

Summa's Outpatient Rehabilitation Services

Summa's Outpatient Rehabilitation Services

Patients have convenient access to therapy services ranging from acute rehab to wellness

Summa's Outpatient Rehabilitation Services offers a comprehensive variety of programs designed to relieve pain and improve function of our patients.

Our staff members are accredited and licensed in the state of Ohio. Many have specialized training in specific areas of expertise; all are committed to positive outcomes, assuring a quality continuum of care from hospital to home. They receive continuing education to stay current on the latest technology and care and perform annual competency training.

Our goal is to deliver timely, comprehensive services and care to return patients to their maximum functional levels. We are proud of our programs and patient satisfaction scores, and the high quality care we provide.



How to Start Therapy Services

Outpatient orders are initiated by physicians or other healthcare professionals. A referral may be faxed to the clinic of choice or hand-delivered by the patient on the day of the first visit. After an initial evaluation, the therapist will outline a plan that includes treatment goals, therapeutic interventions and frequency/duration of care.

During subsequent treatment sessions, a licensed physical therapy or certified occupational therapy assistant may team up with the therapist to help you through your treatment program. Therapists in the outpatient setting educate their patients on preventative methods, as well as the techniques necessary to manage and improve their current functional status and pain.

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Our Services

Physical Therapy

Physical therapists assist patients of all ages in recovery from surgery, injury and disorders of the musculoskeletal and neuromuscular system. Therapists evaluate, assess function and manage the physical therapy treatment plan, customizing it to the individual needs of each patient. The goal of physical therapy is to restore maximal functional independence.

PHYSICAL THERAPISTS

Our physical therapists are state-licensed healthcare professionals with degrees in physical therapy. Some hold advanced certifications in specialty treatment areas such as the McKenzie Method for the spine, Kinesio-taping and Graston Technique for instrument-assisted soft-tissue mobilization.

Occupational Therapy

Our occupational therapy program is designed to help patients improve their ability to independently perform tasks at home and work that are usually taken for granted. Our skilled and experienced therapists work with people of all ages to enable them to maximize independence and lead productive lives.

Occupational therapists are specialists in the evaluation and treatment of the upper extremities. They function as hand experts, providing skilled non-surgical and post-surgical therapy.

Occupational therapists evaluate and treat post-stroke and other neurological issues. Occupational therapy involves improving motor-skills like cooking a meal. We also help individuals to increase their independence with self-care skills such as eating or bathing.

Occupational therapists also provide valuable services in the area of ergonomic assessments and return-to-work programs for injured workers.

OCCUPATIONAL THERAPISTS

Occupational therapists are licensed healthcare professionals with degrees in occupational therapy. Some hold advanced certifications in specialty treatment areas such as neuro-developmental treatment (NDT), aging in place and hand therapy.



Our Services

Speech Therapy

Speech therapists provide an evaluation and treatment in the areas of swallowing, language, memory and voice difficulties. Patients receive a thorough assessment and personalized treatment plan. Therapists work with patients and their families to develop goals for therapy.

Speech therapists also help people with swallowing disorders, many of which develop as the result of a stroke.



Athletic Training

Athletic trainers provide immediate care, rehabilitation and reconditioning for injuries to athletes, workers or the general population. Athletic trainers focus on injury prevention and management but often are involved with improving a patient's strength, flexibility, pain level and functional status.

SPEECH THERAPISTS

Speech therapists require a master's degree to practice and are licensed in the state of Ohio. Some hold advanced certification in vital stimulation.

ATHLETIC TRAINERS

Certified athletic trainers have graduated with at least a bachelor's degree from a four-year college or university and are licensed by the state of Ohio.



Programs and Specialized Techniques

Aquatic Therapy

Patients find that aquatic therapy provides a safe way to regain their strength, balance, range of motion and flexibility, while at the same time managing pain and swelling.

Performing exercise in the water can be beneficial for a variety of patients with neuromuscular or musculoskeletal conditions. Aquatic therapy differs from land therapy because of the specific properties of water.

It is not necessary for patients to know how to swim before initiating an aquatic therapy program.

