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MISSION STATEMENT

The Rehabilitation Therapies Unit at Daviess Community Hospital is committed to improving the health of the people who live in our communities by providing excellent medical care, ensuring access to that care, teaching healthy lifestyles, and working with local agencies to meet community health needs.

VISION

We will be the regional leader in healthcare.

VALUES

Willing Attitude: Show a positive, compassionate, and willing attitude every day.

Excellence in Customer Service: Provide an excellent service experience every time.

Communication: Be open and honest always.

Accountability: Accept responsibility for all actions.

Respect: Appreciate and show consideration for all people.

Embrace Commitment: Fulfill all obligations and duties at all times.

SERVICES

The Rehabilitation Therapies Unit at Daviess Community Hospital offers many services in order accommodate our patients' needs. We strive to provide the best healthcare to each and every patient that we assist.

The Rehabilitation Therapies Unit
offers the following services:

Physical Therapy

Occupational Therapy

Speech Therapy

Athletic Training

Acute Rehabilitation

Workers Compensation

The DCH Rehabilitation Therapies Unit offers all of these listed services as well as specialized services which can be found on Page 4 of this booklet.

SPECIALIZED SERVICES

In addition to our general services, the Rehabilitation Therapies Unit also offers several specialized services designed to meet the needs of our patients. Below is a list of each specialized service offered and will be followed by brief descriptions throughout this booklet.

The Rehabilitation Therapies Unit
offers the following specialized services:

Women's Health Therapy

Pediatric Physical Therapy

Vestibular Rehab

Concussion Rehab

Aquatic Therapy

Spine Specialty Program

Lymphedema Management

Work Conditioning

Functional Capacity Evaluations

Wound Care

Joint Replacement Therapy

Manual Therapy

Customized Splinting

Joint Mobilization

Therapeutic Modalities

Pain Management

Scar Remodeling

TMJ/TMD

Headache Management

Stroke & TBI

Fall Prevention

Custom Seating, Mobility

Wheel Chair Assessment

WOMEN'S HEALTH THERAPY

As a woman's body changes, her access to services that improve her knowledge on these changes should also evolve. That's why Daviess Community Hospital offers Women's Health Therapy services – to help women achieve optimal health at every stage of life. Whether it is for preventative or healing services, Daviess Community Hospital therapists are the experts women can trust. Our Women's Health Therapy service specializes in the following conditions and treatment options: **Breast Cancer, Chronic Pelvic Pain, Diastasis Recti, Lymphedema, Osteoporosis, Prenatal and Postnatal Care, Sacral Dysfunction, Urinary Frequency and Incontinence, and Pelvic Organ Prolapse.**

PEDIATRIC REHAB THERAPY

Children deserve every opportunity when it comes to their growth and development. At Daviess Community Hospital, we provide the highest level of compassion and care to make sure those opportunities are within reach. This program is designed for anyone 21 years of age or younger with impairments including orthopedic, musculoskeletal, neurologic, congenital, developmental conditions, and sensory integration.

VESTIBULAR REHAB

Daviess Community Hospital's Vestibular Rehabilitation program offers a comprehensive approach to evaluating and treating patients with complaints of dizziness, balance deficits, and motion sensitivity. When working with a DCH Vestibular Therapist, patient needs are evaluated to develop an individualized treatment program. Our dedicated team utilizes a non-invasive treatment approach involving a symptom-specific progression of customized exercises designed to help individuals with vestibular and balance disorders. Our therapists share a unique understanding of the skills necessary to treat vestibular disorders in which they try to control symptoms, reduce functional disabilities, and improve the patient's quality of life.

CONCUSSION REHAB

At Daviess Community Hospital, experienced therapists provide evidence-based, hands-on concussion rehabilitation. Without proper concussion rehabilitation, symptoms can potentially linger for weeks, months and even years making it difficult to fully return to athletic, school, and job activities. Our therapists help treat many concussion symptoms including: **Headaches, Difficulty in Head Movement, Dizziness, Fatigue, Balance, Proprioception, and Vision Changes.**

MANUAL THERAPY

Also known as hands-on physical therapy, manual therapy uses no machines, but can include the use of soft-tissue instruments.

