

# Rehabilitation Programs

## Restore Life Balance



*IMG offers individualized outpatient rehabilitation programs designed to aid each patient with achieving an optimal level of physical functioning. Therapists specialize in many different types of therapy, including physical, occupational, and speech-language pathology, and draw on their unique disciplines to assess the needs of each patient.*

Rehabilitation therapists are specially trained in matters related to physical and neurological impairment. Most have earned Master's or doctoral degrees by completing coursework related to gross anatomy, kinesiology, motor control, techniques and modalities related to therapy, assistive technology, and physiology. All states require licensure for physical and occupational therapists. This ensures adherence to the highest standards of care.

Most insurance plans cover some level of rehabilitation therapy, including Medicare. In addition, flexible scheduling permits patients to work around family, employment, and transportation needs. Outpatient rehabilitation services include:

### Physical Therapy

Perhaps the best known form of rehabilitation therapy is physical therapy, which assists patients with regaining strength, control, balance, and range of motion.

For patients whose physical function is affected by disease, injury, pathological processes, or the after-effects of surgery, IMG therapists utilize state-of-the-art techniques and technology to restore mobility, increase strength and/or balance, improve gait function, muscular balance, and address issues related to muscle tone and pain.

### Occupational Therapy

Occupational therapists assist patients with activities related to daily living, such as eating, dressing, food preparation, household management, employment, taking medications, grocery shopping, using communications devices, fatigue management, and/or participating in leisure activities.

Occupational therapists may address the strengthening of weak muscles required for independent living, remediation of damage to bodily functions caused by injury to the neurological system, or compensatory strategies, such as the use of assistive devices for daily life activities. In addition, occupational therapists educate patients about safety in the performance of everyday responsibilities, such as preventing falls and related injuries.

### Speech-Language Pathology

Our speech-language pathologists facilitate interpersonal communication by helping patients regain or strengthen their ability to speak or communicate with

ease and clarity. Speech therapists assist patients who have difficulty pronouncing words, or are experiencing hearing deficits, voice disorders, cognitive communication impairments, memory or problem solving disorders, and/or swallowing difficulties. Therapists also deal with the mechanics of producing words, such as articulation, pitch, fluency, and volume.

The goal of speech therapy is to improve the safety and quality of life for patients affected by disorders such as stroke, Parkinson's disease, ALS, traumatic brain injury, vocal cord dysfunction, and developmental abnormalities. Our team of speech pathologists also monitors and modifies swallowing techniques, and may introduce diet modifications and special feeding techniques to resolve those difficulties.

Utilizing the latest technology and clinical processes, IMG speech-language pathologists help patients regain the ability to communicate through auditory processing and memory enhancement.

### Teamwork Speeds Recovery

An effective rehabilitation team relies on a unique combination of professionals in a variety of disciplines, as well as appropriate treatment settings. Each team is tailored to the needs of the patient. Individuals with chronic and disabling conditions are served in a setting that includes a variety of services to optimize health outcomes and the quality of life. The rehabilitation team may draw on the following:

**The Patient.** The patient is at the center of the rehabilitation team. The ability of the patient to communicate with each member of their team about their illness or injury plays a critical role in developing an effective treatment plan. While not all patients are able to communicate effectively, most are able to participate fully in their rehabilitation, taking part in appropriate therapies and making informed decisions about continued treatment.

**The Patient's Family, Significant Other, or Designated Healthcare Representative.** It is important that those close to the patient learn about the patient's injury and provide support throughout therapy. They can investigate external resources, voice concerns to the patient and the rehabilitation team, as well as provide additional details about the patient's lifestyle and home environment.

**The Physician.** The physician's diagnosis guides the rehabilitation process. When authorized, the physician regularly updates the patient and family members on the patient's prognosis and progress. The physician is also responsible for performing tests and recommending further care after discharge.

**The Rehabilitation Nurse.** The rehabilitation nurse assists the patient in adapting to a potentially altered lifestyle after an illness or injury. They implement treatment strategies to promote increased health and well-being, as well as assist in providing an appropriate environment for therapy.

