

Hand Therapy Clinic



The Hand Therapy Clinic provides comprehensive and coordinated rehabilitation programs for patients with any type of upper extremity injury. Licensed therapists work closely with the patient and physician to facilitate a rapid recovery and to return the patient to his or her previous level of function.

Physicians and surgeons refer patients to the Hand Therapy Clinic for a broad range of evaluations and therapeutic treatment programs. Both occupational and physical therapists work together to develop specialized and progressive programs that help patients maximize their independence.

Patients are an integral part of the goal setting process and are included in their program development, education, and progression.

Therapists help patients regain functional mobility and strength in order to carry out the daily living activities of work, self care, and leisure. The following programs are available:

- self care, work, and leisure assessments
- BTE-Quest work simulation
- return-to-work activities
- adaptive equipment needs
- range of motion and joint mobilization
- wound and scar management
- muscle re-education
- upper extremity strengthening
- splinting
- arthritis education
- work simplification
- sensory re-education
- treatment modalities including fluoro therapy, whirlpool, paraffin baths, electrical stimulation, hot and cold packs, and ultrasound

Hand Therapy Clinic
Medical Arts Center
4300 Talbot Road S., Suite 350, Renton, WA 98055
206-656-4049

Hours of Service: 7:30 a.m. to 4:30 p.m.

Children's Therapy Department



Children's Therapy is a division of Rehabilitation Services that provides occupational therapy, physical therapy, and speech and language therapy services to children from birth to 18 years of age.

Specially trained pediatric therapists evaluate child development and treat problems with gross and fine motor skills, perceptual-motor skills, communication, oral motor skills for feeding, and other activities of daily living. Each therapy program is tailored to the individual child and his or her medical and family circumstances.

Children with many different diagnoses rely on therapeutic programs to restore or improve their day-to-day functioning abilities. Programs are available for children with conditions such as traumatic or congenital neurologic impairment (cerebral palsy, brain injury, stroke), birth defects, developmental delay, and arthritis.

Children's Therapy offers the following inpatient and outpatient services on site at Valley Medical Center:

- neurodevelopmental therapy
- therapeutic exercise and activity
- sensorimotor exercise and activity
- therapy management of orthopedic problems
- orthotic fabrication
- therapeutic intervention for communication and oral motor skills

Children's Therapy also works with Valley Medical Center's Neonatal Intensive Care Unit (NICU) to provide evaluation and treatment for premature and full-term infants with possible neuromotor deficits.

Children's Therapy Department
Valley Medical Center
400 S. 43rd Street, Renton, WA 98055
206-575-4715

Hours of Service: 8 a.m. to 6 p.m.

Occupational Therapy Department

Inpatient Services

Occupational therapists in each service area provide evaluation and treatment to assure that all patients reach their maximum functional level in self care, work, and leisure. Therapists help patients and their families with safe and independent discharge plans. Training, education, and home programs also help patients reach their functional goals. The following inpatient services are available:

- **Acute Orthopedic:** Patients recovering from joint replacements, trauma, and many elective surgeries rely on occupational therapists to help them return to their previous activities. Patient and family education, practice, and adaptive equipment help patients increase their skills. Therapists work closely with orthopedic surgeons and other health care team members to provide each patient with an appropriate therapy program.
- **Acute Rehabilitation:** Occupational therapists work with a multidisciplinary team of physical therapists, speech pathologists, nursing staff, social workers, and dietitians, under the direction of a physiatrist, to provide therapy to patients diagnosed with strokes, neurological injuries, or head injuries. The therapist evaluates each patient's needs, sets discharge goals, and provides appropriate services to assist the patient in returning to a safe and independent living environment.
- **Acute General Medicine:** Therapists providing general medicine services care for oncology, arthritis, intensive care, and pre-rehabilitation patients. Therapists also make recommendations for safe and appropriate discharge plans.
- **Acute Medical Psychiatric Unit:** The Occupational Therapy Department provides evaluation and treatment for patients with acute psycho social issues. Individual and group treatment offers patients the opportunity to improve their coping skills, problem solving techniques, goal simplification, and social skills in a supportive environment.