Therapists use their hands while performing skilled, specific hands-on techniques. In general, manual therapy includes soft tissue work and mobilization/manipulation. When performing soft tissue work, therapists apply pressure to the soft tissues of the body, such as the muscles. This pressure can help relax muscles, increase circulation, break up scar tissue, and reduce or eliminate soft tissue inflammation. With manual therapy, clinicians also commonly mobilize and manipulate joints. Joint mobilization and manipulation techniques assist in reducing pain for the patient, correct joint mechanics and allow for early return to exercises and daily function.

SPINE SPECIALTY PROGRAM

At Daviess Community Hospital Physical Therapy, therapists specializing in spine issues work to identify and treat the source of pain. We believe in providing unique care for all spinal conditions and ensure every treatment session is valuable.

Daviess Community Hospital therapists have emphasized certification in manual therapy and adhere to evidence based practice principles making the spine specialty program an excellent treatment option for almost anyone suffering from neck, mid-back and low back pain.

LYMPHEDEMA

Our lymphedema therapist will perform a thorough evaluation and implement an individualized treatment plan for acute and long-term care. The treatment for lymphedema is Complete Decongestive Therapy (CDT) performed by our specially trained therapist. This is a safe, reliable, and non-invasive treatment to reduce the swelling and to maintain the reduction. Components of CDT include: **Manual Lymph Drainage (MLD), Compression Bandaging, Skincare/Hygiene, Therapeutic Exercises, and Patient Education.** After the acute phase, the patient will be fitted for a compression garment as part of their long-term self-management phase.

WOUND CARE

Physical therapists are on the front lines of wound management in many healthcare settings, and treat patients during the most critical stages of wound care and healing. They possess in-depth knowledge of anatomy and tissue healing as well as mobility and positioning expertise. Specially trained physical therapists provide wound care to patients in the hospital and outpatient settings utilizing the most current and advanced wound care protocols. The wound care therapy staff will work closely with your medical team to provide the most effective and efficient treatment for your wound.

JOINT REPLACEMENT THERAPY

In order to return to your everyday living after a joint replacement, it is crucial to maximize your strength, range of motion, and functional mobility. Therapeutic modalities may be used to help improve strength, control pain, and/or decrease swelling. Manual therapy will be part of your treatment utilizing joint and scar tissues mobilization to improve mobility and ensure optimal healing. Every patient has unique needs after surgery to return to their previous lifestyle. Our therapists will provide an individualized treatment plan to ensure each patient's needs are met.

AQUATIC THERAPY

Daviess Community Hospital's Aquatic Therapy Program is beneficial to those seeking to increase strength, decrease pain, and improve function. Daviess Community Hospital specializes in aquatic physical therapy using the properties of water coupled with traditional physical therapy techniques to provide comprehensive healing. Most patients find that aquatic therapy provides a safe way to regain their strength, balance, range of motion and flexibility while at the same time manage pain and swelling. Treatment sessions vary for each patient and are individualized to your specific condition by a certified therapist.

CUSTOMIZED SPLINTING

Our occupational therapists are highly trained in designing and fitting custom splints. Orthotics and the development of custom splints applies the science of support and/or bracing of weak, ineffective muscles and joints, and fracture sites. Custom splints are also used to align, prevent or correct deformities of a body part or to assist in strengthening a physical weakness to improve overall function.

FALL PREVENTION

Falls prevention therapy is a multifaceted approach using interventions to reduce the risk of falling with physical activity. Our exercise programs include sufficient intensity for building muscle strength. Treatment can be performed in groups or individually. Our fall prevention program focuses on multiple factors that can lead to increased fall risk. Patients will be evaluated to determine a patient's specific risk for falling. A personal program will be developed for success and safety. Treatment may include: **Core Strengthening, Balance Retraining and Functional Activity Training.**

THERAPEUTIC MODALITIES

A modality is a type of electrical, thermal or mechanical energy that causes physiological changes to the involved tissue. They can be used to relieve pain, improve circulation, decrease swelling, reduce muscle spasm, and deliver medication in conjunction with other procedures.

