



What OT services are available?

- Activities to improve joint strength, range of motion, and ability to use joints together to accomplish daily tasks
- Training in activities of daily living, including bathing, communication, dressing, feeding, grooming, mobility, personal hygiene, self-maintenance, skin management, and toileting
- Guidance in the selection and use of adaptive equipment
- Specific task-oriented therapeutic activities designed to restore physical function of the shoulder, elbow, wrist and/or hand that has been lost as a result of illness or injury
- Comprehensive home and job site evaluations with adaptation recommendations
- Performance skills assessments
- Guidance to family members and caregivers

Our staff

21st Century Rehab has a staff of licensed occupational therapists to help patients of all ages develop and maintain necessary life and work skills.

21st Century Rehab's Knoxville clinic is located at:

Knoxville Hospital & Clinics
1002 S. Lincoln St.
Knoxville, IA 50138
(641) 842-1464
knoxvillehospital.org

Knoxville Hospital & Clinics complies with applicable civil rights laws and does not discriminate, exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-515-282-8269, extension 16. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: 1-515-282-8269, extensión 19. AUFMERKSAMKEIT: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Ifsdienstleistungen zur Verfügung. Rufnummer: 1-515-282-8269, erweiterung 19.



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ACHIEVING SUCCESS IN EVERYDAY LIFE



Occupational Therapy Services



Helping you get on with *living*

What is occupational therapy?

Occupational therapy is a health care service that involves the use of purposeful activities to help people regain living skills lost through injury or illness.

Individual therapy programs are designed to improve quality of life by helping persons recover competencies, maximize independence, and prevent injury or disability.

It's about helping people get the most out of work, home and social life.

When is occupational therapy considered "medically necessary"?

Everyone deserves to live independent, productive and satisfying lives. Sometimes, though, a physical, mental or developmental condition can make seemingly simple tasks difficult.

Short-term occupational therapy (OT) may be prescribed by a physician when medically necessary to:

- Learn or re-learn daily living skills.
- Improve the level of independence in the activities of daily living.
- Provide task-oriented therapeutic activities designed to significantly improve, develop or restore physical functions lost or impaired as a result of a disease or injury.

OT services must be ordered by a physician or other licensed health care practitioner and performed by a licensed and certified OT provider.

OT services are considered medically necessary when there is a reasonable expectation that occupational therapy will achieve measurable improvement in the patient's condition in a reasonable and predictable period of time.

Who can benefit from OT?

Our occupational therapy services include treatment for patients who:

- Are living with mental or physical impairment(s).
- Recovering and returning to work after an injury.
- Have experienced sudden, serious health conditions, such as a stroke, heart attack, brain injury or amputation.
- Have chronic health conditions such as arthritis, multiple sclerosis (MS) or chronic obstructive pulmonary disease (COPD).
- Are living with learning disabilities or developmental delays.

We also work with friends and family members to encourage their participation during a patient's occupational therapy journey.

Because of **OCCUPATIONAL THERAPY** I can ...



live at home



take care of me



earn a living



get around