

## *Inpatient, Outpatient & In-Home Services*

### PHYSICAL THERAPY

Designed to help individuals with post-acute or chronic conditions improve following injury, surgical procedures or disease using specialized therapy techniques and advanced rehabilitation equipment. Includes programs individually tailored to each patient in order to manage pain and swelling; improve or regain physical abilities; and improve safe body movements, balance, flexibility, mobility, strength and endurance. Special programs in this area include Pain Science Education, stroke recovery, and LSVT BIG for individuals with Parkinson's Disease.

### OCCUPATIONAL THERAPY

Designed to help individuals improve or regain their ability to perform activities of daily living which are necessary to maintain independence. Special programs in this area include lymphedema reduction and management, hand injury/surgery recovery, urinary continence improvement, arthritis management, stroke recovery, and activities of daily living retraining.

### SPEECH THERAPY

Designed to improve cognitive skills as well as communication disorders including speech, language and difficulty swallowing. Special programs in this area include stroke recovery, Chronic Obstructive Pulmonary Disease (COPD).



*"We are committed to quality care, progressive therapy techniques, and guiding our clients back to their normal activities as soon as possible."*

– Tim Stahl, Physical Therapist Assistant

 **Rehabilitation Clinic**  
at St. Francis Manor

**Tim Stahl**  
**Physical Therapist Assistant**

Phone: 641-269-5426  
Fax: 641-269-5495  
tstahl@stfrancismanor.com

2021 4th Avenue  
Grinnell, Iowa 50112

www.stfrancismanor.com  
Facebook.com/SeelandPark

St. Francis Manor is an equal opportunity provider and employer

*Physical, Occupational  
and Speech Therapy*

 **Rehabilitation Clinic**  
at St. Francis Manor



*Providing Inpatient, Outpatient  
and In-Home Rehabilitation  
Services to Residents of Grinnell  
and Surrounding Communities*

The Rehabilitation Clinic at St. Francis Manor is designed to accommodate the therapeutic needs of everyone—from a child or athlete rehabbing from an injury to a frail elderly person recovering from a stroke or surgery. Rehabilitation services are provided on an inpatient basis to skilled care patients of St. Francis Manor and on an outpatient basis to residents of Grinnell and surrounding communities. A separate entrance directly into the Rehabilitation Clinic is conveniently located on the west side of St. Francis Manor for use by our outpatient clients.

Our uniquely designed partnerships with Key Rehabilitation Inc. and Accelerated Care Plus enable us to provide our clients with the highest level of therapeutic interventions and modalities such as electrical muscle stimulation, short wave diathermy, etc. The Rehabilitation Clinic is equipped with state-of-the-art medical equipment developed by Accelerated Care Plus, the nation's leading provider of specialty clinical programs for subacute, chronic and long-term rehabilitation.

Our Key Rehab teammates include Physical Therapist Jon Duke and a number of other staff who specialize in a variety of physical, occupational or speech therapy programs and services. Medicare and private health insurance plans typically provide coverage for therapy services with a physician's referral.

*Being diagnosed with Primary Progressive Multiple Sclerosis in 2006, I have a little harder time each year using my right side. With the help of Tim, Jon and the rest of the PT staff at the Rehabilitation Clinic at St. Francis Manor, I am maintaining and slowly improving my balance and ability to walk. Within a month of beginning therapy with their LiteGait System and with the therapist's help, I was able to walk with two walking sticks and two weeks later, with the therapist's help, I was able to walk with two canes which is much harder. Having a progressive disease means I need to work continuously to maintain what I have gained. Tim, Jon and the rest of the staff never seem to tire of helping and encouraging me. I highly recommend the staff at the Rehabilitation Clinic at St. Francis Manor for your physical therapy needs!*

– Connie Shebeck, Client



## Rehabilitation Programs

We offer a wide range of therapy programs which can be tailored to your specific needs and abilities to help you progress along your own personal road to recovery. Sample programs include:

- Pain and Swelling Management
- Stroke Recovery Program
- LSVT BIG Program for Parkinson's Disease
- LiteGait System controlling weight bearing, posture, and balance over a treadmill or ground
- Fall Prevention Program
- Post-Acute Rehabilitation after Orthopedic Procedures
- Joint Pain Therapy
- Peripheral Neuropathy Program
- Activities of Daily Living Retraining
- Sports Injury Treatment
- Contracture Management Program
- Arthritis Management Program
- Carpel Tunnel Syndrome Program
- Incontinence Program
- Chronic Obstructive Pulmonary Disease (COPD) Program
- Lymphedema Reduction and Management