

REHAB NEWS



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

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LIVE LIFE TO THE FULLEST Physical, Occupational and Speech Therapy

Every year, the National Rehabilitation Awareness Foundation designates the 3rd week in September to educate people about the benefits and impact of rehabilitation. Physical Therapists, Occupational Therapists, and Speech Language Pathologists all work together to help individuals overcome obstacles and accomplish normal tasks of daily living.

Physical Therapy

Physical Therapists are the experts in the examination and treatment of musculoskeletal and neuromuscular problems that affect peoples' abilities to move the way they want and function as well as they want in their daily lives.

- Balance
- Strength
- Joint Mobility
- Walking and Transferring
- Pain Management
- Flexibility and Range of Motion
- Motor Skills and Coordination

Occupational Therapy

Occupational Therapy uses goal-directed activity in the evaluation and treatment of persons whose ability to function is impaired by normal aging, illness, injury or developmental disability. Treatment goals in Occupational Therapy include the promotion of functional independence and prevention of disability.

- Activities of Daily Living including: Grooming, Bathing, Dressing, Eating, Toileting
- Personal Safety
- Pain Management
- Upper Body Strength, Flexibility and Coordination
- Walking, Transferring and Balance

Speech Therapy

Speech Language Pathology, also known as Speech Therapy, is the study, diagnosis, and treatment of defects and disorders of the voice and of spoken and written communication. Speech Therapy also evaluates and treats neurological and physical disorders and conditions caused by an injury or illness.

- Communication: Cognitive Processing, Expressive Language, Receptive Language
- Swallowing
- Reading
- Oral Motor Exercise
- Diet Modifications
- Hearing/Auditory Processing
- Comprehension (verbal and written)

Talk with your doctor to see if you could benefit from therapy. Therapy can improve the quality of our lives by reducing subsequent illness and allowing us to live longer.

