



# REHABILITATION: ONE STEP AT A TIME

By Allison Mowatt

**These local hospitals offer inpatient and/or outpatient rehabilitative services and help local residents rediscover their potential.**

**I**npatient and outpatient rehabilitation services are a saving grace for people who have been through a trauma, an accident, or an illness. For many patients, it is just a matter of relearning basic everyday activities. Certified specialists aid them in utilizing these tasks through speech, occupational and physical therapy, as well as other forms of therapy. Patients take it one step at a time and recover at their own pace and to the best of their ability.



WAYNE MEMORIAL HOSPITAL

An Affiliate of Wayne Memorial Health System, Inc.

The Good Shepherd



Kristen Ost (right) is about to grab that small barreled object, but not on her own. A piece of technology called the Bioness, operated by Occupational Therapist Heather Larkin (left), is moving Kristen's arm and hand.

Wayne Memorial Inpatient Rehabilitation Center offers both inpatient and outpatient rehabilitation therapy services with skilled certified specialists. Patients admitted to the inpatient unit or the outpatient facilities all receive the same level of quality care and services in physical, occupational and speech therapy. The hospital is in partnership with the renowned Good Shepherd Rehabilitation Network out of Allentown.

Patients admitted to the 14-bed unit must be strong enough to participate in an intensive rehabilitation program for a minimum of three hours per day at least five days per week. The patients receive 24 hour nursing care and an individualized rehab program designed to enhance function and independence for each patient by a team of specialized rehab professionals. "The idea is for the patients to regain their independence and become as self-sufficient as possible in their everyday living," said Terri Henderson, who is an Occupational Therapist and Manager of Rehabilitative Services at Wayne Memorial Hospital.

The length of stay revolves around their diagnosis and is based on individual need. Some of the patients admitted to the unit experienced stroke, neurological disorders, cancer, hip and knee replacements, and amputations. Before a patient is discharged, a plan of care is decided for when they go home between the health care providers and the patient's family.

One of the newer features at Good Shepherd is a piece of technology called Bioness, which helps people recover from neurological disorders such as those associated with stroke or trauma so they can lead more independent and productive lives. The technology, which uses mild electrical stimulation, can be utilized on both upper and lower extremities. The equipment could make it easier to walk, drink from a glass, or reach for things. In addition, there are three Wayne Memorial Hospital outpatient rehabilitation centers; two in Honesdale and one in Milford. All sites offer occupational, physical and speech therapy.

"Patients utilize our outpatient services when they are doing better and don't need the level of care they would require in the inpatient unit," said Terri. At the outpatient level, therapists continue working closely with patients in strengthening muscles and encouraging them to ambulate and function at their optimum potential.

For more information, visit [www.wmh.org](http://www.wmh.org) or call (570) 253-8732.

Newton Memorial Hospital



Physical Medicine and Rehabilitation Department

Newton Memorial Hospital's Physical Medicine and Rehabilitation Department is an outpatient service within the hospital dedicated to helping patients with physical, speech, or occupational limitations achieve greater independence and an improved quality of life. The Department's services include cardiac rehabilitation, occupational, physical and speech therapy.

Using the latest diagnostic and therapeutic equipment and techniques, the hospital's exceptional staff of licensed therapists, Registered Nurses, and Exercise Physiologists assist patients in the development of adaptive skills to recover from a medical illness or a procedure. The rehabilitation therapists are highly skilled in their clinical field. One of the department's unique features includes a Certified Hand Therapist. Newton Memorial Hospital is one of the only facilities in Sussex County to have a Hand Therapist on staff. Virginia Vitale, who is also a Certified Occupational Therapist, works with patients who have had trauma related injuries, burns, tendon lacerations, joint replacements due to arthritis, complications from a stroke, and other hand conditions. In addition, the department features a Certified Lymphedema Therapist and a Certified Vestibular Therapist.

"The ultimate goal with hand therapy is to help the patients function again with normal, everyday activities," said Melissa Gaffney, Director of Occupational Therapy. "It can be something as basic as relearning how to hold a fork to helping them prepare to go back to work." To help patients with the use of their hands, Virginia uses modalities, blocks with resistive bands, paraffin wax, and massage techniques; stretches the hand, wrist and fingers; and uses resistive putty and pegboards. "The idea is to simulate what the patient would have to do in their everyday lives," said Melissa.

For more information about the Department, call (973) 579-8600 or visit [www.nmhnj.org](http://www.nmhnj.org).

Other Local Rehab Centers

- 1} **Allied Services-** Offering care for patients in the Scranton and Wilkes-Barre area, Allied Services offers a full array of health care and support services. Allied is one of Northeastern Pennsylvania's largest and most diverse providers of rehabilitation medicine, senior care, home health care, vocational, and residential services. The Allied Rehab Hospital is a state of the art facility in Scranton providing a broad array of services and therapies for rehabilitation. For more information, visit [www.allied-services.org](http://www.allied-services.org) or call (570) 348-1359.
- 2} **No Limits Physical Therapy LLC-** Located on Route 6 in Hawley, No Limits is a physical therapist owned outpatient practice offering physical and occupational therapy. No Limits also provides one-on-one evaluations and treatments. For more information, call (570) 226-5680.
- 3} **Comprehensive Physical Therapy-** With locations in Forest City, Dunmore, Hawley and Carbondale, Comprehensive Physical Therapy provides a variety of rehabilitation services. Some of these services include physical therapy, occupational therapy, orthopedics/sports medicine, balance and vestibular rehabilitation and lymphedema therapies. For more information, visit [www.cptrehab.net](http://www.cptrehab.net).