Transitional Care Unit

Occupational therapists on the Transitional Care Unit, which is a skilled nursing facility, work with an interdisciplinary team of health care professionals to improve the patient's functional abilities. Therapists help patients develop and master self care skills before discharge.

Occupational Therapy Department
Valley Medical Center
400 S. 43rd Street, Renton, WA 98055
206-575-4719

*Located in the Northwest Pavilion
Hours of Service: 7 a.m. to 5:30 p.m.*



The Occupational Therapy Department at Valley Medical Center offers a wide range of specialized inpatient and outpatient services performed by a staff of dedicated, licensed occupational therapists and occupational therapy assistants. The goal of Occupational Therapy is to promote wellness and independence in all areas of self care, work, and leisure. Patient education and goal setting is an important part of all treatment programs.

Outpatient Clinic

Occupational therapists treat patients with a variety of diagnoses. Programs include extensive home instructions to assist patients in achieving their goals. The following services are available on an outpatient basis:

- **Orthopedic Rehabilitation:** Evaluation and treatment may include splinting, skill development for self care tasks, and adaptive equipment to assure that patients can complete or return to their daily life activities after their recovery. Pre-surgical education for joint replacement is also available.
- **Neurologic Rehabilitation:** This program may include cognitive re-education, self care tasks, adaptive equipment, home modifications, and return-to-work and leisure activities.
- **Vocational Rehabilitation:** The goal of the Occupational Therapy Department is to provide a comprehensive program to meet the needs of the injured worker and allow him or her to return to work safely. The program includes physical capacities evaluations, functional capacity screens, post-offer screens, work conditioning, work hardening, job analysis, job accommodation, consultation to industry, and community education.
- **Arthritis Support Group:** Arthritis education and support is offered during a group meeting sponsored monthly by the Rehabilitation Services Department. This is a free service for anyone in the community who would like to know more about managing arthritis.



(See reverse for additional services)

Renton Physical Therapy



Located just one mile from the Valley Medical Center campus, Renton Physical Therapy offers a full range of therapeutic services on an outpatient basis.

Physical therapists design a program of care specific to the needs of the patient. Working with the referring health care provider, the therapist designs a program to quickly return the patient to his or her highest available level of function. Treatment focuses on assisting healing, reducing pain and discomfort, improving flexibility, and building strength and aerobic capacities, while educating patients for life long participation in their recovery. In addition to general physical therapy, the following specialty programs are available through Renton Physical Therapy:

Orthopedic and Sports Therapy

Utilizing contemporary principles, techniques, and equipment, physical therapists help patients return to their maximum levels of function. Injuries sustained in sports, work related accidents, motor vehicle collisions, or accidents in the home all benefit from the progressive care delivered by the treatment staff.

Exercise and Low Back Pain During Pregnancy

This program is designed for women without pre-existing back pain who develop this pain during pregnancy. An individual exercise program is designed for each woman with special attention to education about postural changes and body mechanics.

Runner's Clinic

Runners with injuries or training questions can be evaluated by the staff at Renton Physical Therapy. A monthly runner's clinic is offered where these and other topics related to the sport of running are covered. No referral is needed but appointments are necessary.

Aquatic Exercise

Individual exercise programs in a pool setting assist the rehabilitation of many injuries and provide a method of exercise and movement for other conditions. The aquatic program offers patient the opportunity to regain strength and function with early mobilization of a weakened body part following disease, surgery, or trauma.

Work Conditioning

For initial acute physical therapy for a work related injury, a specialized program of conditioning is offered to assist the client with the transition from convalescence to work. Job specific plans are set and an appropriate plan of exercise, flexibility, and aerobic conditioning is designed by the therapist to progress the injured worker back to his or her activities.

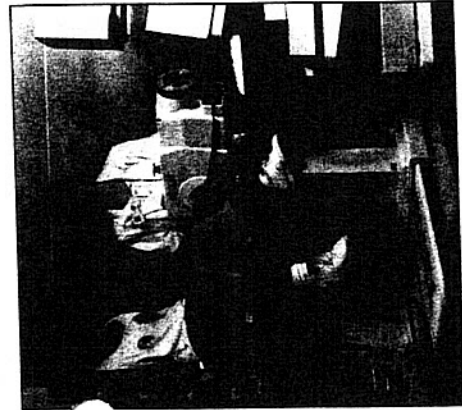
If you would like additional information about any of the services available at Renton Physical Therapy, or if you need to schedule an appointment, please call the clinic directly at 251-6800.

