



Thank you for choosing Knoxville Hospital & Clinics (KHC) and 21st Century Rehab for your rehabilitation needs. We are proud to offer a fully-equipped, state-of-the art rehabilitation gym for all of your needs.

Our Staff

Our staff is comprised of professionals who are committed to providing comprehensive therapy services to all. Whether you're overcoming an injury, recovering from surgery, or experiencing pain with daily activities, we are here for you. Your wellness is our mission, and our therapy staff is proud to serve you.

- Justin Plum, DPT, OCS, Cert. MDT
- Brooke Shelquist, DPT
- Jessica Stickel, DPT
- Sarah Thompson, DPT
- Kelly Leeper, ATC
- Diane DeWall, OT
- Sara Myers, PTA
- Austin Ollinger, PTA
- Allison Iddings, PTA

Thank you for choosing
Knoxville Hospital & Clinics
for your health care needs.

For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality," our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a non-profit community hospital serving Marion County and the surrounding area, we take great pride in providing exceptional care close to home. Named a Top 100 Critical Access Hospital, our highly skilled medical team provides personal, compassionate, innovative, and quality health care to our patients.

Knoxville Hospital & Clinics complies with applicable Federal civil rights laws and does not discriminate on the basis 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 (641) 842-1421.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (641) 842-1421.

Knoxville Hospital & Clinics
(641) 842-2151

Melcher Clinic
(641) 947-2121

Pleasantville Clinic
(515) 848-3113

Red Rock Healthcare - Pella
(641) 628-2222



An Affiliate of **MERCYONE** SM



**Rehabilitation
Services**



www.knoxvillehospital.org

At KHC and 21st Century Rehab, our Rehabilitation Services include: inpatient and outpatient physical and occupational therapy, and athletic training services.

Physical Therapy

Understanding your daily habits including job activities, hobbies, and general lifestyle, our physical therapists are able to identify and correct any movement impairments that are causing you pain or dysfunction. We will develop a treatment plan and work closely with you to achieve the highest level of function for your lifestyle.

Inpatient Services

When you are a patient in the hospital, you will work with our therapists towards your rehabilitation goals in a safe, supervised environment. We provide services for patients who are:

- Observation
- Acute care
- Skilled care



Outpatient Services

Our outpatient services include treatment for:

- Back, neck, hip, shoulder, knee, ankle, foot, hand, and wrist pain
- Pain and/or dysfunction related to arthritis
- Pre- and post-surgical rehabilitation
- Balance impairments or vertigo
- Neurological/stroke rehabilitation
- Progressive gait and functional training
- Women's health therapy, Lymphedema
- TMJ, headache, neck, or facial pain
- Geriatric specific therapy



Occupational Therapy

Our occupational therapy staff is highly skilled in guiding patients of all ages towards regaining, developing, and increasing independence with activities of daily living.

In addition to dealing with an individual's physical well-being, our occupational therapists address physical, psychological, social, emotional, and environmental factors impeding independent function.

Many people can benefit from occupational therapy, including people with:

- Work-related injuries
- Limitations following a stroke or heart attack
- Fractured bones or injuries from falls, sports injuries, or accidents
- Arthritis
- Other serious chronic conditions

Athletic Training Services

From injury to wear and tear to concussions, our athletic trainers are here for you. In addition to treating all sports- and activity-related injuries and post-surgical rehabilitation, we also provide athletic coverage for our area high school sports teams.

Our athletic training services include:

- Free sports injury evaluations offered throughout the school year to all area high school athletes
- Sports injury assessment, evaluation, and follow-up treatment
- Assessment of symptoms to determine if a concussion is present, and treatment of the injury by guiding the patient through a safe recovery period
- Bumps and Bruises Clinic offered during the fall high school sports season

About 21st Century Rehab

Our Rehabilitation Services department partners with 21st Century Rehab to provide care to our patients.

21st Century Rehab provides services to six Iowa outpatient clinics and seven Iowa hospital locations. The group offers consultations and services for skilled nursing homes and private and public home health agencies.

If you have any questions about the rehabilitation services at KHC, please call **(641) 842-1464**.

