



## OUTPATIENT CARE

### OUTPATIENT SERVICES

Our outpatient therapies can help you:

- Improve quality of life
- Maximize treatment and continue recovery after hospitalization
- Prevent future injury
- Reduce pain
- Regain independence and function

### EXPERIENCE

Our staff of licensed therapists have the training and experience to help you regain function for everyday life.

### WE CAN HELP WITH

- Back rehabilitation
- Balance & Fall Protection
- Difficulty communicating or swallowing
- Ergonomic Assessments
- Functional Capacity Exams
- Loss of Motion & Weakness
- Orthopaedic rehabilitation
- Pain related to pregnancy
- Painful movement
- Spine rehabilitation
- Sports Condition (FASTER)
- Sports injuries
- Stroke rehabilitation
- Swelling
- Women's Incontinence
- Work-related injuries

# it's about: results

## LOURDES PHYSICAL MEDICINE

9915 Sandifur Parkway, Pasco, WA 99301  
(Exit 7 off I-182 in Broadmoor Park)

**Phone** (509) 546-2306

**Fax** (509) 546-2347

**Hours** 5 am – 7 pm

## LOURDES MEDICAL CENTER

520 N. 4th Avenue, Pasco, WA 99301

**Phone** (509) 542-3058

**Fax** (509) 542-3031

*Flexible Hours | Most Insurances and Worker's Comp Accepted*



*Our Mission is an extension of the healing ministry of Jesus.  
We are called to serve our community, our patients, their loved ones and our co-workers with respect, compassion and care.  
We respond to the health care needs of the community in a Christian spirit.  
We strive for excellence in all we do.*

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[www.lourdeshealth.net](http://www.lourdeshealth.net)



# it's about: results



# Don't take it for granted that you can:

**BATHE ■ TALK ■ WALK ■  
DRESS ■ READ ■ EAT ■  
STAND ■ BEND**

After surgery, illness or injury these simple tasks may seem impossible. Our goal is to return you to the independence you enjoyed prior to injury. Rehabilitation can help you, or a loved one, relearn basic tasks necessary to regain this independence. Without treatment, these problems could interfere with work, daily activities, and recreation.



## SCOPE OF SERVICES

**PHYSICAL THERAPY** provides one-on-one treatment to assist patients to work on improving strength, gait, transfers and mobility. Treatment includes therapeutic exercise, balance training and training in daily activities.

- Balance and Fall Prevention
- Motor Vehicle Injuries
- Neurological Conditions
- Orthopedic Rehabilitation
- Pre/Post Operative Rehabilitation
- Sports Conditioning (FASTER)
- Sports Injuries
- Work Related Injuries

**OCCUPATIONAL THERAPY** focus is rehabilitation related to impairments of the upper extremity (i.e. shoulder, elbow, forearm, wrist and hand). The therapist uses a client-centered evaluation that identifies deficits in the ability to perform self-care, home management and outside activities including work, that result from an upper extremity injury or condition.

- Desensitization
- Ergonomic & Activity Modification in Home, Work, School or Leisure
- Ergonomic Principals
- Hands and Upper Extremity
- Manual Therapy
- Neurological Problems
- Sensory Re-education
- Scar Management
- Splint Making
- Sports Related Injuries
- Stroke
- Taping Techniques
- Training ADLs & Adaptive or Assistive Devices
- Work Related Injuries

**SPEECH THERAPY** works to improve a patient's speech, swallow, memory, reading, problem solving and other cognitive skills. They help the patient improve or compensate for disabilities in these areas using a variety of strategies and tools.

- Bells Palsy
- Memory
- Neurological Problems
- Pediatric Speech (ages 3 and above)
- Speech & Language Problems
- Swallowing Difficulties
- Stroke
- Vital Stim
- Voice Disorders