Typical types of modalities include: **Ultrasound, Phonophoresis, Electrical Stimulation, Iontophoresis, Traction, Transcutaneous Nerve Stimulation, Heat, Ice, Paraffin, and Fluidotherapy.**

PAIN MANAGEMENT

Physical therapy can teach people how to move safely and functionally in ways that they haven't been able to for quite a while. Not only does Physical therapy tackle the physical side of the inflammation, stiffness, and soreness with exercise, manipulation, and massage, but it also works to help the body heal itself by encouraging the production of the body's natural pain-relieving chemicals.

SCAR REMODELING

Scar tissue can be managed by various techniques, each of which is unique and is tailored to the individual patient. Scar tissue may form after any type of injury ranging from ankle sprains to a total knee replacement to mastectomy after breast cancer. Scar tissue may limit your mobility, cause pain, or decrease range of motion. Therapists are trained in various types of scar tissue techniques to help best treat that specific injury. Consult a rehab therapist to determine the correct treatment plan for you.

TMJ/TMD

The Temporomandibular Joint (TMJ) is used throughout the day moving the jaw, especially in biting, chewing, talking, and yawning. It is one of the most frequently used joints of the body. Temporomandibular joint disorder (TMD/TMJ Syndrome), is a term that refers to acute or chronic inflammation of the TMJ. The disorder can result in significant pain and impairment. When working with a Daviess Community Hospital Therapist, each patient is assessed to create an individualized treatment plan.

HEADACHE MANAGEMENT

Daviess Community Hospital Headache Specialists focus on treatment for patients that experience headaches that fall into the cervicogenic and migraine categories. Occupational Therapy has proven to be successful in decreasing and/or resolving the intensity and frequency of symptoms, improving an individual's function and mobility, and improving a patient's quality of life.

NEUROLOGICAL DISEASE (STROKE, TBI, MS PARKINSON'S)

Rehabilitation begins as soon as possible following a neurological injury. For patients who are stable, rehabilitation may begin within two days after the injury has occurred, and should be continued as necessary following release from the hospital. Depending on the severity of the stroke or injury, rehabilitation options can include: **an Acute Rehab stay, or evaluations are completed to determine possible transition to home, or requirement for long-term care or skilled nursing.**

ATHLETIC TRAINING

The certified athletic trainers (AT staff) for Daviess Community Hospital work at schools and sporting events around the region, providing preventive and injury care for athletes and peace of mind for parents, coaches, and administrators. Our athletic training program assists injured athletes with their medical journey from on-the-field treatment to care with a physician, or other healthcare provider at Daviess Community Hospital. We can customize all of our programs to meet the needs of your athletic department.

AMP CLINIC

This clinic is designed for athletes of Junior High and High School age. The clinic focuses on enhancing sports performance through training from our DCH athletic trainers in the areas of **A**gility, **M**ovement, and **P**erformance. Our athletic trainers teach proper mechanics for injury prevention, core stabilization, speed, and agility.



CUSTOM SEATING AND MOBILITY

Patients are evaluated to assess their home, work, and leisure environments to begin the process of selecting the best chair option.

Patients are thoroughly evaluated for physical and structural specifications, pain issues, and special positioning considerations. Specific customized seating system evaluations may also be performed. Patients are often able to trial various seating options before a purchase is completed. They are also trained to move safely in personal environments.

Follow up visits may be needed for adjustments or further training. The program also evaluates the need for repairs, upgrades, or other changes for established patients within the program.

WHEELCHAIR ASSESSMENT

An Occupational Therapist can complete a wheelchair assessment to enable a person to maintain safe and independent access to their environment. A wheelchair and seating assessment ensures an optimum fit between the user and their equipment. Buying a wheelchair is much like buying a car in that more features cost more money, so choosing an appropriate wheelchair vendor is very important: an Occupational Therapist can help you with this process.

SPECIALTY TECHNIQUES

Our skilled staff not only provides all of the services you have read about, but also has a variety of specialty techniques that can be used to assist in patient care.

