

# Physical Therapy can help in the following areas:

## **Aquatic Therapy**

Improve strength and range of motion while decreasing pain in the heated therapeutic pool. Individualized treatment programs for arthritis, LBP and neurological conditions.

## **Animal Assisted Rehab**

Charm, Waverly Health Center's service dog, is utilized for pediatrics, neuromuscular re-education, gait training and non-traditional patients.

## **Balance and Fall Prevention**

Falls don't have to be "a natural part of aging." Our specialists can decrease your patient's fall risk by maximizing existing balance strategies.

## **Bowel and Bladder**

Patients learn individualized exercise techniques to reduce or eliminate leaking due to bowel or bladder dysfunction.

## **Craniosacral**

Gentle hands on technique for the treatment of headache, chronic pain, fibromyalgia, TMJ, post traumatic stress and learning disabilities.

## **Custom Orthotic Fabrication**

Custom professional grade orthotics are fabricated on-site.

## **Dizziness**

Treatment for BPPV and other vestibular dysfunction.

## **Easy Street**

A unique treatment environment designed to maximize patient return to function outside the walls of our hospital. Environment simulation including vehicle, grocery store, porch, work bench, gardening and home environment.

## **Industrial Rehab**

Return to work programming designed to return the individual to prior level of work function safely and efficiently.

## **Instrument Assisted Soft Tissue Massage (Graston)**

Instrument assisted soft tissue massage by trained clinicians maximizes soft tissue recovery while minimizing "down time." Used in the treatment of musculoskeletal injury, for edema control and post-operatively.

## **Kinesio-tape**

Innovative treatment technique for over-use injuries, pain and restriction due to scar tissue, and limited joint range of motion.

## **Lymphatic Drainage**

Utilized for the treatment of edema, body toxicity, inflammation, chronic pain, stress, fibromyalgia, chronic fatigue and constipation.

## **Sports Rehab**

PT/ATC staff dedicated to returning your patients to sports at their highest level in the shortest amount of time.

## **Strength and Conditioning Clinics**

Individualized training programs to develop sport specific advances including speed, strength and agility.

## **Stroke and Head Injury**

Neuro-muscular re-education aimed at returning function, as well as patient and family support.

## **TMJ Dysfunction**

Treatment for pain, pressure and popping related to jaw dysfunction.

## **Women's Health**

Specialists trained in the treatment of pelvic pain and dysfunction. Private treatment and compassionate care.

## **Wound Care**

Wound cleaning, debridement and dressing changes by a wound care specialist.

*For more information or to send a referral, please call (319) 352-5644.*

### **Nashua Therapy**

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To learn more about all of our specialty services or to receive our newsletter via e-mail visit us on the web at [www.taylorphysicaltherapy.com](http://www.taylorphysicaltherapy.com)

## Animal Assisted Therapy Program

According to the Delta Society, Animal Assisted Therapy (AAT) is a goal directed intervention delivered by a health care professional with specialized expertise and within the scope of practice of his or her profession. AAT is designed to promote improvement in the physical, social, emotional and cognitive functioning of an individual.

### An Example of Animal Assisted Therapy:

A woman recovering from a stroke has limited standing and walking tolerance. A physical therapist utilizes the presence of a dog to motivate the client by placing the dog on a raised table and asking the client to stand while stroking or brushing the dog's back and head. To increase the client's ambulation skills, the therapist has the client walk the dog for short distances around the facility grounds. The handler uses a double lead and walks alongside the dog and client.

### Animal Assisted Therapy Versus Pet Therapy:

The use of a dog in AAT is very different from one used in pet therapy. Dogs that are utilized in pet therapy also go through a training process, but not to the extent of a service dog like Waverly Health Center's service dog, Charm. A pet therapy dog's role is to provide companionship and comfort, but not to perform specific tasks or to provide aid.



### Who Would Benefit from AAT:

Individuals who have had a stroke, brain injury, or other neurological insult. Others include individuals with hand or arm injuries, problems with balance or falls, and children.

AAT will be incorporated into a client's treatment plan at the discretion of the therapist and after discussion of its benefits with the patient and caregivers.

### AAT Can Improve a Patient's:

- Motivation
- Range of Motion
- Balance
- Memory Loss
- Speech
- Sensory Stimulation
- Problem Solving
- Endurance
- Self-esteem

### The Use of AAT in Speech Therapy:

- Increased vocal volume/breath support by calling or giving dog commands from varied distances.
- Increased vocal clarity and language production by use of commands with the dog or simply conversing to or about the dog.
- Improved memory by asking to recall dog's name, breed, age, etc.
- Improved language sequencing by giving commands to have a dog accomplish a task. For

example, a retrieval exercise using "wait," "get it," "bring it," and praise.

- Object identification by directing dog to retrieve specific familiar items by appropriate name such as cup, ball, spoon or pen.
- Categorizing and sequencing by directing dog to retrieve items in a specific order, by group or alphabetically.
- Verbal expression by encouraging patient to describe objects, formulate short phrases or sentences with context of new commands to animal and conversing about the animal.
- Attention or concentration by attending to dog, task and therapist; focusing attention appropriately and dividing attention when needed.

### The Use of AAT in Occupational and Physical Therapy:

- Increased upper extremity range of motion by throwing object for dog to retrieve, using hand signals to command dog, use of leash to maneuver dog, pats, strokes and brushing dog.
- Balance improvement by patting, brushing dog from varied positions, throwing objects for dog to retrieve from various positions.
- Mobility by ambulating with dog or without devices, walking dog with therapist, propulsion, assisting with getting up from a sitting position.
- Improved coordination by reaching for object dog has retrieved, brushing/patting dog, and throwing object for dog.
- Improved coordination by manipulating dog through obstacle course, use harness for support to step over obstacles, assist in "dressing" the dog.