

Physical Therapy

Physical therapy helps improve the patient's strength, balance, endurance and flexibility to achieve maximum possible independence. Physical therapists and assistants work with a wide range of diagnoses and injuries. They utilize the highest quality of equipment available for patient care.



Treatments include dry needling, vestibular rehab, functional mobility training, therapeutic exercise, manual therapy, pain management, and education on daily living activities. Appropriate application of modalities such as moist heat, ultrasound, and electricity are utilized to decrease pain and are important in achieving the individual goals established by the patient, therapist and/or physician team.

Speech Therapy

Evaluation and treatment of language, cognition, voice, articulation, and swallowing for children and adults with delays or disabilities are provided through speech therapy. Therapy helps each person work toward increased functioning and independence in their daily lives by providing therapeutic strategies that are specific to each person's needs. Our speech pathologist works with each individual and their family or caregiver to establish goals and develop a program to achieve maximum results. Speech pathologists specialize in human communication, its normal development, its disorders and the prevention of future disorders.

Our Facility and Hours

Monday through Friday
Located at the southwest entrance
of Boone County Hospital.



Rehabilitation Services



**Rehab. Retrain.
Regenerate.
Right here!**

1015 Union Street, Boone, Iowa
(515) 432-7729 / (515) 433-0701 FAX
www.boonehospital.com

Boone County Hospital offers a broad range of rehabilitation services including occupational, physical and speech therapies. Our goal is to help each individual recuperate and rehabilitate so they can return to a comfortable lifestyle.



Some illnesses and/or injuries that may require rehab include, but are not limited to: injuries of the brain and spinal cord, amputation, arthritis, cancer, cardiopulmonary conditions, chronic pain, degenerative joints, generalized weakness, neuromuscular diseases, neuropathy, orthopedic conditions, Parkinson's disease, post surgery, stroke, trauma, cancer survival, and sports and work-related injuries.

Boone County Hospital Rehabilitation Services includes:

- Dry needling
- Initial injury assessment, post injury treatment, and education prevention
- Inpatient/outpatient rehabilitation for home care
- Lymphedema
- Measuring work levels for return to work; ongoing communication to supervisor about employee's return to work
- Occupational therapy
- Parkinson's/Big and Loud
- Pelvic floor/incontinence (both men and women)
- Post-op care
- Pre-employment assessment
- Speech therapy, all ages (dysphagia, cognition, language impairment and delays)
- Sports specific rehab
- TMJ
- Vestibular rehab
- Work conditioning

Our Staff

Our highly trained staff include licensed physical therapists, physical therapist assistants, occupational therapists, occupational therapist assistants, speech therapists and athletic trainers.

Occupational Therapy

Occupational therapy (OT) incorporates the therapeutic use of work, self-care and play activities to increase independent function, enhance development and prevent disability. The goal of occupational therapy is to return each individual to maximum independence and improve their quality of life. OT provides specialized training in the areas of exercise, fine motor tasks, self-care skills, and retraining for acute and chronic medical conditions to help patients return to their previous level of independence. OT is also available in an outpatient setting for hand therapy for injuries, surgery, neurological conditions, arthritis, and education of joint management. Our occupational therapists and assistants will work closely with the patient, the patient's family and his/her physician to develop an individualized treatment plan that best suits the patient's need.