Renton Physical Therapy
8009 S. 180th Street, Suite 109
Kent, WA 98032-1042
206-251-6800

Hours of Service: 7 a.m. to 7:30 p.m.

(See reverse for additional services)

Physical Therapy Department



The Physical Therapy Department at Valley Medical Center offers a wide range of services performed by a staff of physical therapists and physical therapy assistants. The goal of Physical Therapy is to maximize a patient's functional level and promote wellness through improved strength, flexibility, quality of movement, and decreased pain. In addition, the department is committed to patient and community education regarding injury prevention and wellness.

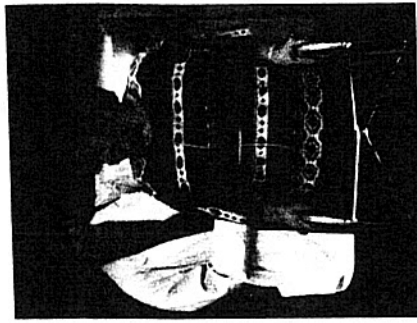
Outpatient Clinic

Physical Therapy provides treatment for many different patient conditions. The following services are offered on an outpatient basis:

- **Orthopedic Rehabilitation:** Therapeutic programs are available for patients with bone, joint, and muscular injuries. Every program involves education to assist patients in continuing their recovery and improving their overall health.
- **Neurologic Rehabilitation:** Treatment focuses on improving function and mobility in patients with diagnoses such as stroke, multiple sclerosis, and organic and traumatic head injury. Patient and family input is an essential part of each treatment program.
- **Vocational Rehabilitation:** This program assists in the transition back to work after an injury. It may include physical capacity evaluations, work conditioning, and work hardening. Education to prevent re-injury is always a component of a return-to-work program.
- **Vestibular Rehabilitation:** Patients with balance disorders such as dizziness and disequilibrium receive treatment through this program.
- **Pelvic Dysfunction:** This program is specifically designed for women with pelvic pain, pelvic floor muscle weakness, or incontinence. Treatment includes the use of various therapeutic programs, biofeedback, and exercise.
- **Pool Therapy:** Using the pool facilities at Valley Medical Center's Fitness Center, patients are instructed in exercise programs to increase mobility, strength, range of motion, and endurance.

Upon completion of any physical therapy program, patients are eligible to join Valley's Fitness Center at a discount through our Alumni Program.

(See reverse for additional services)



Inpatient Services

The goal of all inpatient physical therapy is to improve the functional level of each patient, and to ensure a safe and timely discharge from the hospital. The following inpatient physical therapy services are offered at Valley Medical Center:

- **Acute Orthopedic:** Physical therapists provide specialized orthopedic care for patients following joint replacement surgery, traumatic injury, and other orthopedic surgery. Therapists work together with orthopedic surgeons, nursing staff, and other health care team members to develop therapy programs for these patients. Pre-surgical education is also available for joint replacement patients.
- **Acute Rehabilitation:** Physical therapists work with a multidisciplinary team of occupational therapists, speech pathologists, nursing staff, social workers, and dietitians, under the direction of a physiatrist, to provide therapy for stroke, neurological, and head injury patients. Treatment focuses on mobility, strength, and endurance for functional activities.
- **Acute General Medicine:** This team of therapists cares for oncology, arthritis, intensive care, and pre-rehabilitation patients. In addition, they provide wound care management, including hydrotherapy.

