



The Washington Hospital

**CENTER FOR
ORTHOPEDICS AND NEUROSCIENCES**
PEOPLE IN MOTION

Frequently Asked Questions

Are your therapists licensed?

All of our therapists are licensed by the State Board of Pennsylvania.

What is Occupational Therapy?

- Occupational therapy helps individuals achieve independence in their activities of daily living which include dressing, grooming, home safety and home management such as cleaning and cooking, and memory and problem solving skills related to daily routines. If needed, the therapists help individuals learn to compensate by using adaptive equipment which help to make certain activities possible. Occupational therapists also provide guidance to family members and caregivers so that they are also able to help you achieve your goals.

Who Benefits From Rehabilitation?

- A wide variety of people can benefit from rehab, including those with
 - limitations following a stroke or heart attack
 - arthritis, multiple sclerosis, or other serious chronic conditions
 - birth injuries, learning problems, or developmental disabilities
 - mental health or behavioral problems including Alzheimer's, schizophrenia, and post-traumatic stress
 - problems with substance use or eating disorders
 - burns, spinal cord injuries, or amputations
 - broken bones or other injuries from falls, sports injuries, or accidents
 - vision or cognitive problems that threaten their ability to drive

What can I expect when seeing a physical therapist?

- Your physical therapist will evaluate you and your situation and make recommendations about what treatment or intervention will best help you to achieve your goals. These might include exercises to help improve your strength, balance, endurance and/or flexibility. Your treatment may also include education on how to use an assistive device so that you can move about your day safely and independently.

What Services is What is VitalStim and who does it benefit?

- Speech Therapy provides a wide variety of services including speech/language therapy, cognitive retraining (memory and problem solving skills), voice therapy, and dysphagia (swallowing) therapy

What is VitalStim and who does it benefit?

- Vital Stim is electrical stimulation to the face and neck with electrodes being placed directly on the skin. It helps return these muscles to normal function. This treatment increases the potential for improved swallow function and improved movement of the face muscles. Vital Stim is beneficial for most individuals with swallowing problems (dysphagia) in the mouth or throat due to stroke, head and neck cancer, some neurological progressive diseases, traumatic brain injury, and age-related decline