The Rehabilitation Therapies Unit uses the following specialty techniques:

Dry Needling

Dry needling is a skilled intervention performed by a trained physical therapist. A thin filiform needle is used to release underlying myofascial trigger points, or "muscle knots". This technique is utilized for treating a variety of pathologies caused by muscle/tension imbalances and movement impairments which can be contributing factors causing pain.

Graston Technique

The Graston Technique® is a soft-tissue release technique that uses six patented stainless steel instruments of different shapes and sizes to fit the body as needed. The instruments are used to detect and treat scar tissue and soft-tissue restrictions that may be contributing to a patient's symptoms and limiting his or her ability to perform activities of daily living.

ASTYM

The ASTYM® system is an evidence-based, non-invasive rehabilitation program that stimulates the body's regenerative healing process. The goal of treatment is to encourage the body's healing response by helping to rejuvenate muscles, tendons, and ligaments.

Our dedicated staff uses a large array of services, specialized services, and unique techniques to ensure that every patient receives optimum care.

SPEECH THERAPY

Speech-language pathology is a field of expertise practiced by a clinician known as a speech-language pathologist (SLP), also called speech and language therapist or speech therapist, who specializes in the evaluation and treatment of communication disorders, voice disorders, and swallowing disorders.

A common misconception is that speech-language pathology is restricted to correcting pronunciation difficulties and helping people who stutter to speak more fluently. In fact, speech-language pathology is concerned with a broad scope of speech, language, swallowing, and voice issues involving communication. At Daviess Community Hospital our Speech Therapists treat the following diagnosis and conditions:

Common Diagnosis our Speech Therapists Treat:

Neurological Conditions: **Stroke, Traumatic Brain Injury, Neuromuscular Speech Disorder, Geriatric Conditions, Guillan-Barre Syndrome, Swallowing Disorders (Dysphagia), Voice Disorders, TMJ/TMD**

Pediatric Conditions: **Autism, Speech and Language Disorders, Articulation Disorders, Stuttering/Fluency, Sensory Feeding, Cerebral Palsy, Apraxia**

Other Conditions: **Bell's Palsy, Dysarthria, Oral/Pharyngeal/Laryngeal Cancer**

Common Conditions our Speech Therapists Treat

Facial Droop, Inability to Say or Pronounce Sounds, Swallow Dysfunction, Difficulty Chewing, Hoarse Voice, Post-Surgical Voice/Swallowing/Cognitive Concerns, Congenital or Hereditary Conditions, Developmental Delays, Dementia Related Swallowing or Cognitive Concerns, Poor Muscle Tone, Sensory Conditions, Speech Augmentation (AAC), Coughing with Eating/Drinking, Poor Nutrition, Slow Speech Development, and Social Skills Training



WORKERS COMP SERVICES

By providing workmen's compensation services, educating employees on safe work habits, and creating environments where injuries are preventable, Daviess Community Hospital really does go to work for you. From the time of injury through case closure, our workmen's compensation services make the entire process a cost-effective and timely manner for everyone involved. Daviess Community Hospital provides both service and educational opportunities to ensure that all needs are met.

Workers Comp Services Include:

Work Conditioning

Physical Therapy

Occupational/Hand Therapy

Functional Capacity Evaluations

Ergonomics

Job Analysis

Post Offer Testing

Educational Programs Include:

Job-site Evaluations

Job Analysis

Workplace/Ergonomic Assessment

Post-offer Testing

Pre-employment Testing

Injury Prevention Strategies

Spine Control Education

Daviess Community Hospital ensures that each patient is treated with a cost-effective and **comprehensive** plan. We offer each patient **convenient** access to our locations within 24-48 hours of their initial call. Our rehabilitation specialist will create a **customized** plan to help each patient reach their return-to-work goals. Finally, we utilize **coordinated communication** to ensure that you are connected with our specialists, employers, case managers, and legal representatives throughout the process.



CONTACT US

To schedule an appointment with our Rehabilitation Therapies Unit, please call:

812-254-8889

For any questions you may have, please contact:

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