

Mt. Macrina Manor

“Commitment to Care”

Outpatient Therapy Services

The Outpatient Rehabilitation Department at Mount Macrina Manor offers a comprehensive Outpatient Program to assist patients in their recovery after illness, injury or catastrophic event. Specialized services include Physical Therapy, Occupational Therapy and Speech Therapy. Each service caters to the individualized needs of the patient. We develop a personalized treatment plan to help patients recover to their highest level of function.

The referring physician is a key part of our team, and communication is maintained through regular progress summaries. The programs are delivered by highly skilled therapists who provide one-on-one care.

Physical Therapy

The Physical Therapy Program is specifically designed for individuals who have a physical impairment or dysfunction inhibiting their functional mobility.

Common conditions treated are:

- Acute sprains and strains
- Arthritis
- Back pain
- Bariatric rehab
- Brain injury
- Neurological dysfunction
- Orthopedic – surgical and non-surgical
- Soft tissue injuries
- Spinal cord injury
- Stroke
- Total joint replacements
- Vestibular and balance problems



Treatment Approach:

An individualized treatment plan is designed for the patient based on the evaluation results and the goals of the patient. The treatment program utilizes the most advanced equipment, which may include the following:

- Electrical and thermal modalities
- Electrical stimulation for the lower extremity
- Cardio and strength training equipment
- Prosthetic and orthotic training
- Gait equipment
- Range-of-motion and strength training
- Wheelchair assessment and training

Speech Therapy

The Speech Therapy Program is a comprehensive service that offers therapy for individuals who have difficulty speaking or swallowing, and for cognitive impairments that may be adversely impacting their everyday life.

Common conditions we treat include:

- Aphasia and Apraxia
- Brain injury/tumor
- Dysarthria
- Dysphagia
- Laryngectomy
- Multiple Sclerosis
- Oral pharyngeal cancer
- Parkinson's Disease
- Voice disorders

Treatment Approach:

The Speech Therapist develops a treatment plan and recommendations based on a comprehensive evaluation. It is designed to meet the needs and goals of the patient and may include the following:

- Augmentative communication devices
- Breathing techniques
- Compensation techniques
- Communication boards
- LSVT Parkinson's techniques
- Memory strategies
- Oral hygiene and care
- Speech rehab
- Swallowing evaluations
- Swallowing strategies
- VitalStim swallowing technology
- Voice training

Occupational Therapy

The Occupational Therapy Program thoroughly enhances the individual's ability to increase functional independence for day-to-day living.

Common conditions are:

- Brain injury
- Neurological dysfunction (i.e., Parkinson's, Multiple Sclerosis)
- Spinal cord injuries
- Stroke

Treatment Approach:

A variety of treatment techniques are used by the Occupational Therapist, including adaptive equipment, self-care retraining, cognitive and therapeutic exercise. The treatment program is designed based on the evaluation findings and the specific goals of each patient. It may consist of the following activities:

- Adaptive equipment training
- Self-care training
- Electrical stimulation for the upper extremity
- Home and community training
- Functional activities
- Neuro-developmental therapy
- Range-of-motion and strengthening
- Splinting
- Cognitive retraining
- Fine and gross motor activities

Referral Process

Patients may be referred by their physician, rehabilitation specialist or case manager. All patients must have a current prescription from their treating physician. The patient or referring party may call Outpatient Therapy Registration to register and provide intake information. The patient will be contacted for an initial evaluation appointment.

For additional information or referrals, please contact the Outpatient Therapy Department at Mt. Macrina Manor (724) 906-4193.