

Speech Language Pathology

Speech language pathology includes the evaluation, problem identification, and treatment of individuals with speech, language, cognitive, hearing or swallowing disorders.

Speech language pathology is helpful with:

- CVA
- Neurological disorders
- Swallowing disorders
- Ventilator dependence
- Hearing impairments
- Cancers of larynx and mouth
- Parkinson's disease
- Cardiopulmonary dysfunction



Major treatment goals of speech language pathology:

- To evaluate swallowing disorders (dysphagia) and making recommendations regarding food and liquid textures appropriate for the current level of functioning.
- To improve or maintain current swallowing skills.
- To assist with evaluating the need for a tube feeding as well as working with the patients and families towards weaning patients off of tube feedings.
- The speech language pathologist is also involved in developing communication systems to assist patients with expressing their needs i.e. communication boards.
- With patients diagnosed with dysarthria, the speech pathologist and the patient work on oral motor and speech exercises.
- When a patient has a hearing loss and a hearing aid is ineffective, the speech pathologist works with the patient on making environmental changes and oral habitation such as lip reading.

Acute Rehabilitation Services at Bergen Regional Medical Center

The Acute Rehabilitation Department at Bergen Regional Medical Center provides physical therapy, occupational therapy and speech language pathology services. Patients can be referred to any of these services by their physician. Once the physician has ordered the service, a qualified therapist will complete a thorough evaluation of strengths, limitations, and rehabilitation potential. Bergen Regional Medical Center also has physiatrists on staff who may also assess a patient's rehabilitation potential and needs. A physiatrist is a physician who specializes in physical medicine and rehabilitation. A physician can make a referral to either a specific rehabilitation discipline or to the physiatrist who will in turn write the specific rehabilitation orders based on his or her assessment.

The overall goal of rehabilitation services is to improve, increase or maintain each person's level of functioning and quality of life by assisting them with achieving his/her maximum potential in all aspects of daily living. All aspects of the person's disabilities are considered including psychological impacts on the individual's life. The rehabilitation therapists work with the individual patients to achieve this overall goal. Therapists will frequently work together to provide a patient with a continuum of comprehensive care.

For more information regarding services available at Bergen Regional Medical Center, please call 201.967.4262



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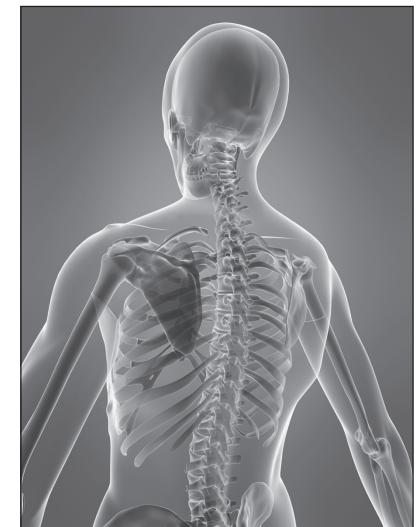
MEDICAL CENTER

Acute Rehabilitation Services

Speech Therapy

Physical Therapy

Occupational Therapy



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Physical Therapy

Physical Therapy services include the identification, prevention, remediation, and rehabilitation of acute or prolonged physical dysfunction or pain, with emphasis on movement dysfunction. It is the evaluation and assessment of patients and the therapeutic application of physical and chemical agents, exercises, and other procedures to maximize functional independence.

Services include but may not be limited to focusing on posture, locomotion, strength, endurance, cardiopulmonary function, balance, coordination, joint mobility, flexibility, pain, and functional abilities in daily living skills. The application of modalities include but may not be limited to heat, cold, light, air, water, sound, electricity, massage, mobilization, and therapeutic exercise with or without adaptive equipment. Physical Therapy also provides the assessment and training of orthotic, prosthetic, and assistive devices.

Physical Therapy is helpful with:

- Orthopedic problems
- CVA
- Neurological disorders
- Pressure ulcers
- Cardiopulmonary dysfunction
- Rehabilitation after joint surgery
- Neck and back pain
- Sprains and strains
- Tendonitis
- Functional loss secondary to debilitating medical conditions



The major treatment goals of physical therapy are:

- Relief and/or prevention of pain
- Restoration of function
- Promotion of healing
- Prevention of disability
- Assisting with achieving their maximum potential

Physical Therapy

The physical therapist will evaluate the following areas of a patient's status, as appropriate:

- Joint range of motion, stability, and subluxations
- Muscle strength, tone, reflexes, and coordination
- Physical endurance
- Posture
- Pain
- Edema (swelling)
- Balance
- Bed mobility
- Wheelchair management
- Transfers
- Ambulation



Treatment procedures may include:

- Passive and/or active range of motion
- Stretching
- Joint mobilization
- Balance and coordination activities
- Therapeutic exercises and muscle re-education/facilitation
- Massage
- Kinesio Taping
- Transfer training
- Ambulation training
- Prosthetic training
- Wound care (healing decubitus)



Modalities include:

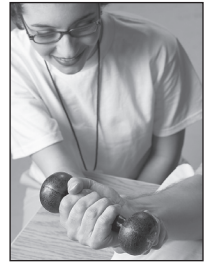
- Hydrotherapy (whirlpool)
- Hot packs
- Cold packs
- Paraffin bath
- Ultrasound
- Electrical stimulation
- Cervical or lumbar traction
- TENS (transcutaneous electrical nerve stimulation)
- Biofeedback

Occupational Therapy

Occupational therapy services focus on rehabilitative aspects of a patient's life with the application of purposeful, goal oriented activity. This includes the identification, prevention, remediation, and rehabilitation of acute or prolonged physical dysfunction or pain.

Occupational Therapy is helpful with:

- Training in use of adaptive equipment
- Carpal Tunnel Syndrome
- Nursing/family education
- Sensory-motor training
- Adaptation of physical environment
- Cognitive Training
- Pain management
- Strains and sprains
- Tendonitis
- Post-stroke rehabilitation
- Rehabilitation after joint surgery
- Hand and wrist injuries
- Shoulder pain or injuries



The main treatment goals include:

- Assisting the patient with achieving and maintaining his/her optimal level of functioning
- Restoring and/or maintain strength, endurance, range of motion, coordination, and balance
- Teaching energy conservation techniques
- Organizing the living environment and making use of adaptations i.e. adaptive equipment
- Providing education and re-training in daily living skills i.e. dressing, eating, grooming
- Assisting the patient with adapting to sensory loss i.e. impaired vision or hearing
- Providing proper wheelchair positioning for comfort, safety, restraint reduction, proper positioning, and increasing or maintaining independence and optimal functioning