



A doctor's order is required before you can work with any of the therapists.

If you are interested in therapy, please contact your primary care physician to obtain an order.

Please fax orders to:

Fax: 414-831-6765

Contact the therapy scheduling office at:

Call: 414-831-6876

SAINT JOHN'S
ON THE LAKE

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ON THE LAKE

Rehabilitation Programs



- ◆ Speech Therapy
- ◆ Occupational Therapy
- ◆ Physical Therapy

Speech Therapy

Speech Therapists work with impairments originating in the neck and head, such as swallowing, voice, speech, memory, word-finding, language, attention, reasoning, problem solving and medication management.

Speech Therapy may help you:

- ◆ With your memory and ability to focus
- ◆ With sequencing or problem solving daily tasks
- ◆ Manage more complex tasks like directions, finances or shopping
- ◆ Find the words you want to say
- ◆ If you are experiencing slurred speech
- ◆ If you have frequent coughing when you eat or drink
- ◆ If you have difficulty chewing and swallowing
- ◆ If you have had a change in your voice including the volume of your voice
- ◆ If you are experiencing shortness of breath making it difficult to speak
- ◆ If you are a caregiver for a loved one with dementia and want to learn strategies to help with functional tasks.

Occupational Therapy

Occupational Therapists address impairments affecting your ability to participate in daily tasks like getting dressed, going to the bathroom and cleaning. They frequently focus on improving the use of arms, hands, shoulders, sitting balance and standing balance during daily tasks.

Occupational Therapy may help you:

- ◆ With getting dressed, buttoning a shirt, bathing or tying your shoes
- ◆ Strengthen your upper body
- ◆ With your balance when sitting
- ◆ Decide if you need a wheelchair or other adaptive device
- ◆ With holding a pencil or utensils
- ◆ By completing a home safety assessment to determine if adaptive equipment like grab bars or a toilet riser could help you
- ◆ Increase your range of motion when reaching or lifting your arms
- ◆ Decrease elbow or shoulder pain, which may be due to arthritis or other causes.

Physical Therapy

Physical Therapists address impairments affecting your ability to move. They help to improve strength, mobility, balance and walking. In addition, they help to improve your range of motion and reduce pain.

Physical Therapy may help you:

- ◆ With walking or balance issues
- ◆ Increase your mobility after a recent orthopedic procedure
- ◆ With vestibular problems such as dizziness or vertigo
- ◆ Recover from injuries from a recent fall
- ◆ Address pain in your shoulder, hip, back, neck, knee, ankle or foot
- ◆ Improve your ability to walk, stand up from chairs or getting out of bed
- ◆ If you have had a headache or concussion
- ◆ If you are experiencing numbness, tingling or decreased sensation
- ◆ If you are interested in aquatic therapy for neurologic conditions
- ◆ Decide which walker or assistive device would be best for you.