

# Outpatient Therapy at Grand Arbor

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Outpatient physical, occupational, and speech therapy services are available at the Nelson Wellness Center at Grand Arbor. Private therapy treatment rooms, a collection of strength/cardio equipment PLUS the warm water pool offers outpatients the perfect opportunity to heal and regain their well-being after a specific injury, condition or set-back.

## Physical Therapy

Physical therapy (PT) is all about improving functional movement. Physical therapists are experts in the way the body moves. They use treatment techniques, along with fitness and wellness strategies to help facilitate a healthier, more active lifestyle for patients.

### Conditions commonly treated in PT include:

- Cervical/Neck pain
- Arthritis
- Balance, strength, endurance issues
- Neurological disorders including Parkinson's, MS, Neuropathy
- Back pain or strain
- Shoulder/arm or hip/knee/ankle/foot (including fractures, replacements, inflammation, sprains/strains, meniscus tears)

## Aquatic Physical Therapy

### Aquatic Therapy Benefits:

- Increases blood flow to muscles
- Decreases pain
- Promotes relaxation to ease stiff joints and increase movement
- Reduces swelling
- Increases awareness of movement
- Reduces muscle guarding
- Provides safety for challenging movements and balance

Just about everyone can benefit from exercise in the water. However, there are some conditions that may particularly benefit from aquatic physical therapy:

- Arthritis
- Joint pain
- Parkinson's
- Leg swelling
- Back pain
- Fibromyalgia
- Stroke
- Obesity

We are proud to offer LSVT BIG through our Physical Therapy programming!

**Now Taking  
Appointments!**

## Occupational Therapy

Occupational Therapy (OT) brings a broad perspective to the evaluation and treatment of patients, including their physical condition, sensory perceptions, cognitive abilities, emotional state and spiritual dignity. Occupational therapists can take common activity and figure out how it can be done despite new physical limitations or barriers.

Treatment in OT may include:

- Activities of daily living analysis and training
- Fine and gross motor coordination
- Range of motion and strengthening
- Edema management
- Home or environmental modifications



The pool temperature at Grand Arbor is a warm 88-89 degrees.

## Speech Therapy

Speech Therapy (ST) includes the assessment, diagnosis, treatment and prevention of disorders related to speaking, swallowing and communication. Speech therapists commonly work with patients who have neurological disorders such as Parkinson's, Multiple Sclerosis, Cerebral Palsy, Stroke, Traumatic Brain Injury, Alzheimer's and Aphasia.

Our speech therapy team works with patients so they can communicate effectively and express themselves in daily life. They also help patients by evaluating and collaboration with physicians, nursing staff and caregivers to determine the safest textures for eating and drinking. Treatments may include:

- Strategies for safe swallowing
- Articulation
- Pitch
- Breath support
- Cognitive testing and restraining
- Stuttering
- Vocal quality
- Dysarthria (slurred speech)
- Assessment and training in alternative communication devices



We are proud to offer Lee Silverman Voice Training® (LSVT) and VitalStim® Therapy through our speech therapy programming!