Transitional Care Unit

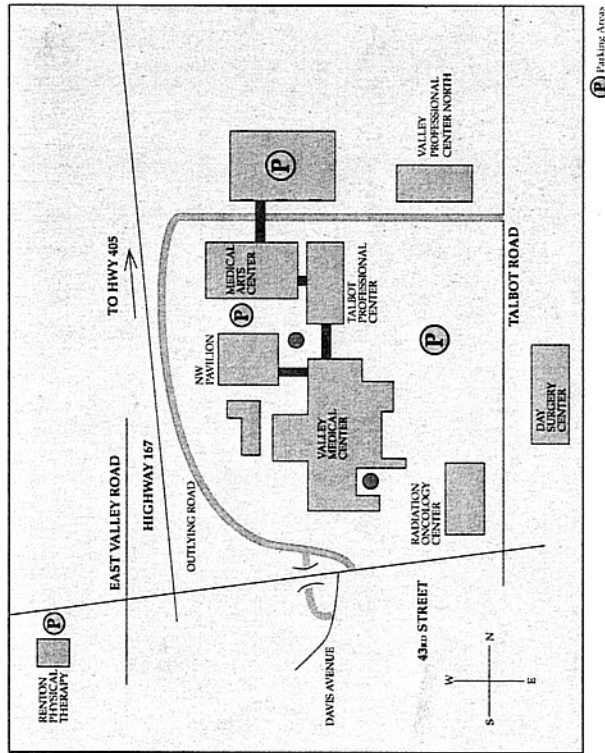
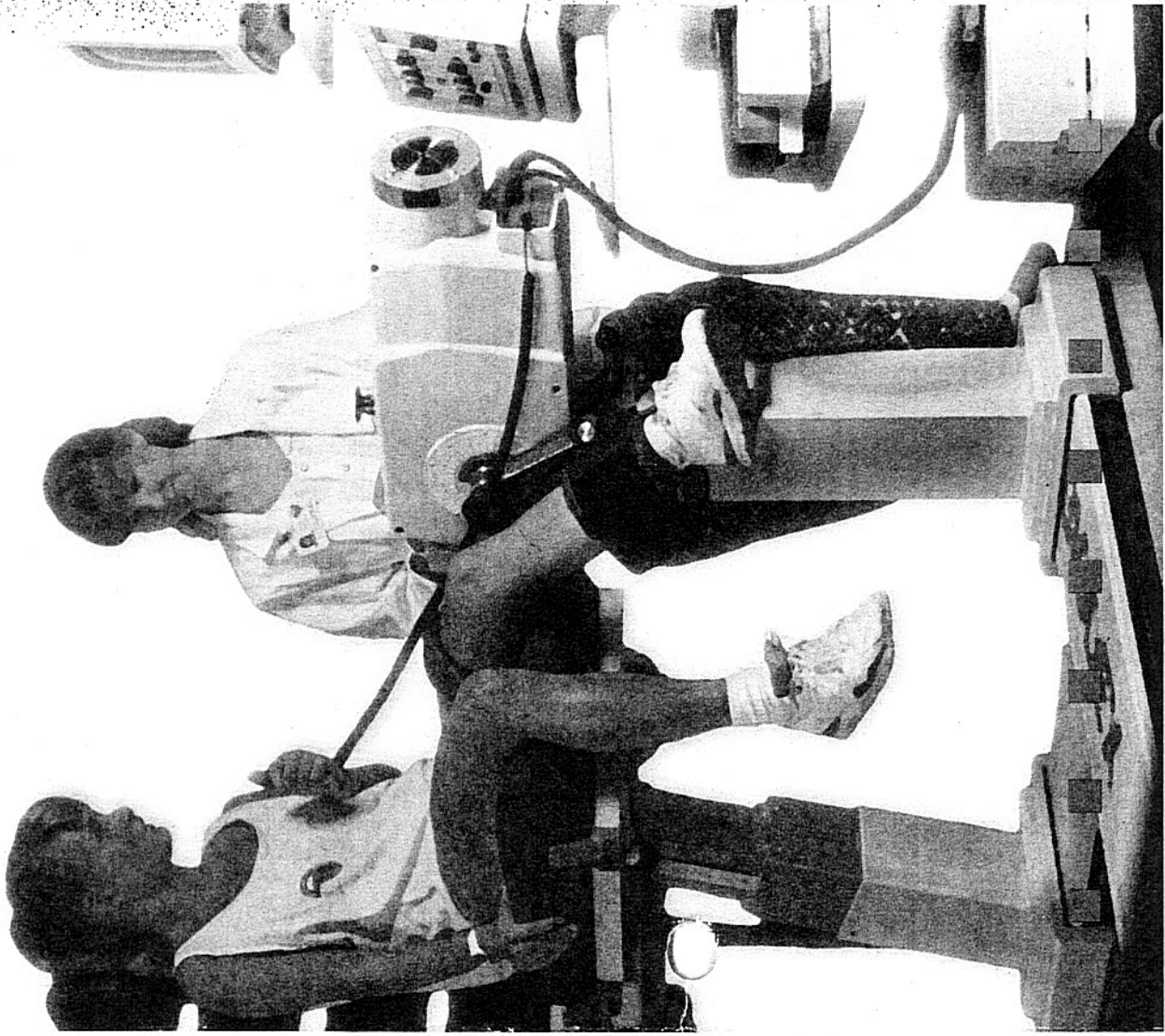
Therapists on the Transitional Care Unit, which is a skilled nursing facility, work with a multidisciplinary team of medical professionals to provide each patient with a safe transition from an acute inpatient hospital stay to his or her home. The goal of these therapists is to help patients reach their greatest level of independence in all functional activities. Family involvement is an important aspect of this program.

