

REHABILITATION SERVICES



Winning Battles and Moving On... Mercy Rehabilitation Services

The Mercy Hospital Rehabilitation department offers a wide range of services in both inpatient and outpatient settings. Our licensed therapy professionals work with many area businesses, local athletes, long term care facilities and home health services.

If hospitalized, a patient's rehabilitation may begin in acute care, on our skilled nursing unit, and/or at discharge in our outpatient clinic. We recognize that everyone's skills and needs vary which is reflected in their plan of care and the goals established between the patient and their therapist.

The dedicated staff at Mercy Hospital's Rehabilitation Department work to motivate, support and assist each client in achieving their maximum level of functioning. Their caring and courteous attitudes are reflected in each and every visit, which makes the sometimes difficult journey to wellness a positive and rewarding experience.

What is Physical Therapy?

Physical therapy is provided to treat and/or prevent a wide variety of movement and function problems. The goal of physical therapy is to maintain or return a person to their highest level of independence or peak performance. Each individual's specific needs are addressed and may include:

- Balance training
- Gait training
- Range of motion
- Pain management
- Wound care
- Strength and endurance
- Orthotic/prosthetic training
- Functional mobility skills
- Work hardening and conditioning
- Sports related reconditioning

Some of the more common problems treated are those associated with injuries or illness.

What is Occupational Therapy?

Occupational therapy is utilized to improve or maintain independent living skills needed for functioning at home, work, or school. Occupational Therapists help in restoring one's health, confidence and self-sufficiency by addressing areas that may include:

- Activities of daily living (feeding, dressing, grooming)
- Home safety and management
- Adaptive equipment
- Cognition/dementia management
- Visual/perceptual programs
- Hand therapy
- Upper extremity, fine motor, and therapeutic exercise programs
- Work injury prevention
- Job analysis
- Energy conservation, joint protection instruction
- Driving evaluation

Occupational Therapists work not only with the person, but with the environment that may affect one's ability to function safely and independently.

What is Speech-Language Pathology?

Speech and language services assist people who may have difficulties with communication, reasoning, swallowing or hearing. Speech-Language Pathologists work to improve or maintain one's safety and communication abilities through focus on:

- Verbal and written expression
- Auditory comprehension
- Reading comprehension
- Cognition/dementia management
- Alternative communication systems
- Dysarthria (stuttering or stammering)
- Apraxia (inability to form words)
- Aural rehabilitation (strategies for hearing impaired)
- Swallowing/eating difficulties

Speech-Language Pathologists are able to utilize a wide variety of standardized testing and diagnostic equipment to assist in establishing outcome-oriented treatment plans.



Mercy Hospital
Wheaton Franciscan Healthcare

Rehabilitation Services

Physical Therapy • Occupational Therapy • Speech Therapy

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