



Your Rehabilitation Team

REHABILITATION DIVISION

Crestwood Medical Center's Rehabilitation Division includes the Physical Therapy, Sports Care, and Speech Pathology and Occupational Therapy Departments. This division is designed to provide rehabilitative evaluation and treatment services on an inpatient and outpatient basis to all ages. A physician initiates therapy by writing a prescription. You may receive one or more type of therapy depending on your needs.

Services begin with an examination that includes obtaining your medical history and administering tests to identify existing and potential problems. Based on the examination results, a diagnosis and prognosis is made, and the therapist will establish a plan of care geared toward your needs for rehabilitation.

PHYSICAL THERAPY

Physical Therapy provides treatment strategies designed to improve strength, endurance, range of motion, coordination, and function. Ultimately, the objective of physical therapy is to prepare you to return home or to another rehabilitation facility at the highest level of function possible. Risks of not participating in therapy may include longer hospitalization, complications such as blood clots, pneumonia, stiffness, etc., and delayed improvement in mobility and independence.

Personal Physical Therapy Sessions

Your physical therapist will review the benefits of your participation in a therapy program. To better understand what activities will be included in your personal physical therapy sessions, please review the following list:

- Therapeutic exercises
- Functional training in self-care and home management, such as stair climbing
- Ambulatory training
- Bed Mobility and transfer training
- Patient/Family education

Following these recommendations will enable you to return to your home and function independently and safely after your hospital stay.