**The Advanced Practice Nurse.** An advanced practice nurse conducts a comprehensive patient assessment, after they have been evaluated by physician. They are responsible for compiling assessment data and making decisions to help plan for optimized health.

**The Physical Therapist.** Physical therapists are trained to execute strategies that promote increased mobility and limb function. They treat conditions that limit movement, and facilitate strategies and treatment to restore strength, balance, mobility, and coordination.

**The Occupational Therapist.** Occupational therapists focus on restoring a patient's ability to perform everyday activities, with a goal of maximizing independence. They also educate the patient and their family about adaptive equipment that may simplify daily tasks, ensure safety, and enhance daily living.

**The Speech-Language Pathologist.** Speech pathologists assist patients with communicating with family, their rehabilitation team, and the outside world. They evaluate and treat cognitive problems that may limit effective verbal interaction, and also suggest strategies to aid eating and swallowing.

**The Neuropsychologist.** A neuropsychologist assesses a patient's cognitive, behavioral, and emotional well-being. They also assist the rehabilitation team in understanding the patient's behavioral issues. In addition, a neuropsychologist educates the patient and their family on the patient's neurological condition and recommends coping strategies.

**The Social Worker.** Social workers are responsible for supporting the patient and their family throughout the rehabilitation process. They may assist in acquiring resources to help limit the impact of the patient's social and financial situation on their recovery.

**The Care Coordinator.** Care coordinators assist patients with transitions between different health care settings. They facilitate communication between the patient and the rehabilitation team. They also help the patient and their family understand the benefits of the healthcare provided.

**The Recreational Therapist/Activity Therapist.** Recreational therapists work with patients to enhance social skills and create opportunities for the patient to constructively use leisure time. They may also provide information on community resources to assist with re-entry into the community.

## Services

IMG rehabilitation therapists assist patients with a wide range of illnesses, conditions, and physical deficits, including:

- + Arthritis.** *Whether it's sharp, dull, or aching, chronic arthritis pain is all too common. Our staff assists with the relief of chronic and acute arthritis, and offers support and guidance regarding joint protection, prevention, and arthritis fatigue-related issues.*
- + General Orthopedics.** *One aspect of rehabilitation is combination of both surgical and nonsurgical strategies to treat musculoskeletal trauma, sports injuries, spinal disease, degenerative diseases, and more.*
- + Hand Dysfunction.** *Hand therapists work to restore function in the upper limb, which includes the hand, wrist, elbow, and shoulder. They combine occupational therapy and physical therapy to accomplish this. The goal of the hand therapist is to enhance a patient's ability to execute tasks and to participate fully in daily life.*
- + Health and Wellness.** *Some employers offer healthcare insurance premium discounts, cash rewards, gym memberships, and other incentives to encourage employees to participate in health and wellness programs. Some of the programs available are aimed at weight loss, diabetes management, heart health, and preventative health.*
- + Independent Conditioning.** *These programs are designed to improve strength, flexibility, core stability, endurance, and work tolerance. Exercises target conditioning for specific job demands, addressing barriers to the return to work. When possible, simulation of job tasks are incorporated into the program to improve tolerance, confidence, and proficiency.*
- + Joint Replacement.** *This therapy is designed specifically for those who undergo partial or complete joint replacement. Following best practices guidelines, our therapists create custom rehabilitation programs for each patient, based on their abilities, condition, and personal goals.*

Patients are paired with experts from different disciplines who are specially-trained in total joint replacement therapy.