Vestibular Rehabilitation

People of any age who experience inner ear damage, head or neck injury, or neurological problems may benefit from vestibular rehabilitation. Our vestibular team provides focused treatments for patients with vertigo, dizziness and visual difficulties. Services may include:

- Specialized testing using video goggles
- Balance, function and mobility skills training
- Activity modification for safety
- Postural re-education





Cancer Rehabilitation and Lymphedema Therapy

Therapy staff work in conjunction with the medical team to design components of a survivorship care plan in order to optimize overall functional outcomes.

Cancer rehabilitation can address issues such as weakness, fatigue, pain, swelling, soft tissue tightness or joint stiffness. Therapy can also help improve activities of daily living, balance and walking.

Several of our therapists are Survivorship Training and Rehabilitation (STAR) certified and specially-trained to understand therapy needs for cancer patients.

Each patient receives a personalized treatment program to help maintain their independence.

LYMPHEDEMA MANAGEMENT

Therapists utilize techniques such as manual lymphatic drainage, kinesiotape and wrapping to assist in reducing and controlling the swelling that is commonly experienced after cancer treatments. These techniques are combined with exercise and education to prepare the patient to manage the swelling independently. Therapists also work closely with compression garment vendors to create custom-fit pieces when appropriate.

Programs and Specialized Techniques

Aging in Place (AIP)

Our occupational and physical therapists are trained to assess older adults' home environment or those with medical conditions like stroke. Many of our therapists are Certified Aging in Place Specialists (CAPS) through the National Home Builders Association. They are specially trained to understand how medical conditions and aging may require changes in a person's home.

