

Thank you for choosing Knoxville Hospital & Clinics (KHC) and 21st Century Rehab for your occupational therapy needs.

## What is occupational therapy?

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

Individual therapy programs are designed to improve your quality of life by helping you recover competencies, prevent injury or disability, and maximize independence. It's about helping you get the most out of your work, home, and social life.



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



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## Occupational Therapy



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

At KHC and 21st Century Rehab, our occupational therapists and staff are highly skilled in helping patients of all ages regain, develop, and increase independence with activities to make your daily living more enjoyable. In addition to dealing with your physical well-being, we will also address physical, psychological, social, emotional, and environmental factors impeding your independence at home and work.

Our main goal is to help you restore your strength and function so you are able to live at home, take care of yourself, earn a living, and get around safely.

## When is occupational therapy considered “medically necessary”?

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

Short-term occupational therapy may be prescribed by your health care provider 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 disease or injury

## Who can benefit from occupational therapy?

Our occupational therapy services include treatment for patients who:

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



*“I started occupational therapy after having an angioedema anaphylactic reaction resulting in a 51-day hospitalization. The therapists worked to help me build back the strength in my leg and arm muscles which has enabled me to perform most daily tasks independently. I am very grateful for all of the staff’s help, patience, and support. I would never be where I am today without everyone’s help.” – Steve V.*

## What occupational therapy services are available?

Our occupational therapy services significantly improve rehabilitation for many people and can help you get back to living your life.

Our services include:

- 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, and self-maintenance
- 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 assessment
- Guidance to family members and caregivers

## 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 also offers consultations and services for skilled nursing homes and private and public home health agencies.

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