



**Banner Estrella**  
Medical Center

# *Inpatient Rehabilitation*

Combining high-technology with holistic healing, the Inpatient Rehabilitation department at Banner Estrella Medical Center provides specialized medical and therapeutic services to patients at all stages of recovery.

Therapy services, which include physical therapy, occupational therapy and speech language pathology, provide a valuable service through the continuum of care for Banner Estrella patients.

Patients and families are the focal point of an interdisciplinary team of medical professionals that includes therapists, physicians, nurses, social services/case managers, dietitians, radiologists and respiratory therapists. The goal of therapy is to return patients to their highest possible level of functions as quickly and safely as possible.

## **Rehabilitation Therapies**

Occupational therapists help improve a patient's ability to complete daily tasks, such as dressing, grooming, personal hygiene and eating. Occupational therapists also specialize in increasing strength and movement of hands and upper extremities. They teach patients to re-learn a functional task in a different way or instruct them in the use of adaptive equipment that can make daily tasks easier.

Physical therapists help patients improve strength, flexibility and functional movement, such as bed mobility, walking and balance. They can also instruct patients on the use of an assistive device, prosthesis or wheelchair.

Speech therapists use special techniques to help patients improve their verbal and non-verbal communication skills, problem-solving skills, concentration, memory and quality of their voice. A speech therapist can help patients improve their ability



to eat and drink safely.

## **Patient Population Served**

We understand that each patient's situation is different, so our services are tailored to meet individual needs and conditions. The various diagnoses we serve may include:

- Arthritis
- Amputation of extremities
- Cancer treatments
- Cardiac complications/thoracic surgery
- Diabetes
- Dizziness
- Multiple trauma
- Muscular diseases
- Neurological disorders
- Orthopedic surgeries
- Pulmonary problems
- Swallowing problems

Inpatient Rehabilitation Services is located on the hospital's campus. Visit us on the second floor of the Conference Center building, just west of the main lobby. For more information, please call our office at (623) 327-5121.