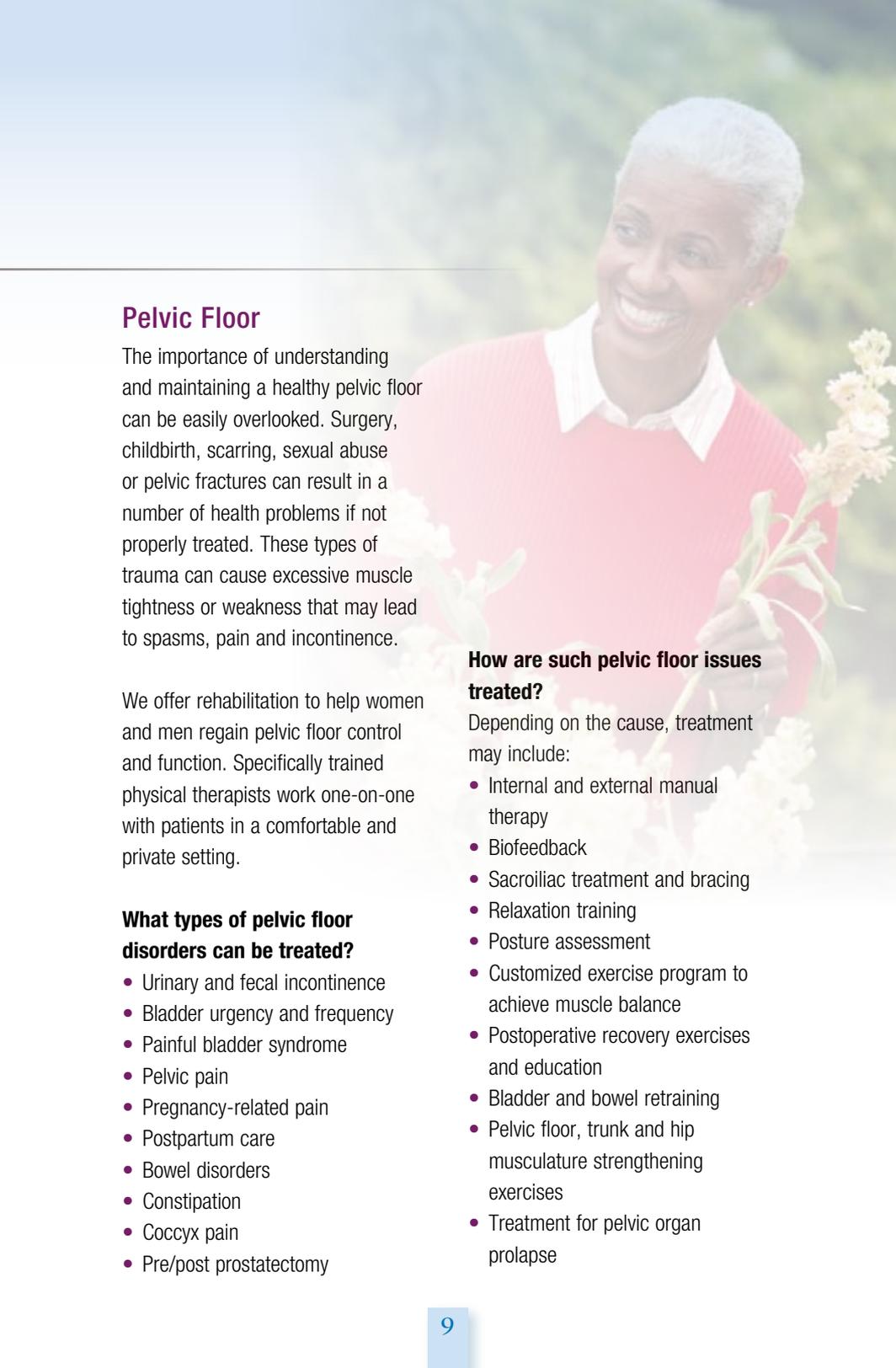


They can provide valuable recommendations that will allow older adults or those with medical conditions to function in a safe and secure home environment.

Patients who may benefit from AIP home assessment services include those who have had:

- Stroke
- Multiple sclerosis
- Cancer diagnosis
- Recent trauma
- Recent falls/fractures
- Functional decline
- General debility
- Recent surgeries
- Alzheimer's disease
- Parkinson's disease
- Dementia

Our team will schedule an appointment to meet with you and your family to review aspects of your home for functionality, independence and safety.



Pelvic Floor

The importance of understanding and maintaining a healthy pelvic floor can be easily overlooked. Surgery, childbirth, scarring, sexual abuse or pelvic fractures can result in a number of health problems if not properly treated. These types of trauma can cause excessive muscle tightness or weakness that may lead to spasms, pain and incontinence.

We offer rehabilitation to help women and men regain pelvic floor control and function. Specifically trained physical therapists work one-on-one with patients in a comfortable and private setting.

What types of pelvic floor disorders can be treated?

- Urinary and fecal incontinence
- Bladder urgency and frequency
- Painful bladder syndrome
- Pelvic pain
- Pregnancy-related pain
- Postpartum care
- Bowel disorders
- Constipation
- Coccyx pain
- Pre/post prostatectomy

How are such pelvic floor issues treated?

Depending on the cause, treatment may include:

- Internal and external manual therapy
- Biofeedback
- Sacroiliac treatment and bracing
- Relaxation training
- Posture assessment
- Customized exercise program to achieve muscle balance
- Postoperative recovery exercises and education
- Bladder and bowel retraining
- Pelvic floor, trunk and hip musculature strengthening exercises
- Treatment for pelvic organ prolapse

Programs and Specialized Techniques

Safe Effective Exercise for Diabetics (SEEDs)

The SEEDs program will benefit diabetics who have never exercised and don't know how to get started, those who have health conditions affecting their physical ability to exercise, or those who have stopped exercising because of pain.

After a thorough evaluation, clients are prescribed a progressive exercise program that is individualized to their needs. Several visits over a period of three to six months are used to teach clients how exercise affects the diabetic patient, and to maximize independence with an on-going fitness program.



Neurological and LSVT BIG™ Therapy

Therapists assist post-stroke, Parkinson's, multiple sclerosis, amputation and other neurological patients with relearning skills lost when the brain is damaged. This includes cognitive retraining, speech and swallowing rehabilitation, strengthening and conditioning, and gait rehabilitation. Activities of daily living (ADL) training helps patients build their confidence to meet daily challenges such as dressing, bathing or operating home appliances.

