

The AlterG Anti-Gravity Treadmill



This specially designed treadmill allows its user to defy gravity and exercise without pain — all while recovering from surgery or injury.

The AlterG's patented differential air pressure technology, developed by NASA, allows you to walk or run at anywhere from 20 to 100 percent of your actual body weight, resulting in less impact on joints and muscles during exercise.

21st Century Rehab



The medical center's rehabilitation services department partners with 21st Century Rehab of Nevada, IA. 21st Century Rehab provides physical therapy, occupational therapy and speech therapy, as well as athletic training services for local area high schools. Staff work with providers to develop an individualized treatment plan focused on education, wellness and injury prevention.



Hours:

Monday - Friday
7 a.m. - 5 p.m.

(515) 386-4284
FAX: (515) 386-2480

Greene County Medical Center

1000 West Lincoln Way
Jefferson, IA 50129

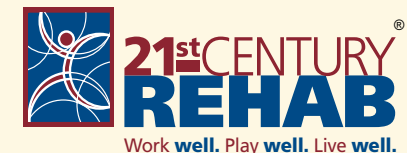
gcmhealth.com
21stcenturyrehab.com

Rehabilitation Services

Physical, Occupational & Speech Therapies



An Affiliate of  UnityPoint Health



Physical Therapy

Outpatient Services

- Orthopedic and sports injury evaluation and treatment
- Pre- and post-surgical rehab
- Work-related injuries
- Occupational medicine
- Gait and balance training
- Vertigo/dizziness assessment and treatment
- Neurological rehab
- TMJ, headache and neck pain specialized therapy
- Women's health therapy
- Lymphedema evaluation and treatment
- Pediatric therapy
- Post-illness rehab, including post cancer treatment
- Amputee rehabilitation
- Home evaluations/assessments

Inpatient Services

- Acute care
- Skilled care
- Observation beds

Senior Care Services

- Geriatric specific therapy

Home Health Services

- Rehabilitation services provided in partnership with private home health providers

Athletic Services

- Free sports injury evaluations offered throughout the school year to all area high school athletes
- Orthopedic and sports injury evaluation and treatment
- Sports assessments

Occupational Therapy

Outpatient Services

- Activity assessment and modification to enable return to essential or desired interests and activities after injury
- Rehabilitation after general surgery or illness
- Neurological rehab for post-stroke/CVA, head injury, Parkinson's, MS and other neurological disorders
- Amputee rehabilitation
- Cognitive retraining: attention, sequencing, memory, spatial awareness, problem solving, safety awareness, planning and time management
- Home evaluations which result in recommendations for modifications to improve safety and functional ability within the home
- Orthopedic and sports injury evaluation and treatment
- Work-related injuries and occupational medicine
- Elbow, wrist and hand rehabilitation
- Custom splint fabrication

Inpatient Services

- Acute care
- Skilled care
- Observation beds

Senior Care Services

- Geriatric specific therapy

Home Health Services

- Rehabilitation services provided in partnership with private home health providers

Life Skills Apartment

The Life Skills Apartment is a home-like setting where physical, speech and occupational therapists can fully assess a patient's ability to return to an independent living situation. The apartment offers a bathroom, full-size kitchen, laundry room, dining room, living room, bedroom, front door and porch.



Speech Therapy

Outpatient Services

- Assessment and treatment for patients following stroke, head injury, dementia, Parkinson's or other neurological disorders
- Speech intelligibility (Dysarthria)
- Word finding deficits, difficulty in comprehension of speech, reading and/or writing (Aphasia)
- Cognitive retraining in areas of short term memory, thought organization, orientation and problem solving for activities of daily living
- Swallowing difficulties (Dysphagia)

Inpatient Services

- Acute care
- Skilled care
- Long Term Care patients

Home Health Services

- Rehabilitation services provided in partnership with private home health providers