This promotes better balance, weight shift, and ambulation.



Upper limb weakness is common after a brain or spinal cord lesion, affecting the use of your arm in daily activities. Using a combined approach of robotics, interactive gaming and conventional therapy, our programmes focus on improving gross and fine motor skills for task performance and hand use.



ARMEO@ SPRING trains arm movements and grasp functions through calibrated interactive game-based exercises that are connected to an exoskeleton arm support.

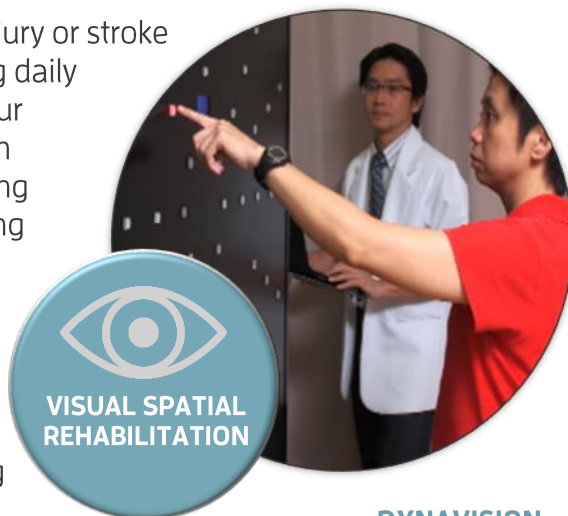
AMADEO@ is a robotic hand training device that provides support to your fingers for passive, active, or resistive training.



H-MAN trains functional arm-reaching movements across a tabletop surface by providing resistance or assistance where needed.

Visual loss resulting from a brain injury or stroke may cause difficulties in performing daily activities and safe judgement of your surroundings. A person having such problems may have difficulty noticing barriers, looking out for signs, finding needed items and hence may not capture fully what is happening in their immediate environment.

Rehabilitation would include improving efficient scanning and searching strategies, improving attention to visual stimuli on the affected visual field and enhancing visual attentional skills to allow for safe home and community participation.



DYNAVISION

Training on the Dynavision may be recommended to improve visual skills, eye-hand coordination and movement reaction time.

Working plays a major role in the lives of most people. It provides a sense of accomplishment, recognition, independence and meaning to our lives. This is also true for clients with acquired disabilities due to a neurological condition/event.

Work RISE aims to help you return to work in a safe, timely and sustainable manner. Services covered under this programme include:

- Assessment of work ability
- Work readiness training
- Return-To-Work coordination
- Worksite assessment and modification
- Functional Capacity Evaluation (FCE) for medico-legal/insurance claims



Support groups and groupwork programmes are avenues for you to come together with fellow clients to share experiences and mutually learn useful coping strategies.

Being socially connected will improve your mental well-being, and help you achieve positive life adjustments with a support network. These activities can be conducted in-person or via online.



Stroke Support Groups

- Living Well After Stroke – A Stroke Self-Management Programme
- Community Living Programme Spinal Support Groups
- Spinal Support Group
- Spinergy Amputee Support Groups
- Amputee Support Group
- ASG Befriending Service



Rehabilitation physicians and therapists jointly assess, treat and manage increased muscle resistance or tone and its related impairments following various neurological impairments:

- Physical therapies
- Splinting/casting
- Pharmacologic therapy
- Intramuscular Botulinum toxin therapy
- Peripheral nerve injections
- Referral for surgical procedures where indicated



Ultrasound-guided injections for spasticity done by doctor.

Rehabilitation physicians provide non-surgical management of musculoskeletal conditions such as frozen shoulder, rotator cuff injuries, carpal tunnel syndrome, trigger finger, knee osteoarthritis, neck and back pain. We work with therapists and clinical professionals to provide:

- Physical therapy and therapeutic exercises
- Orthotics
- Appropriate diagnostic investigations
- Myofascial injections
- Ultrasound scanning and/or ultrasound guided injections for pain relief
- Peripheral nerve injections
- Specialized nerve and muscle testing
- Referral for surgical procedures where indicated



Psychologists provide interventions to address the cognitive, emotional, and behavioural episodes that you may experience during your rehabilitation phase. Our services include:

- Neuropsychological assessment
- Psychotherapy
- Behavioral management
- Cognitive rehabilitation
- Group psychotherapy



Speech therapists specialise in managing dysphagia and communication disorders. Our services include:

- Diagnosis and management of swallowing disorders
- Swallowing rehabilitation
- Tracheostomy management
- Rehabilitation and management of speech, communication and voice disorders



The Care Coaching service will enhance your involvement in setting goals meaningful to yourself and structure action plans that you can cope with as you progress through your rehabilitation journey.

You will be introduced to a personal care coach who will set personalised and meaningful rehabilitation goals with you.



The main focus of sexual wellness is to provide evidence-based education to individuals post injury. Sexual well-being is best achieved through couple therapy via an interactive counselling approach with a therapist.

The treatment plan is based on the couple's concerns and goals that they would like to achieve. After each counselling session, the couple will be given homework and feedback is needed at the next session.

