

## *Physical rehabilitation at FCPHD #1*

*By Lisa Dalton, Therapy Director*

What is physical rehabilitation? It is a profession that assists clients with returning to their prior level of functioning after an injury, orthopedic and neurological deficits. It helps to promote quality of life, decrease pain, increase function, and overall well being.

FCPHD offers Physical Therapy; a profession that focuses on physical dysfunction, including upper and lower extremity injuries, as well as spine, neck and back pain, injury, or chronic conditions.

Also offered is Occupational Therapy. This focuses on returning a person to prior

level of functioning in ADL (activities of daily living); whether it be a shoulder, elbow or hand injury, or a neurological (stroke, brain injury) condition.

Our physical rehab department also focuses on a Skilled Inpatient program for those in the hospital that require therapy five times per week in order to maximize their potential of prior level of functioning, or following orthopedic surgery.

For questions or to schedule, please call 775-8400.

*Prior Hospital Happenings available at <http://www.fcphd.org/news.html>*

**Ferry County Public Hospital District**  
*Improving Health – Saving Lives*