BIG therapy was developed specifically to address the unique movement impairments for people with Parkinson disease. The therapy is both intensive and complex with many repetitions of core movements that are used in daily living. Several of Summa's physical therapy staff have been trained in this program.



Falls Reduction and Balance Therapy

Reducing the risk of falling can be addressed with physical or occupational therapy guiding a customized treatment program that may involve strengthening and flexibility exercise. Our fall reduction program focuses on identifying and measuring multiple factors that can lead to increased fall risk. Some of these risk factors include balance problems, visual deficits, gait disorders, muscle weakness and history of falls. By providing education on creating a safe environment, implementing lifestyle changes and incorporating physical strength and endurance exercise programs as designed by our therapists, patients learn to manage risk to avoid future falls or hospital admissions.

Temporomandibular Joint Therapy

Temporomandibular disorder (TMD) is pain at the temporomandibular joint (TMJ) and surrounding structures which may cause debilitating pain during opening/closing of the

mouth, biting and chewing. Physical therapy is commonly prescribed for patients with TMD, both as a conservative treatment and after TMJ surgery. Therapists utilize treatment techniques that aim to relax muscles, improve posture, increase oral cavity opening and relieve jaw pain. Often, secondary symptoms, such as chronic headaches and dizziness, can also be improved with TMD treatment.

Orthopaedic Rehabilitation

Physical and occupational therapy are often utilized to assist patients in returning to full function after injuries or surgeries and can be a central part of the recovery process. Many of the services and programs described in this brochure and others are utilized by our therapists to decrease the pain and debilitating effects of injuries, as well as to assist in recovery after surgeries for bones, joints, muscles or tendons.

Programs and Specialized Techniques

Programs for Injured Workers

Summa offers objective evaluations of injured workers. Employers can use these evaluations to screen candidates for specific tasks, identify workplace modifications and determine disability, and many can be completed at your job site. Summa therapists utilize either the ARCON or Workability FCE Systems; both generate legally defensible data in a clear report. Controlling lost work time through early intervention and medical management is the goal of our injured worker therapy programs.

Functional Capacity Evaluation

A Functional Capacity Evaluation (FCE) is a comprehensive test, performed in a clinical setting by a licensed physical or occupational therapist, designed to measure an individual's ability to perform meaningful work tasks on a safe and dependable basis. A FCE tests a patient's range of motion, strength and stability. A FCE test may be performed for many reasons, including:

- After a work-related injury to determine return to work capability
- Before an individual is approved for disability benefits, or after approval to determine whether functional status has changed

Work Conditioning Program

Work Conditioning emphasizes functional restoration following a work-related injury.

- This program focuses on improving strength, stability, endurance, flexibility, cardiopulmonary fitness and activity tolerance.
- Clients receive education on proper body mechanics through work simulation activities and exercises.
- Regular attendance is required.
- A physician referral and authorization for work conditioning (generally a C-9 from BWC) is needed prior to scheduling the initial appointment.

A physical therapist, a man in a grey polo shirt and khaki pants, is performing a Graston Technique on a female patient. He is standing behind her, with his hands on her right arm, applying pressure to a specific point. The patient is wearing a white t-shirt and has a neutral expression. The background is a bright, clean clinical setting.

Graston Technique®

The Graston Technique is an instrument-assisted soft tissue mobilization technique that involves the use of six stainless steel instruments of different shapes and sizes. The treatment is performed to the injured and surrounding tissues to achieve what can be very dramatic results. This technique is always combined with stretching and strengthening to fully treat the injury.

What conditions are treated with the Graston Technique?

- Tendonitis
- Tendonosis
- Fasciitis
- Fasciosis
- Sprains/Strains
- Contusions
- Post-operative pain
- Scar Tissue

Trigger Point Dry Needling

Dry Needling is a specialized form of Physical Therapy that utilizes acupuncture type needles to treat many conditions. Needles are inserted through the skin and into the deeper tissues that are considered trigger points to your pain.

Not all medical or physical therapy professionals are trained to perform this treatment technique. Some of the physical therapists at Summa Health System have advanced certification in dry needling and perform the treatment as part of a physical therapy referral.



For more information on our services, go to
summahealth.org/rehab