

## *Physical Rehabilitation at FCPHD #1*

*By: Lisa Dalton, Therapy Director*

What is physical rehabilitation? It is a profession that assists individuals that present with an acute or chronic condition preventing them from being independent with their functional abilities.

The physical rehabilitation department at FCPHD offers Physical Therapy. This is a profession that focuses on treating a physical dysfunction. These may be for an acute or chronic condition of the upper or lower extremities, spine, neck, or back. Postoperative conditions are also treated.

In addition to PT, our rehabilitation department provides Occupational Therapy (OT). The goal of OT is to assist an individual in returning to their prior level of function in ADL (activities of daily living). ADL is any activity that occupies

a person's time throughout the day; bathing, dressing, cooking, housework etc. Whether it be an acute, chronic or postoperative shoulder, elbow, hand injury, or a neurological (stroke, brain injury) condition, an OT assists to promote independence in ADL.

Our physical rehab department also provides a Skilled Inpatient program. This is for individuals in the hospital that require therapy five times a week in order to maximize their potential of prior level of functioning order to return home.

For questions or to schedule, please call 775-8400.

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

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