



## Rehabilitation Therapy at Celebration Villa of Altoona

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We provide individualized outpatient rehab services to qualifying individuals. Our outpatient rehabilitation services include: Occupational, Physical, and Speech therapies.

Our approach features a cohesive, interdisciplinary rehabilitation team not found in most post-acute settings. Our team includes Physical Therapists, Occupational Therapists, Speech-Language Pathologists, and their assistants working together with the center to assist patients in reaching and maintaining their maximum potential.

### Physical Therapy

Physical therapy restores function for individuals who have experienced neuromuscular or skeletal dysfunction. Individualized therapeutic treatment may include:

- Training in mobility, gait stability, posture and positioning
- Exercise programs to increase muscle function, coordination and endurance
- Joint and soft tissue mobilization to increase range-of-motion
- Wound care
- Pain management

### Occupational Therapy

Occupational therapy assists individuals with adapting to their social and physical environment. Our therapists enhance patient functionality through:

- Education and training in areas such as dressing, bathing, eating and grooming
- Activities for memory, orientation and cognitive integration
- Adaptive techniques or equipment to overcome physical disabilities
- Strengthening and coordination exercises
- Exercises to reduce the effects of arthritis or other conditions to maintain normal joint movement

### Speech-Language Pathology

Speech therapy addresses communication and swallowing dysfunction. Treatment plans are designed for individual needs, such as:

- Recovery of speech, language and memory skills
- Verbal and non-verbal communication, including programs for the hearing impaired
- Oral muscle functioning and strength required for speaking and swallowing
- Appropriate diet recommendations