Physical Therapy Department
Valley Medical Center

400 S. 43rd Street, Renton, WA 98055
206-251-5165

*Located in the Northwest Pavilion
Hours of Service: 7:30 a.m. to 6 p.m.*

Rehabilitation Services at Valley Medical Center



400 South 43rd St., Renton WA 98055 206-575-4716

Rehabilitation Services



Valley Medical Center's Rehabilitation Services team is a staff of dedicated professionals who provide comprehensive and cost effective therapy services to people living and working in South King County. Our team is committed to helping patients meet their own unique goals and reach their maximum level of function through the latest in therapeutic evaluation and treatment techniques.

Rehabilitation Services consists of Occupational, Physical, and Speech therapy services which are offered in multiple locations: Valley Medical Center's Rehabilitation Services Department, Children's Therapy Department, Hand Therapy Clinic, and Renton Physical Therapy Clinic.

Guided by our Physical Medicine and Rehabilitation Medical Director, therapists design individualized evaluations and treatment programs for each patient. Therapists also collaborate with patients and their families or caregivers to develop home programs that help patients increase their function in home, school, work, and leisure activities.

Rehabilitation Services is one more example of the quality, compassionate care and professional expertise you've come to expect from Valley Medical Center.

General Information



Rehabilitation Services
Valley Medical Center's Rehabilitation Services provides evaluations and treatment for patients diagnosed with many different conditions, including:

- strokes
- arthritis
- carpal tunnel syndrome
- developmental delays
- neuromuscular injuries
- orthopedic injuries
- work injuries
- sports and recreation injuries
- speech and language problems

Parking

Free, accessible parking is available at all therapy locations. Please see the map on the back of your Rehabilitation Services folder for specific parking areas.

Financial Arrangements

Valley Medical Center's Rehabilitation Services accepts most major health insurance plans, Medicare, Medicaid, VISA, and Mastercard for your convenience. It is always wise to contact your insurance carrier before your first appointment to find out if services are covered.

If you have questions about fees, billing, or special payment plans for services at Valley Medical Center's Rehabilitation Services Department, Children's Therapy Department, or Hand Therapy Clinic, please call Valley Medical Center's Business Office at 251-5178. If you have questions about financial arrangements for services at Renton Physical Therapy, please call the clinic directly at 251-6800.

Information and Appointments

You may call us at 575-4716 any weekday from 8 a.m. to 4:30 p.m. for more information or to schedule an appointment at Valley Medical Center's Rehabilitation Services Department, Children's Therapy Department, or Hand Therapy Clinic. If you would like to schedule an appointment at Renton Physical Therapy, or if you have any questions about their services, please call the clinic directly at 251-6800.

Both inpatient and outpatient services are available. Please ask your doctor about a referral if you feel you may need Rehabilitation Services.