

Occupational Therapy

Occupational therapy is focused on helping individuals function more independently in daily activities including work and recreation.

Occupational therapy can assist with fine motor mobility and sensory development. Some common treatments provided by occupational therapists include:

- Shoulder/hand injury intervention
- Splint development
- Work conservation/safety

Benefits of Occupational Therapy

- Pain and symptom relief of post surgical rehabilitation, traumatic injuries and degenerative conditions
- Maximization of functional capabilities and mobility
- Restores confidence in activities of daily living
- Education on living a healthier lifestyle

Choosing your Rehab Center

If your doctor recommends therapy, remember you have a choice in selecting your rehab professional. The therapy professionals at Abilene Regional Medical Center are happy to evaluate you to determine if you would benefit from our services. If you would like more information, or feel that you or someone you know would benefit from our therapies, please contact us or stop by to tour our facility.



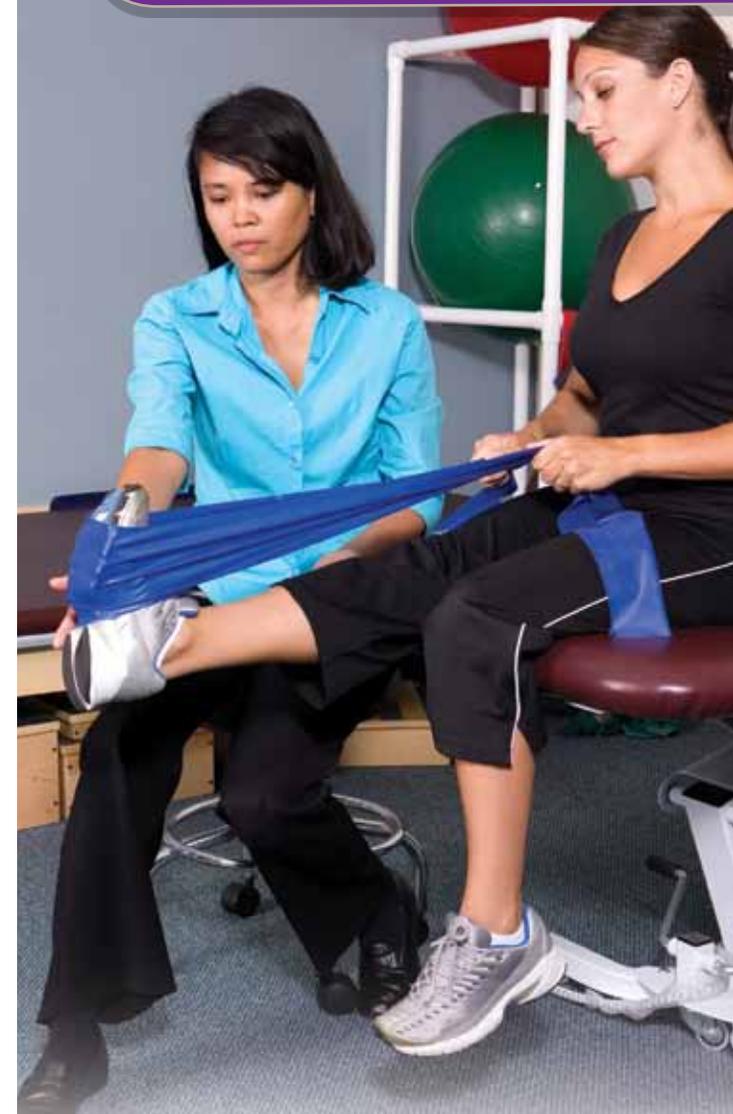
6150 Regional Plaza

Abilene, TX 79606

325-428-5720

www.abileneregional.com

OUTPATIENT REHABILITATION



Physical, Occupational and Speech Therapy



Therapy at Abilene Regional Medical Center

At Abilene Regional Medical Center's Outpatient Rehabilitation, we offer a comprehensive multi-disciplinary approach to Abilene's rehabilitation needs.

Our rehab team includes professionals in physical therapy, occupational therapy and speech-language pathology. While a patient, you will be given individual, one-on-one attention by our staff.

Our Approach

Our programs are designed around you. Your needs. Your recovery. At your pace. Our licensed therapists will guide you through your individualized plan and work with you throughout your recovery process. You'll receive personal, hands-on attention and care, helping bring better results during and after your rehabilitation.

Speech Therapy

Communication problems are caused by a variety of diseases, disorders and illnesses.

At Abilene Regional Medical Center, a certified speech therapist provides speech, language and swallowing evaluations and treatment services for the following deficits:

- Aphasia
- Apraxia
- Cognitive Disorders after Stroke, Parkinson's Disease or Traumatic Brain Injury
- Dysarthria
- Dysphagia (Difficulty Swallowing)
- Language Delay

Specialized treatments include:

- Vital Stim Dysphagia Therapy – Focuses on small muscle responsible for swallowing. Trained specialists help patients "re-educate" muscles through rehabilitation therapy.

Physical Therapy

Physical therapists help restore loss of functional movement by improving mobility, relieving pain and helping prevent permanent disabilities for individuals with injuries or disease.

They also provide education for overall fitness and health. Physical therapists provide both inpatient and outpatient treatment at Abilene Regional Medical Center. Early treatment contributes to a quicker recovery and helps patients achieve their maximum level of functioning.

The following list contains some of the most common reasons to see one of our physical therapists:

- Back/neck pain
- Orthopedic and sports injuries
- Balance/vestibular problems
- Gait instability
- Work-related injuries
- Shoulder/hand injuries
- Joint replacement
- Arthritis/degenerative joint disease/rheumatic conditions/fibromyalgia
- Post-surgical recovery
- Spinal surgery
- Neurological conditions (stroke, MS, Parkinson's Disease)
- Decreased motor coordination
- Amputation