



Cardiopulmonary Rehabilitation

Fitness Plus Center

Inpatient Rehabilitation

Outpatient Rehabilitation

Pediatric Rehabilitation Services

810 Fairgrove Church Road SE • Hickory, NC 28602 • 828/326.2131
www.catawbavalleymc.org



CENTERS OF EXCELLENCE

The Comprehensive Cancer Center • The HealthFirst Center at Valley Hills Mall • The Heart Center
 The Neurosciences Center • The Center for Orthopaedics • Psychiatry Services • The Center for Rehabilitation
 The Center for Women and Children • The Birthing Center



Outpatient Rehabilitation



Physical Therapy

Physical Therapy can improve circulation, restore motion, relieve pain, prevent injury, strengthen muscles, correct deformities and promote healing. Since a problem in one of the body's systems is likely to affect the others, the course of treatment may include skeletal function, the muscular system and the neurological system. The physical therapist evaluates each patient's needs before customizing a course of treatment and education designed to attain maximum improvement as quickly as possible. To assist the therapist, a vast array of the best rehabilitative equipment is available. Some of our specific services include:

- Gait and mobility training
- Therapeutic exercise
- Modalities (moist heat, cold, E-stim, TENS, ultrasound)
- Neuromuscular re-education
- Spine stabilization
- Aquatic therapy
- Pediatric neurodevelopment
- Patient and family education

Occupational Therapy

Illness or injury can prevent an individual from performing daily tasks of life that most people take for granted.

Occupational Therapy reduces limitations by improving muscle strength, desensitizing painful areas and enhancing behavioral/cognitive skills. Through therapy, patients improve self-care abilities and acquire skills to regain/maintain maximum function and ability to return to activities of daily living. For injuries of the hand, therapy is designed to restore impaired function through the use of customized splints

and therapeutic exercise. Occupational Therapy also helps children overcome developmental problems involving coordination, perceptual and self-help skills. Our services include:

- Day-to-day skills
- Visual perception
- Stroke recovery
- Cognitive retraining
- Patient and family education

Speech/Language Pathology

Speech Pathology provides rehabilitative services to adults who have neurologic disorders due to stroke or head injury, (ALS, Parkinson's, etc.), and have impairments in receptive or expressive communication, cognition or swallowing. Patients who have lost the ability to talk due to laryngectomy, cancer or other voice disorders receive training in alternative methods of communication. Children with acquired or developmental language disorders, articulation or feeding/oral motor disorders receive therapy to reach their maximum potential. Our specific services include:

- Speech and language assessment
- Swallowing evaluation and treatment
- Cognitive retraining
- Speech treatment/voice disorders
- Clinical feeding/oral motor evaluations



Work Hardening/ Industrial Ergonomics

On-the-job injuries can be costly to employers and employees. That's why the Center for Rehabilitation at Catawba Valley Medical Center has a special department that addresses industrial needs, from prevention to rehabilitation to return-to-work. Below are our specific services:

- Functional Capacity Evaluations (FCEs) – Provide a comprehensive measurement of physical limitations and functional abilities and assess return-to-work capabilities.
- Work Hardening – Prepares patients to return to work.
- Job Site/Task Analysis and Modification – Identifies injury-producing jobs or conditions and helps employers make them safer.
- Preventive/Education Programs – Lower the incidence of cumulative trauma disorders.

Aquatic Therapy

The center's aquatic program is especially beneficial in the treatment of arthritis, back injury and pediatric exercise routines. Therapy performed in water reduces stress to injured areas, and because the pool has a glass wall, therapists can easily monitor progress and make corrections. A 25 gallon pool, located in Catawba Valley Medical Center's Fitness Plus Center, accommodates exercise groups for fibromyalgia, MS, post-polio and others. A chair lift makes both pools accessible for all patients.



Fitness Plus Center/ Cardiopulmonary Rehabilitation

Upon completion of his or her rehabilitation program, a patient may join Catawba Valley Medical Center's Fitness Plus Center for a monthly membership fee. It offers an indoor heated pool, state-of-the-art fitness equipment, exercise classes, nutrition counseling and more. Furthermore, the Cardiopulmonary Rehabilitation Program – offered through the Fitness Plus Center – provides an interdisciplinary plan for physical activity as well as education in heart-healthy nutrition, stress reduction and other preventive measures.

For more information or for a tour of the Outpatient facility please call 828/326-2131.