

## Speech Pathology and Audiology Services....

Mountainside Hospital's comprehensive Rehabilitation Therapy Department also includes a Speech Pathology and Audiology unit certified by the American Speech-Language Hearing Association (ASHA). Our skilled professionals treat pediatric, adolescent, adult and senior patients for an array of conditions that impact speech, vocal abilities, swallowing and hearing. For further information, call (973) 429-6011.

To arrange for any form of outpatient rehabilitation therapy at Mountainside Hospital, call the Centralized Scheduling Office at (973) 873-7787 or toll free at (877) 523-7787.

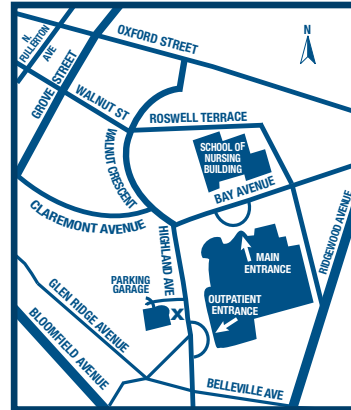
## Location and Hours of Operation

Outpatient physical therapy is conveniently located in the Harries Pavilion at Mountainside Hospital.

Monday to Thursday **8 a.m. to 8 p.m.**

Friday **8 a.m. to 5 p.m.**

Saturday **8 a.m. to 2 p.m.**



X is free parking

We accept most major insurance plans and Medicare.

For further information call (973) 429-6011.

To schedule an appointment, please call (973) 873-7787 or toll free (877) 523-7787.

At Mountainside Hospital, world-class physicians treat a wide range of medical conditions using state-of-the-art technology. Patients have immediate access to innovative and effective treatment alternatives at specialized centers within the hospital that focus on imaging, women's health, cancer care, surgery, obesity, stroke and chronic kidney disease.

Visit [www.mountainsidehosp.com](http://www.mountainsidehosp.com).

**MOUNTAINSIDE**  
HOSPITAL

1 Bay Avenue • Montclair NJ 07042



## Physical and Occupational Therapy at Mountainside Hospital

Mountainside Hospital's Rehabilitation Therapy Department includes Physical and Occupational Therapy programs dedicated to helping patients of all ages significantly improve their quality-of-life by developing, maintaining and restoring maximum movement and functional ability.



## Enhancing Quality-of-Life

There's no such thing as a "typical" rehabilitation therapy patient because there are varied benefits for people in every stage of life. Physical and occupational therapy patients encompass a cross-section of generations with diverse concerns ranging from children born with disabilities to adolescents recovering from sports injuries, active adults with chronic pain or work-related injuries and senior citizens with orthopedic and neurological conditions. In all of those instances and many more, Mountainside Hospital's Physical and Occupational Therapy programs can effectively:

- Restore Function
- Rebuild Strength
- Alleviate Pain
- Limit or Prevent Permanent Impairment

## Specialized Services

The Rehabilitation Therapy Department at Mountainside has three distinct programs that focus on the needs of specific patient groups:

### Acute Care

Immediate rehabilitation therapy is often a crucial part of the treatment and recovery process for hospital patients. Bedside assistance is provided for all Mountainside patients who need support regaining their strength, balance, mobility and/or dexterity during their hospital stay.

### Transitional Care

An inpatient unit is dedicated exclusively to sub-acute care for patients who require additional rehabilitation therapy after their medical condition has stabilized to help ensure a safe return home. The need for transitional care is determined by the patient's

attending physician in consultation with physical and/or occupational therapists. The length of stay is generally 8 days.

### Outpatient Services

Our outpatient program is open to anyone who has been prescribed physical or occupational therapy by their physician. We offer:

### Unsurpassed Convenience

- Extended hours of operation for patients with time constraints
- Simplified appointment arrangements through our Centralized Scheduling Office
- Insurance benefit verification assistance by a professional dedicated exclusively to working with rehabilitation therapy patients
- Ample, free parking and an easily accessible location
- Coordination with your doctor's office

### Expert Care by Skilled Professionals

- Every aspect of your care will be handled by a talented, experienced, licensed professional who has completed doctorate level education in physical therapy (DPT) or a master's degree in occupational therapy.

- An individualized care plan will be established by the therapist following an initial assessment of your condition and revised as you progress.
- Your therapist will explain the importance of a home exercise program (HEP) between visits, create a personalized plan for you and train you in the proper execution of the essential exercises included in your plan.
- Assistive devices that may be beneficial will be provided and we will instruct you in their proper use.
- Your therapist will report to and confer with your physician as needed.

## About Physical Therapy...

Skilled physical therapy professionals treat dysfunction and discomfort caused by various medical conditions through the use of manual therapy and therapeutic exercise as the main treatment modalities. Physical therapy can help patients rebuild their strength, regain their mobility, improve their balance, extend their range of motion and learn techniques that alleviate pain and conserve energy when performing movements that are necessary for day-to-day life.

## About Occupational Therapy...

Occupational therapists are skilled professionals who work with patients who have temporary or permanent impairments that interfere with performance of essential day-to-day tasks. In the aftermath of illnesses and injuries that impede use of the hands, wrists, elbows or shoulders, occupational therapists can help patients regain their ability to successfully and independently engage in a broad range of routine activities.

