

## Specialty Services

Otsego Memorial Hospital Rehabilitation department offers the following specialty services:

### Speech Therapy

Speech Therapy encompasses a wide array of rehabilitative areas. These include cognitive retraining, speech, swallowing, reading and writing, and the production and understanding of language. In addition, speech therapists are trained to conduct Modified Barium Swallow Studies (MBSS) to assess the pharyngeal stage of swallowing. These studies are performed in the Radiology department.

The OMH Speech Therapy department is one of only three providers in the state (and the only provider in northern Michigan) who may provide SpeechEasy™ devices for the reduction of stuttering.

### Aquatic Therapy

We offer an aquatic therapy program to assist patients with early ambulation and to exercise in a warm and pleasant environment. Our pool room is equipped with a changing room and shower, which is handicap accessible. The pool also has a lift for those who are not able to use the stairs, and the water depth is variable. Patients can observe their own exercise and progress, live on CCTV while in the pool.

### Hand Therapy

Hand therapy is the art and science of rehabilitation of the upper quarter of the human body that combines comprehensive knowledge of the upper quarter, body function, and activity. Using specialized skills and advanced continuing education, clinical experience and independent study, we provide proficient treatment of pathological conditions resulting from trauma, disease, or congenital or acquired deformity. We will assist to promote the goals of prevention of dysfunction, restoration of function and/or reversal of the progression of pathology in order to enhance participation in life situations for individuals with upper quarter disease or injury.

### Wound Care

OMH Rehabilitation is proud to offer our patients specialized care for the prevention and treatment of difficult wounds. These may include a variety of wounds due to ulcers, diabetes, neuropathy, or peripheral vascular disease. Patients may also benefit from education in the treatment and management of ostomy or continence issues.

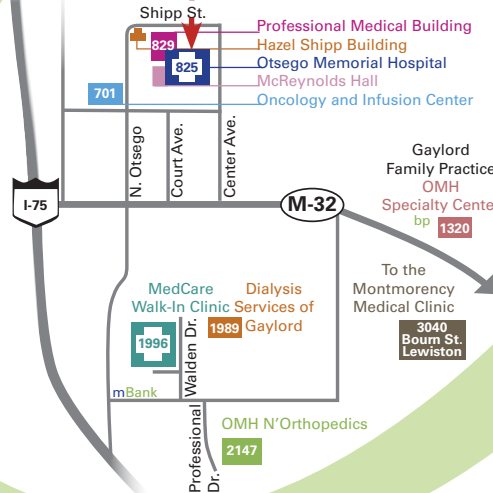
Department Hours 7 a.m. – 5 p.m.

Appointments _____	(989) 731-2341
Physical Therapy _____	(989) 731-2472
Occupational Therapy _____	(989) 731-7939
Speech Therapy _____	(989) 731-2472
Hand Therapy _____	(989) 731-7939
Wound Care _____	(989) 731-7876

## Pre-Operative Physical & Occupational Therapy Program



Rehabilitation Services is located on the North side of Otsego Memorial Hospital. Please enter through H 16, near the North Hospital parking lot.



for Joint Replacement  
Patients

Your evaluation appointment has been scheduled for

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please register at the main desk in  
Otsego Memorial Hospital



## Joint Replacement

To make your experience of joint replacement surgery at OMH easier, we offer pre-operative Physical and Occupational programs.

Your program will familiarize you with the hospital setting and introduce you to Physical and Occupational Therapy.

Attending this program before surgery can help you achieve a higher level of fitness before your surgery, which will improve your post-operative outcome.

The OMH Rehabilitation Services department offers a state of the art facility complete with a spacious gym and private and semi-private treatment areas. Our professional, licensed staff is trained in the most recent treatment modalities to assist patients in relieving their pain, and getting them back to the job of living.



## Physical Therapy

Physical Therapists address musculoskeletal problems affecting movement, strength, and mobility. They use a variety of modalities and exercises to help restore proper joint and muscle function.

When attending Physical Therapy prior to your surgery, you can expect:

1. You will be evaluated by a licensed physical therapist to establish a baseline of function, strength, and range of motion. You and your therapist will develop a treatment plan to specifically address problems pertinent to your condition.
2. You will be provided with a home exercise program to improve muscle strength. This will shorten your rehabilitation, as stronger muscles heal faster.
3. You will be educated in proper techniques to ambulate (walk) with a walker or most appropriate assistive device, and to negotiate stairs and other obstacles.
4. You will understand the differences in weight bearing status, ie: weight bearing as tolerated, toe-touch weight bearing, and non-weight bearing.
5. We will address safety concerns and precautions specific to you and your procedure.



## Occupational Therapy

Occupational therapy is skilled treatment that helps individuals achieve independence in all facets of their lives. Occupational therapists assist people in developing the “skills for the job of living” necessary for independent and satisfying lives.” (AOTA, 2008)

Your Occupational Therapy may include:

1. Patient education in using adaptive equipment when performing ADLs such as bathing, dressing and transfers.
2. Learning methods to reduce the risk of injury pertaining to home safety.
3. Exercise to strengthen your shoulders and arm muscles for the task of using a walker during activities of daily living.

The Occupational Therapy department has a mock apartment where patients can practice activities of daily living in a realistic environment while recovering from arthroscopic surgery, injury, or neurological conditions.