- + Neurological Disorders.** Therapies are designed for individuals who show the potential for partial/full recovery from various neurological disorders. Restoration of movement, lifestyle alterations, and pain management are key components of treatment.
- + Pain Management.** This is a branch of medicine that incorporates multiple disciplines to ease the suffering of those with chronic pain. Patients have access to a wide variety of healthcare professionals, who work to lessen the impact of chronic pain in everyday life.
- + Spinal Injuries.** When a patient suffers a spinal cord injury, our rehabilitation staff works directly with the patient and their physician to gain understanding of their injury and the required components of care. The rehabilitation process is designed to increase mobility, if possible, and assist the patient in participating in everyday life and vocational rehabilitation.
- + Sports Injuries.** A multi-disciplinary approach is taken to return patients with sports injuries safely to their activity of choice. Exercises, treatments and therapies are custom programmed by body area.
- + Strokes.** Rehabilitation therapists assist victims of stroke in relearning skills that may have been lost due to neurological impairment from a stroke. Our rehabilitation specialists also teach survivors new ways of performing tasks to circumvent or compensate for any residual disabilities. For some stroke survivors, rehabilitation will be an ongoing process to maintain and refine skills. It could extend over months or years.
- + Vestibular/Balance Issues.** Vestibular rehabilitation is a specialized form of therapy, intended to alleviate both the primary and secondary problems associated with vestibular disorders. It is an exercise-based program, primarily designed to reduce vertigo and dizziness, gaze instability, lack of balance, and/or falls. The goal of vestibular therapy is to use a problem-oriented approach to promote compensation for vestibular impairments. This is achieved by customizing exercises to address each patient's specific needs.



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KEY	
	Skilled Nursing & Rehab
	TruRehab Therapy Services
	Memory Care/Dementia Trained Staff
	plus Secured Dementia Unit
	Assisted Living
	Independent Living

## INDIANA

<b>Cathedral Health Care Center</b> Jasper – (812) 482-6603 www.cathedralhealthcarecenter.com	
<b>Chesterton Manor</b> Chesterton – (219) 926-8387 www.chestertonmanorhealthcare.com	
<b>Cloverleaf Healthcare</b> Knightsville – (812) 446-2309 www.cloverleafhealthcare.com	
<b>Colonial Nursing &amp; Rehab</b> Crown Point – (219) 663-2532 www.colonialnursingandrehab.com	
<b>Kendallville Manor</b> Kendallville – (260) 347-4374 www.kendallvillemanor.com	
<b>Madison Health Care Center</b> Indianapolis – (317) 788-3000 www.madisonhcc.com	
<b>Oak Village Healthcare</b> Oaktown – (812) 745-2360 www.oakvillagehealthcare.com	
<b>River Terrace Retirement Community</b> Bluffton – (260) 824-8940 www.riverterraceretirementcommunity.com	
<b>Silver Memories Health Care</b> Versailles – (812) 689-6222 www.silvermemorieshealthcare.com	
<b>Warsaw Meadows</b> Warsaw – (574) 267-8922 www.warsawmeadows.com	
<b>Woodland Manor</b> Elkhart – (574) 295-0096 www.woodlandmanornursingandrehab.com	
<b>Yorktown Manor Healthcare</b> Yorktown – (765) 759-7740 www.yorktownmanorhealthcare.com	

## ILLINOIS

<b>Edwardsville Nursing and Rehabilitation</b> Edwardsville – (618) 692-1330 edwardsvillenursingandrehab.com	
<b>Newton Care Center</b> Newton – (618) 783-2309 newtoncarecenter.com	
<b>North Logan Health Care Center</b> Danville – (217) 443-3106 northloganhealthcarecenter.com	
<b>Paris Healthcare Center</b> Paris – (217) 465-5376 parishhealthcarecenter.com	
<b>University Nursing and Rehab</b> Edwardsville – (618) 656-1081 universitynursingandrehab.com	

## IOWA

<b>Countryside Health Care Center</b> Sioux City – (712) 276-3000 www.countrysidehealthcarecenter.com	
<b>Eagle Point Health Care Center</b> Clinton – (563) 243-6600 eaglepointhealthcarecenter.com	
<b>Keota Health Care Center</b> Keota – (641) 636-3400 keotahealthcarecenter.com	
<b>Keosauqua Health Care</b> Keosauqua – (319) 293-3761 keosauquahealthcare.com	
<b>Newton Health Care Center</b> Newton – (641) 792-7440 newtonhealthcarecenter.com	
<b>Sigourney Health Care Center</b> Sigourney – (641) 622-2971 sigourneyhealthcare.com	
<b>Urbandale Health Care Center</b> Urbandale – (515) 270-6838 urbandalehealthcare.com	